

# JULY 2022 RESOURCE LIST

## SeaWorld Electric Ocean:

Stay through the evening to experience stunt shows, bioluminescent musical experiences, and more! Running now through 8/14.

## Coluccico Summer

### Bucket List:

You'll find tons of activities around San Diego in this list. Discover something new and add some variety to your family's summer plans.

## Mindful Schools:

Help your children feel more connected to their bodies and feelings with these ten simple activities. An easy thing to incorporate over summer and carry into the school year!

## Kids Bowl Free:

Simply select your location to find a list of bowling alleys near you participating in this offer throughout the summer.

## Road Trippers:

Use this website to help plan a route to visit all the sights and attractions you want on the way to your final destination.

## ADDitude Magazine:

Check out this article on setting up a summer plan to close out the school year and stay prepared for the next without becoming overwhelmed.

## Athenaeum Library:

This La Jolla space is devoted entirely to music and the arts. Check out their weekly children's story time, guided walking tours of the La Jolla murals, or live musical performances.

## Read Beyond the Beaten Path Summer Reading:

Participants in this free, all ages program by the SD Public Library can earn incentives like museum passes.

## Events

Clay and Craft  
Sunday Skool  
7/10 3-6 pm

Fourth of July  
Firework Shows  
*All around the county*

One Paseo: Kids  
Happy Hour  
Thursdays 3-5 pm  
*through 8/25*

*We know that keeping a family running on schedule, planning entertaining outings, and staying organized can be beyond difficult! Our hope is some of these resource items will bring fun, energy, and balance to you and your family. Simply click the underlined link for more information on each listing, and feel free to share!*