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Welcome to summer! "Sing! Play! Summer!" is designed to help you celebrate the summer season through the twin delights of faith and music, tapping your toes and singing along to the bluegrass-and-gospel sounds of SALT's internationally-acclaimed house band, Butterflyfish!

In these pages you'll find over 50 summertime activity ideas, all organized around six Butterflyfish songs that'll put pep in your step and faith in your heart. And don't miss the lyric sheets at the end!

Look no further: your family's "Summer Soundtrack" is here. Each song brings a biblical story or theological idea to life, making it a springboard (or summerboard!) for activities individuals, families, congregations, and children of all ages can enjoy. So kick off your shoes, lay under the stars, or gather round the campfire: music is one of God's greatest gifts, and this summer is the perfect time to savor it.

Happy singing, playing, and summering!

Lemonade and sparklers,
The SALT Team

ALL SAD SONGS

It's been all sad songs since you've left,
I've cried
And I've kept my sorrow so deep inside
And I've swept up all of my pride
Sad songs since you've died

It's been all sad songs since you went
away
I've been lost, and sleepin' right through
the day
This has cost me all that I had
Now the songs are all sad

Something deep inside of me
So wanted to believe
But that cost me all that I had
Now the songs are all sad

But then Mary came to our house of
shame
To proclaim that you were alive again
And the grave was as empty and dark
As my broken heart

Something deep inside of me
So wanted to believe
That the grave is as empty and dark
As my broken heart

I know all sad songs have another verse
It's the one the heavenly choirs rehearse
For that day when the broken will mend
And the sad songs will end

Not that we'll forget, we'll sing those
songs yet
In a different key - we'll sing differently
In the music God has arranged
All the sad songs will change

God will wipe away all our tears
And banish the fears we've collected for
all these years
On that day when the broken will mend
And the sad songs will end

Something deep inside of me
Can't help it but believe
In that day when the broken will mend
And the sad songs will end
In the music God has arranged
All the sad songs will change

MUSIC  

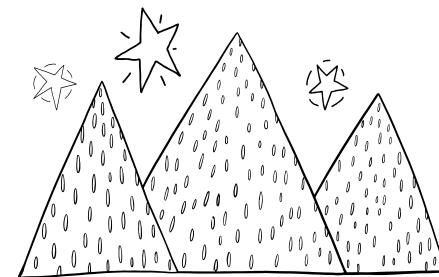
CHORUS:
We are going
To a place where music
Falls and fills up everything
And though it might be a long time
I know it's gonna be alright
'Cause we've already started to sing

Come and go with me
We can walk together
We'll climb any mountain
Brave any weather
That place we're going
Is a beautiful song
And while we're on our way
We can sing along

CHORUS

And when we get there
And join that choir
Everybody's gonna be there
Whole world on fire
Every light will shine on
That endless day
And we can sing through the night
While we're on our way

CHORUS x3



NOAH'S LULLABY



The coyotes lay down
in their lairs
And the mice cuddle up with the
koala bears
And the crickets are singing their evening
prayers
So peacefully, sweet friends of mine

The giraffes are now closing their eyes
As an elephant snores and a butterfly
sighs
And the nightowls are hooting their
"who" lullabies
So peacefully, sweet friends of mine

CHORUS:

*Last night I dreamed of rainbows
Red, yellow, green, and blue
And high up above in the sky was a dove
Coming near with a new leaf of love
Coming near with a new leaf of love*

Yes, the zebras are getting their "Z's"
And the house cats are dreaming of the
chickadees
And the monkeys curl up with their chins
on their knees
So peacefully, sweet friends of mine

As the rain and wind blow overhead
I know most of you'd rather be on land
instead
But just think of this rig as a big waterbed
And sleep peacefully, sweet friends of
mine

CHORUS x2

I know God will make everything right
It's been forty long days, and thirty-nine
nights
Who knows what will come with the new
morning light
So sleep peacefully, sweet friends of mine
Yes, sleep peacefully, sweet friends of
mine

ROOM TO FALL

I was livin' alone, mindin' my own
Wherever I went there was my home
Every day I was out in the fray
I'm the shepherd who keeps the
wolves away
Away, away, away, away, keeps the
wolves away

I was out on the range the day
everything changed
The Philistines came out on the plain
They had one big son-of-a-gun
Goliath made everybody run
And run, and run, and run, and run,
everybody run

