

# **4-H: A HEALTHY LIVIN' SUMMER**

Enjoy daily, hands-on, healthy living activities  
you can do this summer to create  
every day healthy habits

**VIDEOS POSTED DAILY  
JUNE 1 - AUGUST 2, 2020**

**TO SEE CONTENT, CHECK OUT TENNESSEE 4-H ON  
FACEBOOK, INSTAGRAM, AND YOUTUBE**

## **Daily themes include:**

Mindful Monday  
Tasty Tuesday  
Wellness Wednesday  
Thankful Thursday  
Family Friday  
Safety Saturday  
Self-care Sunday





# ***PARTICIPATE IN 4-H: A HEALTHY LIVIN' SUMMER & EARN PRIZES***

**EARN BEADS FOR EACH DAILY THEME  
TO CREATE YOUR  
HEALTHY LIVIN' SUMMER BRACELET  
PLUS A T-SHIRT & OTHER COOL STUFF**

*To earn a bead for each daily theme, you must submit a **minimum** of 3 activities per theme.*

*You can also earn special beads for multiple submissions.*

Enter submissions at: [tiny.utk.edu/HLSummer](https://tiny.utk.edu/HLSummer)

**Mindful**

**Tasty**

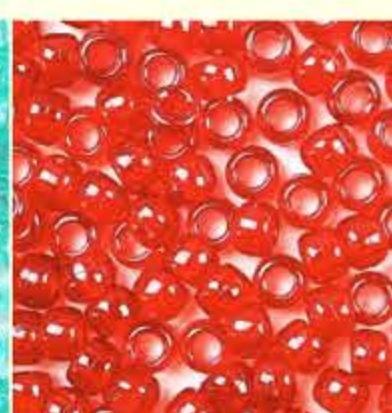
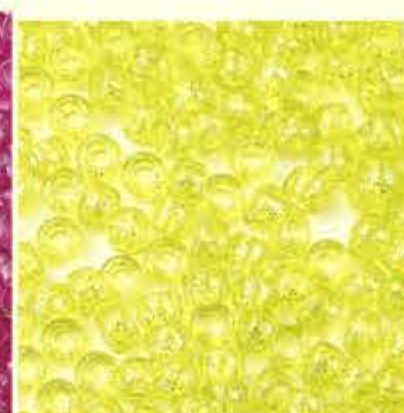
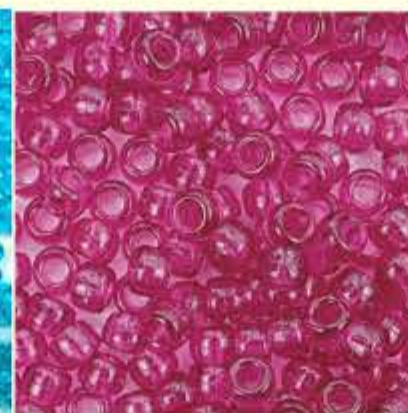
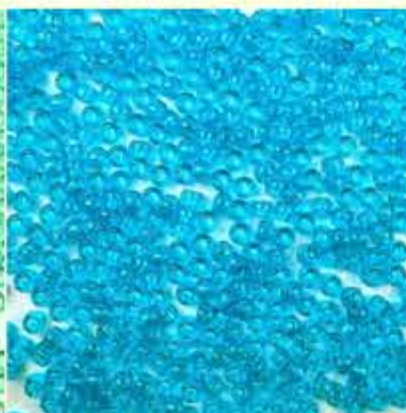
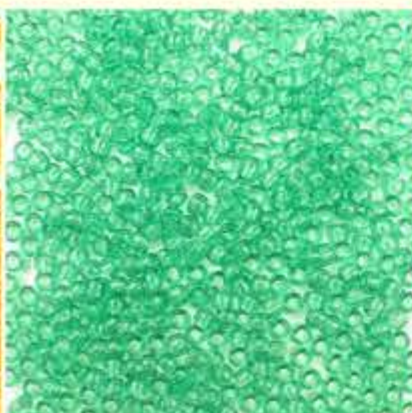
**Wellness**

**Thankful**

**Family**

**Safety**

**Self-care**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

## **Speciality Beads**



**1 activity in  
all 7  
categories**



**3 activities in  
all 7  
categories**



**9 activities in  
all 7  
categories**