

Montealto Summer Journal 2020



COLEGIO DE FOMENTO
MONTEALTO

JOURNAL IDEAS INDEX

- ❖ Read
- ❖ Write
- ❖ Draw/Paint
- ❖ Make/Create
- ❖ Cook/Bake
- ❖ Sport
- ❖ Games
- ❖ Invent
- ❖ Visit
- ❖ Challenges

 = 1st & 2nd grade

 = 3rd & 4th grade

 = 5th & 6th grade

Get a blank notebook, choose something from the list and get creative!!! We're looking forward to seeing your journal entries when we return to school after the summer holidays. Have fun!

READ




- 1 Read to someone in your family 
2. Read a short book  
3. Read out loud in a silly voice  
4. Read a comic   
5. Read a magazine   
6. Read with a torch in bed   
7. Read under a tree   
8. Read a long book  
9. Read something that arrived by post  
10. Read a newspaper 




Doodle Art Alley ©
Learning
is a Treasure
that WILL
follow its OWNER
EVERYWHERE

WRITE

11. Write a short story  
12. Write an "All About Me" page  

13. Write a list of places you want to visit   
14. Write about your favourite movie 
 
15. Write about your favourite book 
 
16. Write a letter to a grandparent   
17. Write a letter to your parents  
18. Write a letter to your favourite teacher   
19. Write a letter to a friend   
20. Write down your family history or your family tree   

21. Write a joke   
22. Write a secret code using numbers instead of letters   
23. Write about things that make you happy   
24. Write about your best friend  

25. Write about your favourite TV series
  
26. Write 10 facts about yourself. "I am..." 
 
27. Write a list of ideas for stories you would like to write
  
28. Write a list of things you are thankful for   
29. Write a wish list "I wish..."   

30. Write a list of gifts or presents you would like to give your family and friends   

31. Write a list of 10 things you are really good at   

32. Write about what you love most about your life   

33. Write a thank you letter   

34. Write/invent a story with tenk only 10 words   

35. Write about your day in 20 words or less   

36. Write down the first thing you thought of when you woke up this morning  


37. Write about something new you learned to do this year   

38. Write about something you have learned this week   

39. My favourite summer food is...   

40. Write a list of food you would like your parents to buy for you at the supermarket ...   

41. Write about something kind you did for someone   

42. Write about something kind someone did for you   

















43. Write a list of books you have read this year   











44. Write a play  


45. Write down a happy memory  

46. Write about your favourite book characters  

47. Write about a famous person from history 


48. Write about your school  
49. Write the words of your favourite song 

50. Write a list of questions you would like to ask  
51. Write down how many days are left until your 13th birthday, or 16th birthday, or 18th birthday, or 21st birthday or 50th birthday....  
52. Go outside and be quite. Write a list of all the things you hear, taste and smell  
53. My favourite memory of last year in school is...  
54. Which of your five senses are you most grateful for?  
55. The funniest thing that happened this year was...  

56. Write a list of books you would like to read  
57. Look up and write down a new word each day and use it 5 times during the day 
58. Write a long story 
59. Write a song 
60. Write a poem 
61. Write about someone who inspires you 
62. Write about what you think will happen in your future 
63. Write a list of small things that are important to you 
64. Write a letter to your future self about what type of parent they should be 


65. Write one word across the journal page that best describes your day –
decorate the page 

66. Write a quotation from a famous person
or someone you admire 

67. Interview a family member and record the interview
in your journal 

68. Write how this summer is
different from other summers you
remember 







69. Write a list of your family's summer traditions





70. Would you rather have two months
of summer holidays or have the time
broken up more frequently
throughout the year? Why? 