"Let's get this done, go one-on-one
Goliath against your favorite son"
None came fore, so I said sure
God knows I seen wolves like him before
Before, before, before, before, wolves
like him before

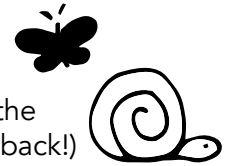
Crowd gathered without a sound
I picked up a good stone off the ground
Just a boy with a slingshot toy
But Israel soon shouted for joy
For joy, for joy, for joy, for joy, soon
shouted for joy

Now listen here, my friends so dear
Let me make my point perfectly clear
We may be small and our troubles tall
But that's just more room for them to fall
To fall, to fall, to fall, to fall, room for
them to fall
And they're gonna fall, and fall, and fall,
and fall, and fall
Goliath's gonna fall
And fall, though we
may be small



THE SONGS

(Check out the lyrics in the back!)



LEMONADE

A playful jug-band romp through the perfect
summer day

WHAT JONAH LEARNED INSIDE THE WHALE

A bluegrass barnburner from the deep

NOAH'S LULLABY

How Noah sang the animals to sleep on those forty
rainy nights

ROOM TO FALL

David and Goliath like you've never heard it before

ALL SAD SONGS

A tender, soaring song about faith, loss, and
believing again

MUSIC

A soulful, epic anthem on the power of singing

WANT MORE BUTTERFLYFISH?

These six songs are all from the band's debut
album, "Ladybug." Check out all things BFF at
saltproject.org (click on Shop → Music)

WEEK ONE LEMONADE



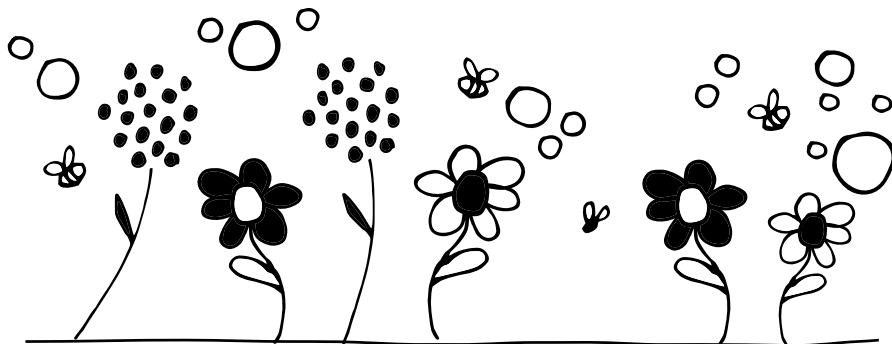
SCRIPTURE

Remember the sabbath day, and keep it holy.

+ Exodus 20:8

MEDITATION

A weekly sabbath day is important (hey, it's a commandment!), but summertime has the potential to be a whole season of sabbath like no other. The pressures of work and worry never stop, but that's all the more reason to carve out time - sacred time - for even more fun, frolic, togetherness, and joy. After all, what we remember and treasure isn't work and worry; it's lemonade and porch swings, bumblebees and bubbles. So let's make some memories! Remember the sabbath, and keep it holy!



BUTTERFLYFISH LYRICS

LEMONADE



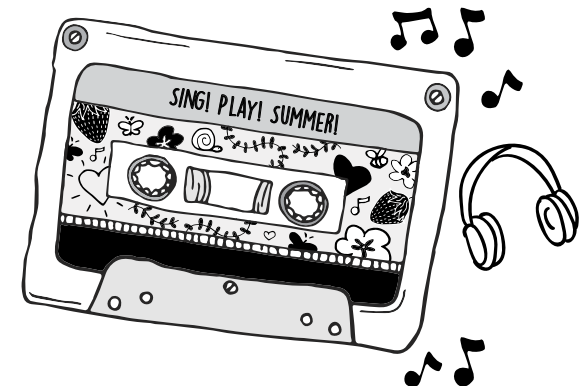
On a summer day
We're just wishin' the clouds away
Sippin' lemonade
There's a bumblebee
Who's a little in love with me
Can't you see?
He's bumble-umblin'
A-rumble-tumblin'
Buzzin' along
Not doing anything wrong
He's just singin' his song
Why don't we sing along?
He's black and yellow
A handsome fellow
Spending his time
With the flowers so fine
He's a bee in his prime
Here with me sippin' my
Lemon and lime

