

# Seize-the-Last-of-Summer Plan

14 SIMPLE MEMORIES TO MAKE ANYWHERE IN THE LAST FEW WEEKS OF SUMMER

- 1. Make a fruit pie.
- 2. Eat under the stars.
- 3. Walk through the woods, some trees, long grass.
- 4. Dip both feet in water.
- 5. Sing hymns around flame (choice: candles or campfire).
- 6. Lick drippy ice cream.
- 7. Find a swing and swing high.
- 8. Pick a bouquet of wildflowers: set in sill or be the G.I.F.T and give it away.
- 9. Play one game of anything out on grass (frisbee, baseball, soccer, croquet, volleyball).
- 10. Eat something fresh (from the garden or the market or your mother's).
- 11. Lay down on grass, look up & watch clouds for 5 minutes.
- 12. Dance, dance on the beach, on a porch, on your toes, dance on until something in you feels lighter.
- 13. Open a window. Listen to the world. Slow. Still. Pray before that open window.
- 14. Sit with someone you love and watch the sunset. Say it out loud: Thank You.