



JUNE 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National Trails Day Go for a hike and explore a nearby trail.	2 Donut Day See if you can create a healthy alternative to your favorite donut.	3 Global Running Day Go outside and run around for 30 minutes.	4 Hug Your Cat Day Do something special for a pet.	5 World Environment Day Do 1 thing to help out the planet today.	6 National Yo-Yo Day Make a homemade yo-yo .
7 Frozen Yogurt Day Make your own healthy frozen yogurt bites .	8 Best Friends Day Let your best friend know why they are important to you.	Loving Day Write a letter to a family member you haven't seen in awhile.	10 Egg Roll Day What are your favorite healthy foods to eat in a wrap?	11 Corn of the Cob Day Start summer with corn on the cob with your family tonight.	12 Flip Flop Day Go outside and feel the grass between your toes.	13 National Weed Your Garden Day Help your parents with a family garden.
14 Flag Day Explore cool facts about the Stars & Stripes .	15 World Juggling Day Teach yourself how to juggle .	16 Fresh Veggies Day Get fresh veggies from a local farm stand.	17 National Eat Your Vegetables Day Try 1 vegetable that you have never had before.	18 International Picnic Day Have a backyard picnic with a family member.	19 Juneteenth Day Find 2 interesting ways to stay healthy today.	20 Summer Solstice Share a favorite summer tradition with someone.
21 Father's Day Do something special for your dad.	22 Positive Media Day Use social media to make a positive difference today.	23 Public Service Day What are some ways you can do community service?	24 Senses Celebration Day Explore your house using all 5 senses.	25 National Handshake Day Create a unique touch free greeting with a friend.	26 Harry Potter Day Take time to read a favorite story.	27 Sunglasses Day Make sure you are protecting your eyes on sunny days.
28 Paul Bunyon Day Share your favorite tall tale with a friend.	29 World Camera Day Take 3 unique nature pictures.	30 Asteroid Day Explore the science of asteroids .				