We have got it made
Swingin' here in the summer shade
Sippin' lemonade
A bubble I just blew
Is a little in love with you
And I am, too
It's bubble-ubblin'
And we're just cuddlin'
Here on the swing
We can do anything
While we swingily swing
We can singily sing
The bubble's popplin'
But we're not stoppin'
We're on a roll
We don't have any goal
We're just sittin' here so
We can sit here some more
And more and more
On a summer day
We're just wishin' the clouds away
Sippin' lemonade

WHAT JONAH LEARNED INSIDE THE WHALE

Jonah was a man
He used to run away again and again
He sailed across the sea and yet
He ended up just getting wet
And now he knows that
If there's one thing you can't do
It's run away from love
Cause love's in every way
And if there's one thing you can do
It's live like love is here to stay
Every day
That's what Jonah learned inside
the whale

He learned that whales have no teeth
But they do have great big tongues
And God is underneath
Everything and everyone
That's what Jonah learned inside
the whale
And that's not just one heck of a
fish tale
It's testimony that love will never fail
Even down inside a whale



- Dinner conversation starters:
 - What song(s) would you like sung at your funeral? If someone made a movie of your life, what songs would you like included?
 - What do you think the new world God is making will look like? How can we be a part of the making?

THINGS TO BE THANKFUL FOR THIS SUMMER



Sunshine on your face

The way the air smells first thing in the morning

Text conversations with friends

Good movies and good books

Your body: from your eyelashes right down to your toenails!

The slant of sunlight through the window

Songs we know by heart

Constellations

Water to swim in

The animals all around us, outdoors and in

Each other!

ADD YOUR OWN IDEAS TO THE LIST:



SUMMER FUN THIS WEEK

- Find a shady spot with good foot traffic, set up a lemonade stand, and give some or all of your earnings to a local cause
- Do some Bee-Search: Learn five amazing facts about bees, and then get out there and find some (psst: follow the flowers!)
- Bubble Up: Blow some beautiful bubbles, big and small - and see how many you can pop!
- Get swinging in a hammock, porch swing, tire swing, or on an old fashioned swing set! Bring a few good books into the hammock, or plan a nighttime swingtime and try to touch the stars with your feet!
- Try memorizing "Lemonade," and see if you can sing it all the way through (lyrics in the back!)
- Dinner conversation starters:
 - Describe your perfect summer day. What's happening? Where are you? Who's with you? How does it make you feel?
 - "Sabbath" comes from the word for "to stop." What do we need to do less of in order to make room for having more fun together?

CRAZY-DELICIOUS LEMONADE RECIPES

It's the archetypal summer treat – and tasty twists on a classic make a good thing even better! Try a different recipe every week this summer, and vote on which one you like the best. Here are three to get you started!



CLASSIC LEMONADE

1 ½ cups of fresh-squeezed lemon juice
½ cup of sugar
6 cups of water + Ice

STRAWBERRY LEMONADE

Classic Lemonade + 1 ½ cups strawberries (blended or juiced)



SPARKLING HONEY MINT LEMONADE

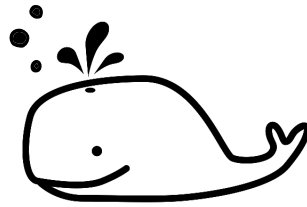
Classic Lemonade + 1 cup of fresh mint leaves
Replace sugar with ⅓ cup of honey
Replace about half the water with sparkling water

WEEK TWO WHAT JONAH LEARNED INSIDE THE WHALE

SCRIPTURE

Then Jonah prayed to God from the belly of the fish, saying, 'I called to God out of my distress, and God answered me.'

+ Jonah 2:1-2



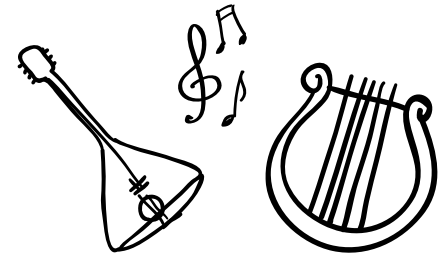
MEDITATION

Full of twists and turns, the story of Jonah is about at least two things: 1) God's pervasive and persistent love, and 2) stepping up to the challenges that change can bring. Jonah tries to avoid God's call at first, while the people of Nineveh embrace it, changing their lives for the better. The story ends with the idea that the God of love is at work in and through all the twists and turns in our lives, sometimes hidden, sometimes plain - and that God's mercy knows no bounds!

