

# News from Psychological Services

## SUMMER STRATEGIES



### Maintaining Academic Skills Over Summer Break

A summer without any academics can cause students at every grade level to digress in their educational skills. Half an hour to an hour each day can help students close learning gaps and perform at higher levels during the upcoming school year.

**Make Time for Learning!** Trips to the library, summer reading groups, and reading a book as a family are all ways to help your child stay interested in academics over the summer.

**Learn and Practice Affixes:** Children and teens can improve their reading and spelling skills by learning and

more suffixes (ex. “ful” in “hopeful”) and prefixes (ex. “mis” in “mistreat”). Turn it into a game by writing the suffix or prefix on one side of the flashcard, and the meaning on the other side!

**Practice Math Skills!** Children can practice their computations skills by doing a few problems a day. Parents can also turn everyday tasks into math games! For example, back to school shopping is an opportunity to engage children in math work. Ask children to estimate or calculate costs by creating a word problem, “We need to buy 4 boxes of crayons for you and your sister. They are 50 cents a box. Will \$5 be enough?”

**Putting Movement in Math:** Make math even more fun by adding some movement activities! For example, children can demonstrate angles by rotating their body while standing in a hula-hoop. Students could also toss a ball with numbers on the outside and perform various math operations with the numbers their hands touch when catching the ball.

**Creative Writing:** To practice writing skills, have your child write in a journal about their summer experiences or choose a topic that interests them.

**Make writing a part of daily life.** Prompt your child to write messages such as grocery lists, to-do lists, or letters to family members or friends.




### DID YOU KNOW?

Research shows that summer reading can make a significant difference in a student’s overall academic achievement, particularly when he/she begins a new school year in the fall. Students should practice reading aloud with family members as well as reading on their own and silently. In both cases, family members can ask the student what he/she just read about to practice comprehension skills. The more children read, the better readers they become.

**BEST ways to PREVENT**  
**SUMMER LEARNING SLIDE**


Have your child read at least  
**20 MINUTES PER DAY**



Students who read **20 minutes** a day score in the **90th percentile**

Students who read **5 minutes** a day score only in the **50th percentile**

\* Anne E. Cunningham and Keith E. Stanovich, What Reading Does for the Mind, The American Federation of Teachers, American Education, Vol. 22, No. 1, p. 49-50, 14.

Visit  the **Library.**

Find reasons for your child to **practice** writing skills.

**Write...**  
a book, a blog, a zine, a poem

Engage in meaningful conversations with your child.

Stimulating conversations boost language skills.

Quick Conversation Tips:  
1. Ask questions.  
2. Be positive.  
3. Give your full attention.  
4. Be encouraging.

**Audio Books**

Instead of listening to the radio, listen to audio books during long drives.

**Model Reading Behavior**

If your child sees you reading, they will want to read as well.

**Read to your child**

This builds listening skills, imagination, and increases vocabulary

Learn a new word each week.

Post the new word with it's definition and have a contest for who can use it the most times in one week.

Reciprocity  
Fait Accompli  
Equanimity  
Plethora  
Erudition  
Panacea

**Big Universe**  
www.biguniverse.com  
Engage Students. Empower Teachers.

**COOK with your child**

Have your child follow a recipe. This enhances both reading and math skills.

