



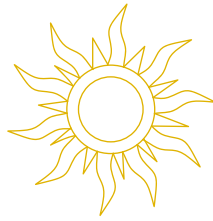
# *Before We Play*

## A Family Summer Care Guide

Skin, Sun, Energy & Spirit



 **FATE** *into* **DESTINY**  
*Aging Gracefully with Margo*



Summer invites us into warmth, movement, laughter, travel, family time, creativity, nature, and play.

Before we step into the sunshine, there is a loving rhythm that can support the whole family.

We pause.  
We prepare.  
We care for the body.  
We protect the skin.  
We honor our energy.  
We create space for joy.

This guide was created as a gentle family resource for children, teens, adults, and mature adults. Use it before outdoor play, camp, travel, swimming, gardening, family gatherings, walks, vacations, or time in nature.


Care can be practical. Care can be loving.  
Care can become part of the way  
we enjoy the season together.





## Before We Leave the House

### Use this guide before heading outdoors:

- Water bottles are filled.
  - Sunscreen has been applied.
  - Hats are packed or worn.
  - Sunglasses are ready.
  - Snacks or fruit are packed.
  - Shade options are considered.
  - Lip balm is available.
  - Comfortable clothing is chosen.
  - Rest breaks are included in the plan.
  - Everyone has checked in with their body.
- 

### **Family Check-In:**

*How does my body feel before we begin the day?*

### **Care Reminder:**

*Preparation is one way love becomes visible.*



## Skin & Sun Care

The skin is the body's largest organ. It helps protect us, regulate temperature, retain moisture, and experience the world through touch.

Nurturing the skin is one way we honor the whole body. Every skin tone benefits from sunscreen, shade, and thoughtful sun protection.

- Apply sunscreen before outdoor activities.
- Reapply during extended time outside, especially after swimming, sweating, or towel drying.
- Remember often-missed areas: ears, neck, hands, shoulders, lips, scalp line, tops of feet, and the back of the neck.
- Choose shade when the sun feels strong.
- Wear a hat, sunglasses, and clothing that support comfort and coverage.
- Notice changes in the skin and seek professional care when guidance is needed.


### ***Gentle Reminder:***

Skin care is whole-body care.



## Hydration, Shade & Rest

Summer energy can feel full, active, and exciting. The body also appreciates cooling, hydration, and rest.

- Drink water before outdoor play begins.
  - Take water breaks throughout the day.
  - Choose cooling foods such as fruit, vegetables, smoothies, or lighter summer meals.
  - Create shade with trees, umbrellas, porches, hats, or indoor breaks.
  - Rest before the body feels overly tired.
  - Notice signals such as extra thirst, fatigue, dizziness, redness, irritability, or heaviness.
  - Give children and teens permission to pause.
  - Adults and mature adults are invited to pause, too.
- 

### ***Family Check-In:***

What would help my body feel refreshed right now?

### ***Care Reminder:***

Rest supports joy.





## Energy Hygiene for the Family

Energy Hygiene is the practice of tending to the energy we carry, receive, release, and restore.

Families can practice Energy Hygiene in gentle, practical ways.

- Begin the day with one shared breath.
- Set an intention before leaving home.
- Pause before moving from one activity to the next.
- Notice when the energy of the group feels full, rushed, tender, or excited.
- Take a quiet break when needed.
- Place a hand over the heart and breathe.
- Offer kind words to yourself and one another.
- Release the day with a calming evening rhythm.

### **Family Breath Practice:**

*Breathe in: I receive care.*

*Breathe out: I release what I no longer need to carry.*

*Breathe in: I welcome joy.*

*Breathe out: I am at peace.*

### **Care Reminder:**

A calm pause can shift the rhythm of the day.



## Play, Create & Receive

Summer is a wonderful season for play, creativity, connection, and receiving joy.

After care and preparation, the heart has more room to enjoy the moment.

- Play outside.
- Dance to a favorite song.
- Create a summer playlist.
- Draw, paint, journal, or make a vision board.
- Take a family walk.
- Notice clouds, flowers, birds, trees, or butterflies.
- Share one thing you are grateful for.
- Let laughter be part of the day.
- Let quiet be part of the day.
- Let joy be received.

### **Family Reflection:**

What joy is available to us today?

### **Care Reminder:**

Joy is part of wellness.



## Family Conversation Prompts

Use these prompts for journaling, family conversation, camp reflection, or quiet personal awareness.

- What helps my body feel cared for in the summer?
  - What helps my energy feel calm and clear?
  - What do I enjoy most about being outside?
  - What reminds me to drink water and rest?
  - How can our family care for one another before we play?
  - What does my skin need in this season?
  - What helps me feel safe, supported, and ready to enjoy the day?
  - What is one summer memory I would love to create?
- 



## My Summer Care Intention

This summer, I am choosing to care for my body by:

---

---

I am choosing to care for my energy by:

---

---

I am choosing to welcome joy by:

---

---

One thing our family can practice before we play is:

---

---





## *Closing Blessing*

May this summer meet you with warmth, joy, and care.  
May your body feel supported.  
May your skin feel protected.

May your energy feel grounded.  
May your spirit feel nourished.  
May your family moments be filled with laughter,  
connection, and grace.

Before we play, we pause.  
Before we create, we care.  
Before we move forward, we listen.

This is self-care in action. This is love in motion.

Warmly,

Margo 



 **FATE** into **DESTINY**

*Aging Gracefully with Margo*