

Summer Safety and Fun for Everyone

Enjoying the outdoors, inclusively



PROJECT ALIVE

Hello, Project Alive Families!

Summer is here—and it's time for sunshine, outdoor adventures, and creating joyful memories together! Whether you're planning a vacation or enjoying simple backyard fun, we're here with **summer safety tips**, **inclusive activity ideas**, and a special invitation to **share your summer moments** with our community.

Summer Safety Tips

Keep your child safe while soaking up the sun:

- ◆ **Stay Hydrated:** Offer water regularly and keep fruity snacks like watermelon on hand.
- ◆ **Sun Protection:** Use SPF 30+ sunscreen, hats, sunglasses, and UV-protective clothing.
- ◆ **Beat the Heat:** Avoid peak hours (10am–4pm), take shaded breaks, and watch for signs of overheating.
- ◆ **Water Watch:** Always supervise water play; use life vests if needed.
- ◆ **Bite & Tick Defense:** Use repellent and check for ticks after outdoor play.
- ◆ **First-Aid Ready:** Bring a summer kit with meds, sunscreen, and basics.








 Learn more:

- ➔ [CDC Summer Safety Tips](#)
- ➔ [HealthyChildren.org](#)
- ➔ [Safe Kids Worldwide](#)

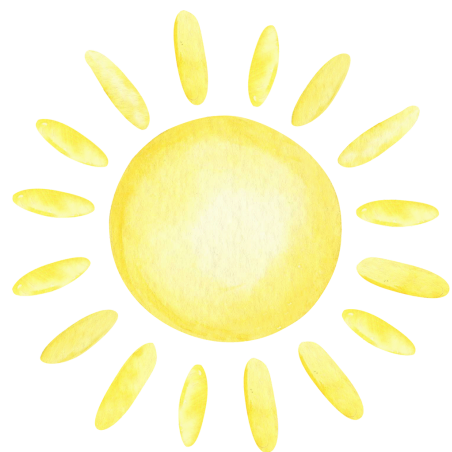


Fun & Inclusive Outdoor Activities

Try these ideas that work for all ability levels:

-  Water tables or backyard splash pads
-  Nature scavenger hunts with visuals
-  Sidewalk chalk or frozen paint pops
-  Bubble play for sensory fun
-  Evening outdoor movies or picnics
-  Adaptive playground or obstacle course time
-  Walks, adaptive trikes, or stroller adventures

Modify each activity to fit your child's needs and comfort—every bit of joy counts.



 **Share Your Summer Smiles!**

We'd love to feature your family in our next newsletter or social media post! Send us photos of your children and family enjoying summer fun.

📧 **Email to:** resources@projectalive.org

✓ Include your child's name and let us know if we have permission to share!

❤️ Thank You for Being Part of Our Community

No matter where you are this summer, know that you are part of a strong, supportive network of families who understand and care. Wishing you rest, joy, and connection all season long.

—The Project Alive Team

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