71. *Imagine someone new is visiting the area where you live. Write a list of places you would take them to see and things you would do with them* 🌞



DRAW/PAINT

72. *Paint with finger paints* 
73. *Draw outside using sidewalk chalk* 
74. *Draw bugs/insects you see in the garden*   
75. *Draw pictures of plants in your garden*   
76. *Paint or decorate rocks for the garden* 
77. *Draw a picture of yourself*   
78. *Draw five different kinds of flowers*   
79. *Draw something using the hand that you don't normally write with*   
80. *Make a continuous line drawing – don't take your pencil off the paper once you start*   

81. *Draw an outline of your hands. Inside the hands outline, write all the things you use your hands for and do with your hands*   

82. *Draw an outline of your foot. Inside the foot outline, write all the things you use your feet for and do with your feet*   

83. *Make a drawing using only two colours*   

84. *Draw as many things as possible that you can think of that begin with the letter "S" ... or any letter that you choose*   

85. *Design a movie poster for your favourite movie*   

86. *Design a book cover for your favourite book*   



87. *Go outside. Walk 10 steps. Look down. Draw what you see*   



88. *Draw a picture of what the world would look like if you were a tiny ant*   

89. *Learn to draw an animal*  



90. *Paint with watercolours*  

91. *Paint your nails*  

92. *Make an outline of the letters of your name. Fill each letter with different patterns and colours*  

93. *Put some drops of water on your paper. Draw outlines around the water stains and make a picture using those outlines*  

94. *Design a new flag for Spain*  

95. Draw 12 circles on a page. Make each circle a different face with a different emotion  

96. Draw a comic strip 

97. Draw a map of your neighbourhood 

98. Fill the page with a drawing of fireworks 

LIFE is ABOUT
USING The
Whole BOX of
CRAYONS

Doodle Art Alley ©

MAKE/CREATE

99. Make a fort/mini house with the sofa cushions and blankets 




100. Make slime  

101. Make some sock puppets and put on a puppet show  

102. Make something from recycled things   

103. Make friendship bracelets  

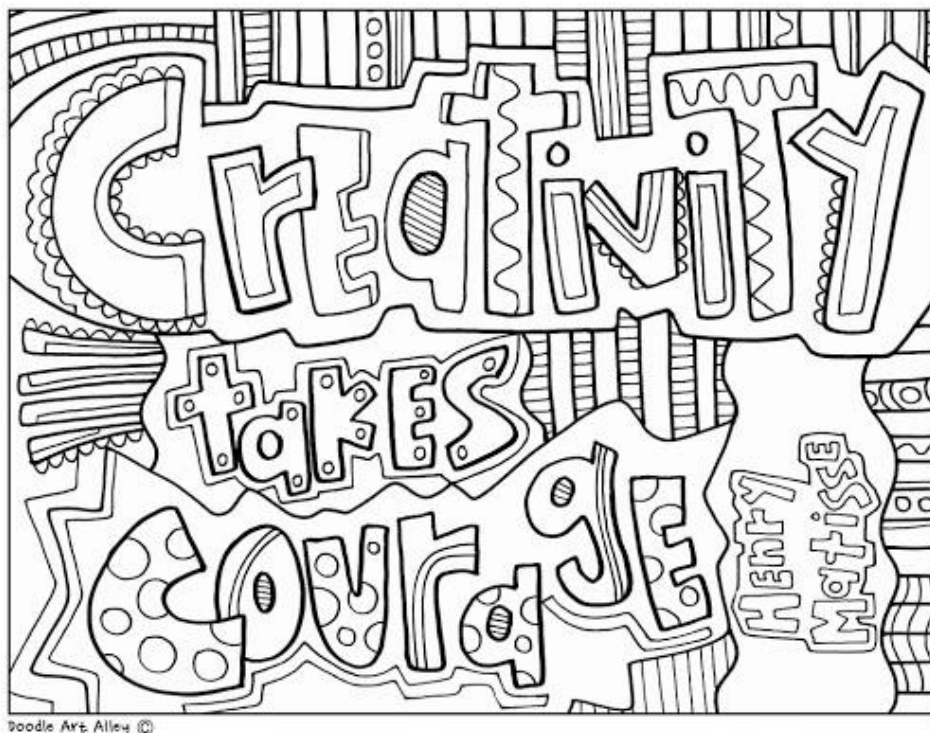

104. Make rubber band bracelets  


105. Make a slow motion video  


106. Learn how to sew   


107. Make edible art — create a picture using only food   

108. *Make a collage/picture with photos from a magazine* 🪣 🍦 ☀️
109. *Learn how to make Origami animals* 🍦 ☀️
110. *Learn how to knit* 🍦 ☀️
111. *Make a piece of jewellery out of recycled things* ☀️
112. *Create a Time Capsule of your summer vacation* ☀️
113. *Learn how to crochet* ☀️



