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St. Pete Screen-Free Summer Bucket List

Meaningful Activities That Build Connection & Emotional Resilience

Outdoor & Nature Adventures

- ☐ Visit Fort De Soto Park
- ☐ Explore Boyd Hill Nature Preserve trails
- ☐ Walk the boardwalk at Sawgrass Lake Park
- ☐ Sunrise or sunset at Pass-a-Grille Beach
- ☐ Splash pad day at North Shore Park
- ☐ Bike ride around Crescent Lake Park
- ☐ Play at Walter Fuller Park playground
- ☐ Family picnic at Vinoy Park
- ☐ Kayak or paddleboard at Weedon Island Preserve
- ☐ Shell hunt challenge on St. Pete Beach
- ☐ Fly a kite near the St. Pete Pier
- ☐ Nature scavenger hunt (make your own list!)
- ☐ Watch dolphins from the waterfront
- ☐ Plant something in your yard or patio
- ☐ Start a small summer garden

Creative & Imagination Builders

- ☐ Build a cardboard fort or city
- ☐ Host a backyard talent show
- ☐ Create a summer scrapbook
- ☐ Write and perform a family play
- ☐ Design your own board game
- ☐ Make homemade popsicles
- ☐ Start a lemonade stand
- ☐ Create a sidewalk chalk mural
- ☐ Paint rocks and hide them in local parks
- ☐ Make friendship bracelets
- ☐ Start a "Summer Reading Challenge"
- ☐ Visit Great Explorations Museum
- ☐ Visit The Dalí Museum family day



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- ☐ Explore Sunken Gardens
- ☐ Attend a St. Pete Public Library event

Connection & Family Rituals

- ☐ Family sunset walk once a week
- ☐ Backyard camping night
- ☐ Weekly board game night
- ☐ Family gratitude journal
- ☐ Cook one new recipe together
- ☐ Start a "No-Screen Sunday" tradition
- ☐ Neighborhood flashlight tag
- ☐ Have a family meeting to plan the week
- ☐ Try a new ice cream shop in St. Pete
- ☐ Visit a local farmer's market

Fun Local Stops (Pair with Movement!)

- ☐ Paciugo Gelato stop + waterfront walk
- ☐ Larry's Ice Cream + playground visit
- ☐ The Hyppo popsicle + sunset
- ☐ Bright Ice treat night
- ☐ Try a new boba tea shop downtown
- ☐ Explore Tombolo Books kids section
- ☐ Candy stop at Rocket Fizz

Emotional Growth & Confidence Builders

- ☐ Create an "Emotion Check-In Board" at home
- ☐ Practice morning breathing exercises
- ☐ Do one kind act for a neighbor
- ☐ Write thank-you notes
- ☐ Volunteer at a beach cleanup
- ☐ Help plan a family outing
- ☐ Earn and manage small summer spending money
- ☐ Learn to ride a bike (if ready!)
- ☐ Try something new and uncomfortable
- ☐ Teach a younger sibling a skill



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Mini Day Trips Around Tampa Bay

- ☐ Clearwater Marine Aquarium
- ☐ ZooTampa
- ☐ Tampa Riverwalk adventure
- ☐ Ferry to Egmont Key
- ☐ Mini golf night
- ☐ Fishing at Skyway Pier
- ☐ Explore the St. Pete Shuffleboard Club

Movement Challenges

- ☐ 7-Day Park Challenge
- ☐ 30-Minute Morning Movement Rule
- ☐ Family Step Count Competition
- ☐ Water Balloon Olympics
- ☐ Backyard obstacle course time trial
- ☐ Bike the Pinellas Trail
- ☐ Pool day at Walter Fuller

Learning Without Screens

- ☐ Weekly library visit
- ☐ Start a summer book club with friends
- ☐ Learn 5 constellations
- ☐ Research St. Pete history and visit one landmark
- ☐ Make a summer science experiment notebook
- ☐ Practice journaling 3 days per week
- ☐ Visit Imagine Museum

St. Pete Exploration Challenge

- ☐ Visit 5 different local parks
- ☐ Try 3 new family restaurants
- ☐ Explore a new neighborhood
- ☐ Attend a free local community event
- ☐ Check Kids Out and About Tampa Bay calendar
- ☐ Attend a summer concert in the park



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Slow Down & Regulate

- ☐ Evening stretch routine
- ☐ Family meditation (5 minutes!)
- ☐ Watch a thunderstorm safely from the porch
- ☐ Sit quietly and listen for 5 different sounds
- ☐ Stargazing night
- ☐ Journal about the best part of the week

When Summer Feels Harder Than Expected

If summer feels harder than you expected, and screen time has increased, behavior has escalated, or anxiety feels more noticeable without school structure, you are not alone. Sometimes the slower pace of summer simply makes underlying struggles more visible.

If you're concerned about your child's mood, coping skills, or emotional regulation, we encourage you to reach out to Juli Hindsley and her team at Child and Family Therapy Center. Thoughtful, developmentally appropriate support can help your family move into the school year feeling stronger and more confident.

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