

August 2022

Dawn Preadium Coaching

Be a Good Enough Mom

GEM FUN Calendar



Let's enjoy some last minute summer fun while we can!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 National Chocolate Chip Cookie Day	5	6
7 National Friendship Day	8	9 National Book Lovers Day	10	11	12 International Youth Day	13
14	15 National Relaxation Day	16	17	18	19 World Photography Day	20
21	22	23	24 National Waffle Day	25	26 National Dog Day	27
28	29	30 National Beach Day	31			

Summer Bucket List:

Make a list of 5 things your family wants to do before school starts and commit to checking them off your list.

8/4: Buy, make or just eat a chocolate chip cookie today

8/7: Spend time with or make time to write or call a friend. Talk to your kids about what makes a good friend

8/9: Read a book with your kids or take a trip to the library

8/12: Talk about youth and the impact they can make. Find a charity they can donate to or participate with that supports youth causes

8/15: Self-care is critical to model and to teach. Have each person do one thing they love and talk about it

8/19: Put yourself in front of the camera. Get your kids perspective. Have them find things that catch their eye and take a pic.

8/24: Eat, Make or Buy some waffles!!!

8/26: Give your dog a treat or take a walk to a dog park to hang with some furry friends.

8/30: Head to the beach, or pretend. Wear swimsuits and eat beach food for dinner.

Back to School:

Celebrate with a favorite meal the night before school, creating a goal for this school year, new school supplies or new backpacks or lunchboxes