COOK/BAKE

114. *Bake cookies*   
115. *Microwave a Mug Cake* 
116. *Bake a cake*   
117. *Make pancakes*   
118. *Make a milkshake*   
119. *Make fresh pizza dough*   
120. *Learn how to make a delicious and healthy snack*   
121. *Make fruit ice pops*   
122. *Make breakfast or lunch or dinner for your family*   
123. *Make a fruit salad*   
124. *Make a fruit smoothie*  
125. *Bake bread* 

126. Bake an “un-birthday” cake (a birthday cake even though it isn’t anyone’s birthday!) 

A BALANCED
DIET
IS CHOCOLATE
IN both HANDS

SPORT
































127. Play kickball   
128. Play soccer   
129. Play basketball   
130. Play football   
131. Play baseball/rounders   
132. Ride your bike   
133. Go roller skating   
134. Play jump rope/ skipping rope 
 
135. Swim in a swimming pool   
136. Swim in the sea   
137. Go bowling   
138. Organize a race with friends & neighbours   
139. Go surfing   
140. Play balloon volleyball   













141. *Play Frisbee* 🪁 🍦 ☀️
142. *Swim in a river* ☀️
143. *Swim in a lake* ☀️
144. *Go kayaking* ☀️
145. *Learn a skateboarding trick* ☀️

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DO YOUR
BEST and
Forget
THE REST

GAMES

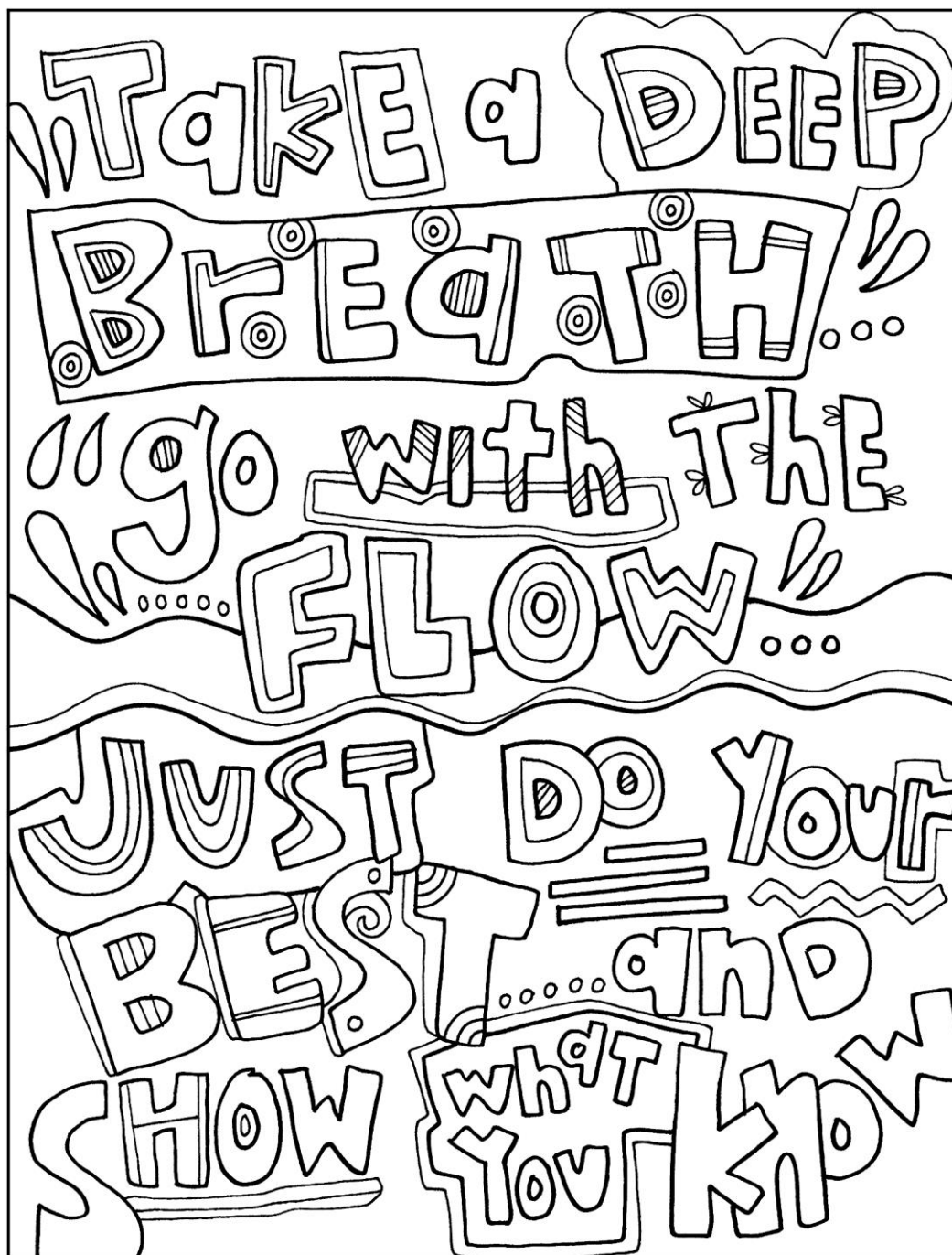
146. Play hide and seek  
147. Play with LEGO  
148. Blow bubbles (make a sock bubble snake)  
149. Do a jigsaw puzzle  
150. Play tic-tac-toe / nought and crosses / X s and Os  
151. Play tag/catch   
152. Play a board game   
153. Play a card game   
154. Have a water fight   
155. Have a Nerf battle or water gun battle   
156. Make an obstacle course in the house or garden   
157. Have a pillow fight   