SUMMER FUN THIS WEEK

- If you live in or near a city with an aquarium, go for a visit; if not, watch a nature documentary on whales, or on "every living creature that moves, of every kind, with which the waters swarm." + Genesis 1:21
- Do some Sea-Search: Learn five mind-boggling facts about whales, and then make a drawing or diagram displaying your new knowledge for all to see

WEEK SIX MUSIC



SCRIPTURE

Praise God with trumpet sound! Praise God with lute and harp! ... Let everything that breathes praise God! + Psalm 150:3,6

MEDITATION

The essence of Christian faith is not that everything's been fixed and tied up with a bow, but rather that God is at work in the world bringing it back to life, and that we are on our way to a transformed world - not a heaven somewhere else but a new earth, a "New Jerusalem" where mourning and crying and pain will be no more. That new world will be drenched in music, no doubt, lutes and harps and banjos and voices - and we can start that great sing-along even now, as we continue the journey.

SUMMER FUN THIS WEEK

- Jam session! Grab a musical instrument - anything will do, even some old pots and pans - and make a joyful noise with family and friends!
- Find an outdoor concert to attend - or put one on!
- Make a playlist of your favorite songs and combine everyone's greatest hits into a "Summer Family Soundtrack"
- Sing grace before every meal
- Go for a hike - and sing as you stroll, climb, scamper, or trek
- Try memorizing "Music" - and see if you can sing it all the way through!



- Visit the grave of a family member, friend, or pet; or visit a local cemetery and have a walk-and-talk about life and death, loss and love.
- Try memorizing “All Sad Songs” - and see if you can sing it all the way through!
- Dinner conversation starters:
 - What’s the saddest song you’ve ever heard? Do you like to listen to it? Why or why not?
 - What do you feel sad about sometimes, in your life and in the life of the world? What sadness have you noticed in other people?

MAKE A HIGHS—AND—LOWS SCRAPBOOK

While summer’s memories burn bright and vivid, set aside some time to work together on a **“Summer Highs-and-Lows Scrapbook.”** In the months and years ahead, you’ll all be glad you did!

- **Get everyone involved:** Each person gets a page for “highs” and a page for “lows.” Every journey has peaks and valleys!
- **Keep it alive:** Go digital - or go old school, so you can use hand-drawn illustrations, etc. (but still consider making a digital record, for posterity). And put some dates on your calendar to revisit the scrapbook together (on New Year’s Day, or as next summer begins, etc.)
- Think of this as a **vehicle for thanksgiving** to God for a great summer, including the hard parts that will help us grow!



- Go swimming in a pool, ocean, or pond - and play sharks and minnows!
- Visit a pet store and check out the fish section. Can you see why God proclaimed these colorful creatures good?
- Try memorizing “What Jonah Learned” - and see if you can sing it all the way through!
- Dinner conversation starters:
 - How and where do you most experience God? How and where do you most experience love?
 - The story of Jonah is about changing for the better. How does the world need to change? What changes do you need to make for a better world, a better you?

5 SUMMER ATTITUDE HACKS FOR PARENTS

1. START SAVORING

At the most, you’re only going to have 18 summers together (give or take!) – so start savoring them now!

2. LET IT GO

Dusting. Vacuuming. Dishes. Laundry. Let it go! Summer should be a lazy, crazy time with less sweeping and more swimming.

3. MAKE MEMORIES

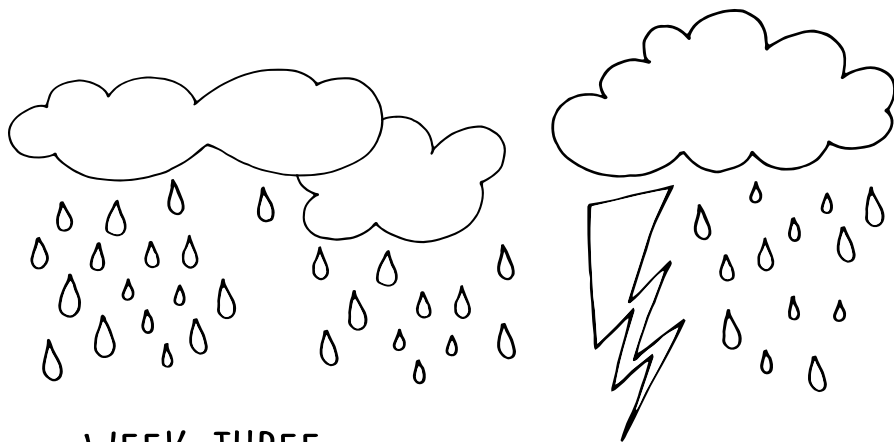
Think back to your childhood. What do you remember most about your summers? What do you want your kids to remember about this summer? Make a list, share it with your family and friends, and then start checking things off!

