

# Scribbles and Jots

June 2019 Issue 6

## The Sun, the Moon, and June

June 1st marks the beginning of my 47th trip around that beautiful orange ball that warms our world. I know a lot of people are touchy about the number of candles lighting their cake. I am not one of them. Every single day of breathing the air on this pretty blue marble we call home is a blessing - even the really bad ones!

June also marks a bittersweet anniversary for me. My mother's birthday was on the 5th. Sadly, that is also the day that she passed away two years ago. Heart attacks can happen anytime, anywhere, to anyone. Know the signs.

Treasure each and every day you are given. Wallow in your life like you are a 3 year old in a kiddie pool filled with chocolate pudding - without a bug in sight to ruin the fun! Sing the number of candles on your cake and celebrate them like you just won the BIG prize! Because you have! I have! We all have! We're here!

So, what do you say? Want to help me blow out my candles and make a wish for the best year we've had so far? Come on!

# Sun, Fun, and (that dreaded) Boredom...



## Be reative

Create something using only  
the following items:

Cardboard Box

Sidewalk  
Chalk

Paper  
Towel

It's inevitable. Plan or no plan, great weather or the storm of the century, workday or play day, you are going to hear the two most dreaded words in the summertime vocabulary:

I'm bored!

Those words are always followed by an exclamation point or twelve. What's worse? Half the time - whether we say it out loud or not - the soul exhaling it's discontent is your own.

"I'm bored!" may be the unofficial mantra of summer. But don't let your amazing noggin get stuck in the downward spiral of worry. You can beat the monster of catastrophic boredom that wants nothing more than to see your day melt down into frustrated tears (those are just as likely to be yours as they are to be the munchkin beside you, too. I know. I've been there and I've done that!)

Here are five creative ways to escape the grip of boredom:

1. Put your electronic devices away for an hour (or more!). I know, that phone, tablet, or TV has been your fall back when it comes to boredom. It's your safe place. And that's the entire problem! Your thinker-upper needs some exercise. Let it run wild without the electronic fence for a while.
2. Strike up a conversation with the person in line next to you or behind you. They are new. New is different. Different dissolves boredom! Try it and see. Ask them what they think of goldfish. Figure out what you think of goldfish in the process! (And remember to smile - not that creepy, stressed out thing you plaster on your face out of desperation. Smile for real. And be nice! Stick to fun "nonsense" topics.)
3. Get a sucker (sugar free is fine as is hard candy). Stick it in your mouth and try to sing "You are My Sunshine" around it on a road trip. Now sing something else. When you run out of songs, try to have a conversation.
4. Take turns making up jokes. My family does this on road trips a LOT. Most of our jokes are terrible. We love them! Best game ever!
5. Really look at the world around you. Dig in under the initial impression your brain picks up about the area. Find something you wouldn't notice at first glance. Then find something that you would have missed on your second glance. It's like I Spy only better! You will be amazed by the little things that you will find if you look!

*Prompt:*

The Morning  
Jacob grew six  
legs started out  
like any other.



rite about a place you'd like to go.

## What about Summer Reading Lists?

Schools send them home. Websites suggest them. Celebrities have their own compilation of summer "Can't Miss!" reads. Lists exist for all ages and in all genres. They are impossible to escape! So, what am I going to do? I'm going to give you another one, of course! Mine is going to be a little different, though. You get to pick your own titles. The themes are the important part! See how many you can fit into your summer (or year!)...then add one more.

- \* Read something that makes you laugh!
- \* Read a book by a local author.
- \* Read one children's picture book.
- \* Read an article about fixing something broken.
- \* Read a point of view that you disagree with.
- \* Read about an occupation you wanted as a child.
- \* Read a fictional story set in another country.
- \* Read the same book your best friend is reading.
- \* Read the same book your parent or child is reading. (Age appropriateness only applies to the younglings!)
- \* Read something non-fiction that was well researched.
- \* Read a recipe you would like to try.
- \* Read about a historic person, place, or event.
- \* Re-Read your very favorite book. (It's okay, your allowed!)