158. Play hopscotch   
159. Play a dice game (eg Pig, Yatzee, Shut the Box)  
160. Have a paper airplane contest  
161. Play charades  
162. Learn yo-yo tricks  
163. Organize a family game night 

INVENT

164. Invent a dance   
165. Create a nature scavenger hunt 

166. Invent a game  
167. Create an "Escape Room" challenge 
168. Create a treasure hunt 






















VISIT

169. The zoo   
170. A waterpark   
171. The museum   
172. The beach   
173. A theme park   
174. A pet shop   
175. Go camping   
176. Have a sleepover   
177. Have a picnic   
178. Go on a boat ride   
179. Climb a hill/mountain   
180. Eat at a restaurant   
181. Go to the cinema   
182. Tourist attractions in your
local town   

183. Go for a nature walk around your garden
and write down all the different things you find



CHALLENGES

184. Plant a seed at the beginning of summer   
185. Make someone smile   
186. Help someone   
187. Try new food   
188. Learn yoga   
189. Try a new ice cream flavour  

190. Plan a party   
191. Have an electronics free day (no phone, tablet, computer, TV)   
192. Have a family movie night with popcorn   
193. Spend a whole day saying "Yes" to everything   
194. Fly a kite   

195. *Exercise challenge – do 15 minutes
of exercise every day for a week*  



196. *Enjoy a bubble bath*   

197. *Sing Karaoke*  

198. *Watch a sunset*  

199. *Watch a sunrise*  

200. *Have a “Costume Party/Dress Up
Party” with your family using clothes you
find around your house*  

201. *Wear your hair in a different way*  

202. *Learn a magic trick*  

203. *Speak only English for a full day* 

204. *Organise a family barbecue* 

205. *Stargazing* 

206. *Learn how to say “Hello” in 5
languages* 

207. Learn how to do the Rubik's Cube



208. *Raise money for charity*



IF you can
DREAM it,
you can
DO it.