

The Summer "fun!" Bucket Challenge!

Having fun is good for your health, heart and soul. Adding things you find pleasurable and fun into your life will lesson your stress and create more happiness!

But sometimes, we're so busy doing things for others, that we forget to make fun a priority.

The Summer "fun!" Bucket Challenge can help!



- Get a beach pail, a colorful one that really makes your heart smile!
- Cut out the summer bucket list label and tape it to your bucket.
- Put the bucket where you will see it EVERY day as a reminder to do something fun that day!
- At the end of each summer day, write down on a piece of paper one thing you did fun that day and put it in the bucket.
- To help, at the start of each week, write down some things you can do that week coming up to add some fun into your life.
- The best part? At the end of August, read each paper and relive all the fun you've had that summer!

The Summer "fun!" Bucket Challenge for Companies!

Summer is a perfect time to lighten the stress in your company! Bringing fun into the workplace reduces stress, creates more innovation and creativity, and increases productivity!

Having fun is good for your health, heart and soul! But often people forget that work can be fun, too. Yes, you must be productive, but you can be productive AND happy at the same time.

How can you use this summer to bring positivity into your workplace?

Bring The Summer "fun!" Bucket Challenge Into your Organization!

- Get a beach bucket for every employee. You can find them in bulk online.
- Have the employees put the bucket on their desk where they will see it EVERY day as a reminder to do something fun.
- Encourage them to do something silly or fun during the workday. Give them 30 free minutes a day to do something just for them. (This is in ADDITION to any lunch break they may get.)
- The fun thing could be taking a walk. It could be reading a book. Maybe 30-minutes learning something new. It could be taking a colleague out for an ice cream break. Challenge them to find something that's fun for "them" each day.
- Mix it up... if they cannot think of something "fun" have them think of an act of kindness they can do each day for someone. Doing something for others could be the most fun they'll have all week!
- Have them write that one fun thing on a piece of paper (with their name) and put it in their bucket each day.
- Why have them write their name on it? At the end of each week, have employees dump their bucket of "fun" things they've done in a bigger "Department" of "Company" bucket. Hold drawings each week. Give away theme park tickets or gift cards to fun summer restaurants. Give away a half-day off in the summer. Give them an opportunity to attend a summer conference. Giving "good" prizes will encourage each employee to take having fun seriously!
- Hold the drawings on Monday morning. This gives them fun to kick off the week. And it brings positive energy into the department, energy that will stay all week long!
- At the end of the summer, if you have it in your budget, hold a grand prize drawing.
- Doing a bucket challenge all summer too much for you? Then pick a three-week period and do it. Or pick the month of June or July.



This summer, lighten up your company and bring some fun into the mix.
Make this your company or department summer motto:

We're serious about what we do, not about who we are!

The Summer "Fun!" Bucket Challenge Label

*Cut out the label below and tape it to your bucket.
Put the bucket where you'll see it each day!*