4. BE REALISTIC

You won’t be able to enjoy EVERY moment, but what you can do is find little glimpses of delight between the typical struggles. Take each day, each hour, each minute as it comes, always ready to savor those magical little moments of beauty when they come along.

5. MAKE MAGIC

Fireflies, sparklers, campfires, s’mores, cannonballs, roller coasters, and sand between your toes – the magic of summer is all around, and it’s yours for the making! It won’t happen without some intentional hard work, of course, but the magic is worth it. So: roll up your sleeves and – Abracadabra!



WEEK THREE NOAH'S LULLABY

SCRIPTURE

When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.

+ Genesis 9:16

MEDITATION

Most ancient cultures had a "great flood" story; what makes the version in Genesis distinctive is its strong emphasis on love and care for all creation. The ark is a sanctuary from the storm for every living thing (in some ancient versions, Noah's wife, Naamah, is called by God to save each plant, seed, bulb, root, and spore), and the rainbow promise at the end of the story is an "everlasting covenant" between God and all life on earth. The story's message is clear: God loves all creatures, great and small, and human beings have a special role in taking care of them all, from elephants to butterflies, coyotes to crickets, daffodils to dandelions!

WEEK FIVE ALL SAD SONGS



SCRIPTURE

The angel said to them, 'Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here.' + Mark 16:6

MEDITATION

At the center of Christian faith is Easter weekend, four days beginning with the sorrows of Maundy Thursday and Good Friday and ending with the wonder and joy of the empty tomb. Those sorrows are essential - and they're not "solved" or eclipsed by the hope of Easter morning. Jesus rises as a wounded savior in a wounded world, and his resurrection is not an end in itself but rather a beautiful, encouraging sign of things to come. The sad songs are still all around us, even as the dawning light of God's love seeps back into the world.

SUMMER FUN THIS WEEK

- It's OK to feel sad sometimes! Make some popcorn, grab a box of tissues, and watch a classic movie that covers the gamut of emotions.
- Go on a moonlit walk together: watch for stars and listen for the sounds of the animals who make nighttime their active time. Even in the shadows of life, there are wonders to behold.
- Bake some cookies for someone who might be feeling sad this week.

- Visit an organization fighting against a modern “Goliath” like homelessness, hunger, illiteracy, or poverty
- Try memorizing “Room to Fall” - and see if you can sing it all the way through!
- Dinner conversation starters:
 - What are the Goliath-sized problems we face today, both personally and as a global community?
 - How do you gather the courage and hope needed to face challenges that seem impossible?

NATURE SCAVENGER HUNT

A shepherd long before he became a king, David knew his way around outside. Try your hand at this nature scavenger hunt, set a time limit, and beat it!

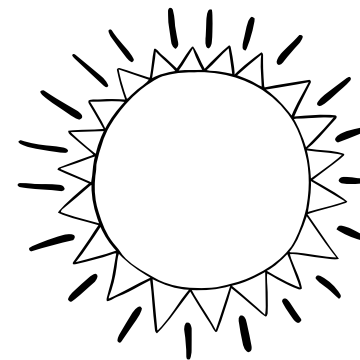
FIND AND COLLECT:

- | | |
|--|--|
| <input type="radio"/> 3 twigs | <input type="radio"/> Something rough |
| <input type="radio"/> 3 pine cones | <input type="radio"/> Something red |
| <input type="radio"/> Something alive | <input type="radio"/> 2 kinds of seeds |
| <input type="radio"/> A flower that has fallen from a tree | <input type="radio"/> A heart-shaped leaf |
| <input type="radio"/> 5 different types of leaves | <input type="radio"/> A dandelion bouquet |
| <input type="radio"/> 5 smooth stones | <input type="radio"/> An acorn |
| <input type="radio"/> Something soft | <input type="radio"/> <i>BONUS:</i> A feather! |