**Free and Fun Elementary Reading Websites for Kids**

1. **Between the Lions:** PBS LearningMedia hosts some terrific educational material for children, and its Between the Lions video resources are among the best. There are read-along folktales and fables with a twist, clever song videos of letter sounds, and many more amusing stories and catchy songs to capture kids' attention.
2. **Starfall:** Starfall Education has created an engaging group of games and activities that range from the ABCs to fables.
3. **StoryPlace:** StoryPlace is an award-winning digital learning library hosted by the Charlotte Mecklenburg Library system in North Carolina. The site is fully available in both English and Spanish.
4. **Storyline Online:** The Screen Actors Guild (SAG) Foundation has a wonderful story read-along website called Storyline Online. Well-known SAG actors of all ages read more than 50 popular children's picture books.
5. **ReadWrite Think Student Interactives:** The ReadWriteThink Student Interactives site is jam-packed with lessons and interactive games for students of all ages who are learning reading and writing skills.
6. **PBS Reading Games:** PBS Kids has more than 70 reading games connected to characters from its popular television series, such as *Sesame Street*, *Clifford the Big Red Dog*, *Martha Speaks*, *Daniel Tiger's Neighborhood*, and *Caillou*.
7. **WordWorld:** In WordWorld, words morph into the objects they name. That creates a powerful connection between the letters and the words they represent. Children are captivated by the vibrant colors and graphics in these interactive books, and it's an excellent vocabulary building site for beginning readers.
8. **Storynory:** With more than 600 audio stories, Storynory is a longtime favorite in the UK. It provides a broad range of original titles, fairy tales, myths, educational stories, poems, world stories, and classic authors.
9. **Oxford Owl:** OxfordOWL is another site from the UK. It offers more than 100 free e-books that range from simple level-reader stories to more complex titles and layouts, such as *How to Build a Castle*.
10. **ABCya:** ABCya offers reading games for a wide range of grade levels. You can browse by level, and each game is helpfully labeled with the appropriate age range.
11. **Librarian Bookends:** has a collection of free books on a variety of topics, across ages and abilities.

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-  gcs\_psychological\_services

**Tips for Screen Time from the American Academy of Pediatrics:**

- For children 2 to 5 years of age, limit screen use to 1 hour per day of high quality programming.
- Encourage children and adolescents to get the recommended amount of daily physical activity (1 hour) and adequate sleep (8-12 hours, depending on age).
- Students should not sleep with devices in their bedrooms, including TVs, computers, and smartphones. Avoid exposure to devices or screens for 1 hour before bedtime.
- Avoid using media as the only way to calm your child as this could lead to problems with limit setting or the inability of children to develop their own emotion regulation.



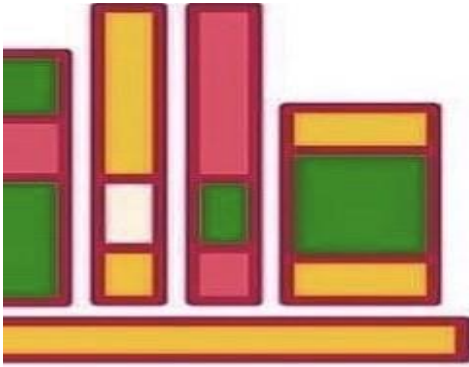
## Tips to Make Summer Reading Fun for Your Child

- **Create a fun reading space:** Set up a tent or create a reading fort! Add twinkle lights, blankets, and other cozy items.
- **Make a reading routine:** Set aside a specific time each day dedicated to reading. Making reading a priority relays the message that reading is important. Make time to read together in addition to independent reading.
- **Make reading an adventure!** Visit libraries, bookstores, and take field trips.
- **Encourage choice:** Reading should not be a chore; it should be a choice. Allowing your child to choose the books they read gives them a sense of control. Graphic novels, magazines, nonfiction and newspapers should also be options in reading for pleasure.
- **Be a “reading role model”:** Children are known to model the actions of adults they love. When they see their parents/guardians reading a book, they will follow your lead. Read aloud to your child no matter their age. The American Academy of Pediatrics actually recommends daily reading to children beginning at six months of age!
- **Think beyond books:** Books are not the only things you can read to or with your child. Reading recipes as you cook a meal or grocery flyers as you make shopping lists can show your child that reading is a part of everyday life.
- **Make it a challenge!** Have your child try a fun, new reading task every day. Some examples include: read in your pajamas, read to your pet, read a book written before you were born, and read a book with a girl as the main character. Find more ideas and a free printable [here](#).
- **Track it!** Try using a [reading log](#) or [reading punch cards](#) to motivate children to reach a reading goal in a visual way. Once they meet their goal, let them earn a small reward.
- **Talk to your child about what he or she is reading.** Ask open-ended questions such as "What do you think about that story?" "What would you have done if you were that character?" "What do you think might happen next?"
- **Listen to your child read aloud and help them with tricky words.** When your child gets to an unknown word, prompt them to "Skip it and read to the end of the sentence. Now try again – what makes sense and looks like the word that you see?" Have them read the same passage repeatedly until they can read it smoothly and accurately.
- **Turn on closed captioning when watching television.** This way children can see the words on the screen, while hearing them performed aloud.
- **Scholastic has set up a "Summer Read-a-Palooza,"** which unites kids, parents, educators, public librarians, community partners, and booksellers in a nationwide campaign that celebrates reading for fun while improving access to books during the summer. Find more information here: <https://www.scholastic.com/site/summer/home.html>

