



St. John Catholic School

2024 Summer



Scholastic Olympics



Stay on top of your GAME! Challenge yourself by completing

activities in each of the rings to earn

free dress day!

MIND

Sit quietly in nature and take 20 deep breaths

Research a local landmark

Keep a journal of your summer adventures

Write and send a postcard

write a poem

BODY

Complete a yoga series

Make a simple meal for your family

Run a 5k

Walk your pet

START A FAMILY DANCE PARTY

SPIRIT

Pray a decade of the rosary

Write a letter of gratitude to someone who was helpful

Attend Mass

Learn about 2 Saints and compare their lives

Offer to babysit a neighbor

READING

Read a book then watch the movie version

Participate in a library program

Read a book with an award sticker

Read a book that's at least 10 years old

Read a book set on a different continent

MATH

Do a weekly IXL or iReady lesson

Organize a family game night

Play a card game

Find the average temperature of the weather for one week

Create a budget and help your family meal plan for one week



Celebrate your successes by coloring the rings as you go along.