## *Opinion Time*

Beach

Amusement Park

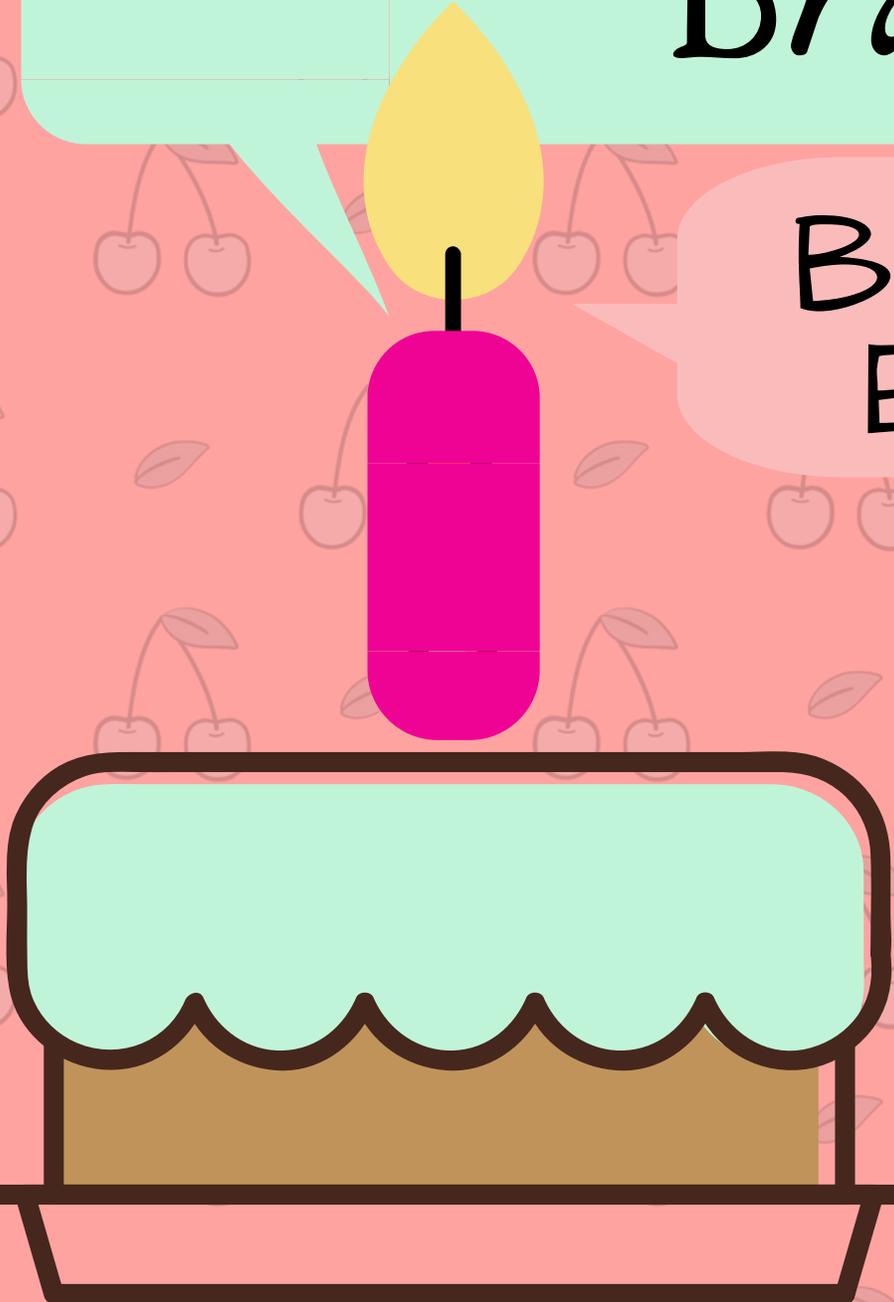
Camping

Hiking

Water Slides

# *It Came from My Brain!!!*

Birthday  
Edition



I've given you a lot of words in this issue. Instead of giving you too many more here, I just want you to know that my birthday wish is for each and every one of you to have a wonderful June full of beauty, fun, creativity, and

true joy. Make some memories. Share your gift with the world. Be the amazing person only you can be!

Oh, and don't forget to have a piece of cake to help me celebrate the annual new beginning of my future.