SUMMER FUN THIS WEEK

- Have a campfire sing-along under the stars, and be sure to include your favorite songs and lullabies (the more about animals the better!)
- In Genesis, God’s “bow in the clouds” is an archer’s bow, a symbol of God saying “No” to violence by hanging up the bow once and for all. In this spirit, create an art project in rainbow colors showing your vision of a peaceful world. Put your masterpieces up on the fridge or on Instagram for the whole world to enjoy!
- Whether a rowboat or raft, sailboat or canoe, get out on the water! Can you feel how the wind and waves might’ve rocked the ark full of animals asleep?
- Visit a local animal shelter and find out what they might need – volunteers, dog walkers, food, cat litter? How can you help love and protect God’s creatures great and small?
- Try memorizing “Noah’s Lullaby” – and see if you can sing it all the way through!
- Dinner conversation starters:
 - What’s your favorite animal, and why? What’s your favorite plant, flower, and tree? Why?
 - Genesis paints a picture of human beings taking care of all of God’s creation in a special way. How are we living that out today? How can we improve?



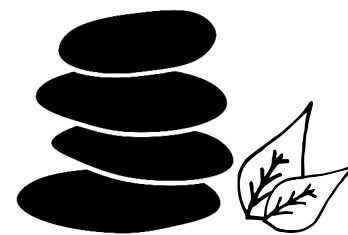
SUMMER BUCKET LIST!

- ☐ Make a summer music playlist
- ☐ Climb a tree
- ☐ Go for a birding walk - and identify at least seven different birds
- ☐ Have a water balloon fight
- ☐ Play hopscotch
- ☐ Write a story
- ☐ Solve a puzzle
- ☐ Play charades
- ☐ Learn and perform a magic show
- ☐ Play tag
- ☐ Look for ladybugs
- ☐ Pick wild flowers
- ☐ Draw each other's profile
- ☐ Jump rope
- ☐ Lay in the grass
- ☐ Make ice cream
- ☐ Stargaze
- ☐ Visit your local farmers' market
- ☐ Read out loud on a rainy day
- ☐ Plant something
- ☐ Visit the nearest botanical gardens
- ☐ Eat outside
- ☐ Take an epic road trip, even just for a day
- ☐ Volunteer together
- ☐ Camp out in the living room
- ☐ Camp out in the backyard
- ☐ Perform a random act of kindness
- ☐ Skype or Facetime a faraway friend or family member
- ☐ Go through your clothes, toys, and books, and donate some of them to a local shelter
- ☐ Find your favorite food truck
- ☐ Go on a hike
- ☐ Visit a waterfall
- ☐ Dance in the rain
- ☐ Epic Mad Libs session
- ☐ Mini Golf!
- ☐ Make homemade popsicles
- ☐ Organize a baseball, soccer, or ultimate frisbee game
- ☐ Go berry picking
- ☐ Make a summer gratitude journal
- ☐ Visit an art museum
- ☐ Host a hula-hoop contest
- ☐ Run through the sprinkler
- ☐ Learn to play the ukulele
- ☐ Go rollerskating
- ☐ Make a sidewalk chalk masterpiece

ADD YOUR OWN IDEAS TO THE LIST:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WEEK FOUR ROOM TO FALL



SCRIPTURE

Then David took his staff in his hand, and chose five smooth stones from the river valley, and put them in his shepherd's bag...
+ 1 Samuel 17:40

MEDITATION

Goliath looked unbeatable, and the sight of a young kid without armor or sword approaching the great giant must have been laughable to the Philistines - and terrifying to the Israelites! But God can make a way out of no way - and the biggest problems we face today can be occasions for taking heart, having courage, and getting to work. Goliath's gonna fall!



SUMMER FUN THIS WEEK

- How about some good-natured competition? Tennis, basketball, ultimate frisbee, freeze tag, mini golf, wiffle ball - pick your summer sport, embrace the challenge, and have some fun!
- David was all about accuracy, so try some target practice: toss smooth stones at a log, a frisbee at a tree trunk, or a crumpled paper ball at a waste basket. See how many you can get out of ten - and try taking turns as a team to set records!
- Find a shoreline and skip some "smooth stones" across the water.