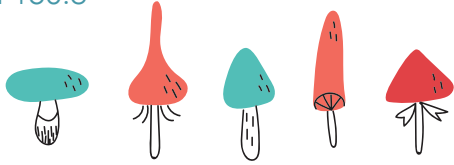


- Tell someone how much you love them
- Hold a family singing night and sing everyone's favorite songs

Let everything that breathes praise God!
+ Psalm 150:6



FIVE MORE DINNER CONVERSATION STARTERS

1. If you could visit (or live in) another country, which country would you choose? Why?
2. If you could change one thing about your family, what would you change? Why?
3. If you could change one thing about the world, what would you change? Why?
4. If you won one hundred dollars, what would you do with it?
5. What's your favorite summer memory?



salt*

saltproject.org

INTRODUCTION

Like all of life, summer is meant to be savored.

When the weather warms up and the bird song floats down from the treetops, it's time to change the pace. To sip lemonade, to go for a hike, to unplug, breathe, and live with a different kind of rhythm.

This summer, try these "50 Slow Summer Ideas" as a **guide to help you soak into the season**. Don't think of it as a to-do list; instead, it's a menu of marvels for picking and choosing as the Spirit moves. Let your imagination wander: these ideas will invite you to kick off your shoes, climb trees, stay up late, catch fireflies, dig for worms, ban the busyness, and overall to slow down and enjoy God's beauty all around.

**SO, SINK IN, GO SLOW,
AND SAVOR EVERY MOMENT!**



- Call your grandparents and ask them to tell you a story about when they were kids
- Go out for a “pick up some litter” walk through the neighborhood after dinner
- Write some sweet chalk messages on the sidewalk for your neighbors
- Write a poem for a friend or family member, and mail it to them (or hand deliver it)

In everything do to others as you would have them do to you. + Matthew 7:12

- Grab a blanket and a pillow, and go cloud watching

○ HULA HOOPS!

- Pick wildflowers and make a few daisy chains or crowns

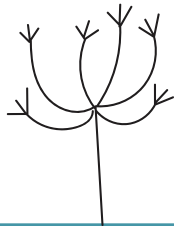
Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. + Luke 12:27



○ WEEKLY DINNER CONVERSATION STARTER:

When was the last time someone hurt your feelings?
What did you do?

50 SLOW SUMMER IDEAS



- Get sand between your toes
- Go berry picking – strawberries, blueberries, blackberries, they’re all good!
- Go swimming and remember (or anticipate) your baptism. **CONSIDER A CANNONBALL!**
- Plant some fresh coriander (also called cilantro)
- Contact your local food bank and ask them what they’re running low on, then get lots of it!

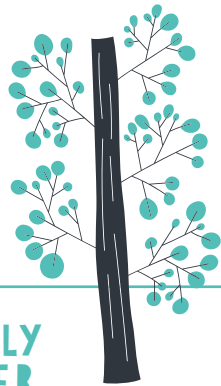
The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. + Exodus 16:31

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me. + Matthew 25:35

○ Go on a picnic

○ Go stargazing and see how many descendants of Abraham and Sarah you can count

I will indeed bless you, and I will make your offspring as numerous as the stars of heaven and as the sand that is on the seashore.
+ Genesis 22:17



○ **WEEKLY DINNER CONVERSATION STARTER:**

If you could ask God one question, what would it be?

○ Make s'mores!

○ Go on a hike

○ Wash the car **(AND THEN HAVE A WATER FIGHT!)**

○ Play hopscotch or double dutch

○ Make an indoor fort, fill it with pillows, and read all day long

○ Take a sabbath from all your devices – listen for God's still small voice in the laughter of children, bird song, and the sounds of your neighborhood

Honor the Sabbath day, and keep it holy.
+ Exodus 20:8

○ Climb a tree and, while you're up there, listen as the *"hills before you burst into song and all the trees of the field clap their hands."* + Isaiah 55:12

○ Pick One: try a new recipe, start learning a new language, and/or do a puzzle

○ Go bird watching

○ **HAVE A POPSICLE**

○ Paint kindness rocks and leave them around your neighborhood

○ Fly a kite

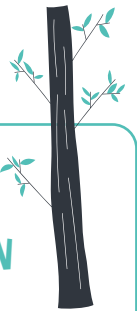
○ Make a batch of homemade jam or applesauce

God saw everything that God had made, and indeed, it was very good. + Genesis 1:31

○ Make your own playdough

○ Park your car for the day and ride your bike wherever you go

○ Eat watermelon and have a seed spitting competition



○ **WEEKLY DINNER CONVERSATION STARTER:**

Go around the table and say one thing you appreciate about each person.



5 THINGS WE'RE THANKFUL FOR

- 1.
- 2.
- 3.
- 4.
- 5.



5 SONGS WE LOVE

- 1.
- 2.
- 3.
- 4.
- 5.



- Have a barbeque and try some vegetarian hot dogs (our favorite brand is Field Roast)

○ **WEEKLY DINNER CONVERSATION STARTER:**
 If you had one superpower, what would it be?

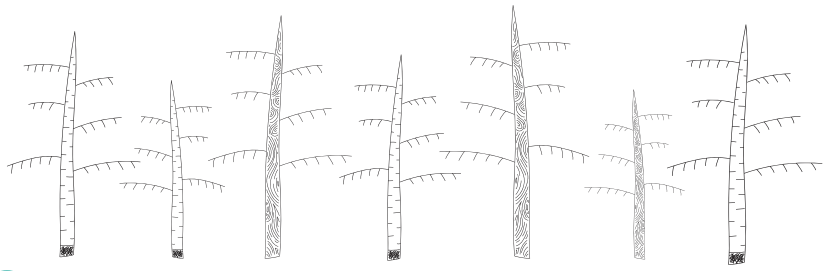
- Dance in the rain like Gene Kelly, and also like David danced before God – with all his might!
- Have a family game night – UNO anyone?

○ **LEARN HOW TO FOLD ORIGAMI**

- Run through a sprinkler

| *I came that they may have life, and have it abundantly.*
 + John 10:10

- Play hide-and-seek as a family
- Pick One: drive in movie, pick berries, and/or catch fireflies



○ **WEEKLY DINNER CONVERSATION STARTER:**
 What three objects would you take if you had to leave your home quickly in an emergency?

- Watch a thunderstorm and read Job 38
- Make mud pies
- Watch a sunset and give thanks to God for the day!

- Watch a sunrise and give thanks to God for a new day!
 | *This is the day that God has made; let us rejoice and be glad in it!* + Psalm 118:24

- Watch fireworks
- Blow bubbles
- Contact your local library and pick up some books on craft projects with recyclables

○ **WEEKLY DINNER CONVERSATION STARTER:**
 What two things do you like about yourself? And, what's one thing you're working on?