## *summer reading* **BINGO**



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# 10 FREE LEARNING WEBSITES

## for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

### Switcheroo Zoo

[www.switcheroozoo.com](http://www.switcheroozoo.com)

Watch, listen, and play games to learn all about amazing animals!

### Nat Geo for Kids

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

Learn all about geography and fascinating animals!

### Into the Book

[www.reading.ecb.org](http://www.reading.ecb.org)

Go "into the book" to play games that practice reading strategies!

### Suessville

[www.seussville.com](http://www.seussville.com)

Read, play games, and hang out with Dr. Seuss and his friends!

### ABC YA

[www.abcy.com](http://www.abcy.com)

Practice math and reading skills all while playing fun games!

### Fun Brain

[www.funbrain.com](http://www.funbrain.com)

Play games while practicing math and reading skills!

### PBS Kids

[www.pbs.org](http://www.pbs.org)

Hang out with your favorite characters all while learning!

### Star Fall

[www.starfall.com](http://www.starfall.com)

Practice your phonics skills with these read-along stories!

### Storyline Online

[www.storylineonline.net](http://www.storylineonline.net)

Have some of your favorite stories read to you by movie stars!

### Highlights Kids

[www.highlightskids.com](http://www.highlightskids.com)

Read, play games, and conduct cool science experiments!

## Check Out these Additional Free Summer Learning Resources!

### **Great Schools:** [GreatSchools.org](http://GreatSchools.org) [Coronavirus Support](#)

*This site links to toolkits by grade-level, worksheets, book lists, and learning cue cards for parents.*

### **Learning Keeps Going:** [Learning Keeps Going Parent Page](#)

*Filled with resources on a variety of topics, including tips and projects for at-home learning.*

### **Scholastic Learn At Home:** [Scholastic Learn at Home](#)

*Scholastic has developed daily projects to keep kids learning. Activities are available for students in PreK-9<sup>th</sup> grade.*

### **Wide Open School:** [Wide Open School](#)

*Contains a wide-ranging list of activities for students PK-5<sup>th</sup> grade. In addition to academics, this site includes activities for learning life skills, the arts, special needs, etc.*

### **Be A Learning Hero:** [Be a Learning Hero Readiness Roadmap](#)

*This site lets children take a "readiness check" and then routes parents to free videos and activities to support learning at home.*

### **Child Mind Institute Strategies for Supporting Learning at Home:** [CMI Learning Resources for Families](#)

*This page has tips for supporting student learning and education. The tips are divided up by grade-level.*

## Maintaining Social Skills Over Summer Break

### Maintaining Structure and Routines

While a break from the school structure might be relaxing and exciting for some children, the lack of schedules and routines may be stressful for other children who thrive in predictable settings. Caregivers can help maintain these social skills over the summer with simple strategies:

- **Plan Ahead.** It might be helpful to plan activities and events in advanced and discuss these plans with your child. Give him/her an opportunity to ask questions about any activities.
- **Maintain a familiar routine, even when traveling.** As much as possible stick to the same mealtimes and bedtimes you keep during the school year.
- **Designate the time and place when you eat meals as media-free time together for your family to talk about your day.**
- **Good sleep is as essential to keeping children healthy as nutrition and exercise.** Bedtimes should be routine. It is important that you stick to the same routine every night, including weekends, holidays and vacations. It can be very tempting to let your kids stay up late and sleep in—especially on weekends, when you want to do the same—but in the long run, sticking to the same schedule pays off by keeping your child more comfortable, and hence more cooperative. Social stories for bedtime can be helpful. Example: <https://happylearners.info/social-stories/sleep.html>
- **Make it Visual.** Children who thrive on predictability and have difficulty with change and transitions, might benefit from posted schedules that outline what will happen throughout the day (For example, 8:00 a.m.: Wake up, wash face; 8:15 a.m.: breakfast...). Schedules may depend on your child's developmental level and might include simple pictures.
- **Turn everyday activities like going to the grocery store or helping around the house into learning opportunities.** You can use these events to teach a new skill or practice one he/she already has.
- **Reinforce positive behaviors.** Reward your child for practicing skills like reading and following house rules.
- **Help your child learn through play and encourage time outdoors.** Play-based activities are crucial to improving skills in every developmental area.
- **Schedules are important, but also allow time for breaks and down time.**



### Summer Social Stories

**Social Stories** are learning tools that help support the safe and meaningful exchange of information between parents, educators, and children. They are individual short stories that depict a social situation that a child might encounter. Social Stories are used to teach communal skills through the use of precise and sequential information about everyday events. Students with autism or other special needs may benefit from social stories. Due to the nature of summer being less structured than the classroom setting, social stories might help prevent further anxiety for children who have difficulty with change and transitions.

[What to Expect on Summer Break,](#) [Bike Safety,](#)  
[Pool Safety,](#) [Crossing the Street,](#)  
[What to Expect on the Fourth of July,](#) and [Road Trip Safety](#)



## Social Skills Activities that Help Build Positive Relationships:

**Pretend Play with Others:** Children need to learn to able to calm themselves down, or regulate their own emotions, when something upsetting happens. Multiple studies have found a link between dramatic pretend play and emotional control. It might be helpful to lead young children in games of joint make-believe play such as: pretending to be a family of non-human animals, dressing up as chefs and pretending to bake a cake together, taking turns pretending to be statues, etc.

**Emotion Charades:** In this game, one player acts out a certain emotion and the other players must guess which feeling is being portrayed. It is a way to help motivate young children to think about and discuss emotions.

**Cooperative Board Games:** Studies show that successful experiences with cooperation include us to cooperate with the same people again. Cooperative board games, where players work together on the same team, can help children develop friendly relationships.

**Engage in Conversations:** Talk with your children at the dinner table and in the car to help them practice back and forth conversations with people. Try to stay away from open-ended questions (“How was camp today?”). Kids who struggle socially and have communication difficulties do better with specific questions (“Did you play with Johnny at camp today? Tell me about that, what did you do together?”) Encourage follow up questions to show that a conversation bounces back and forth like a ball.

**Be Active!** Take a soccer ball or whiffle ball and bat to the park or beach. Play together as a family and work on turn taking and team work. Focus on following the rules of a game, cheering others on and communicating and collaborating for a common goal. The movement is great for stimulating language and regulating sensory needs!

**Activities that Strengthen Peer Relationships:** [Let's Play Toolkit](#)

## Behavior Strategies for Summer Break

Summer isn't always fun in the sun! Routines change, free time abounds, and the days seem endless, all of which can result in challenging behavior. Especially in our current global pandemic, children may show regression or changes in their behavior over summer break. Fear, anxiety, and stress can often show up in the form a new challenging behavior. Below are some behavior management strategies to help you and your family this summer.

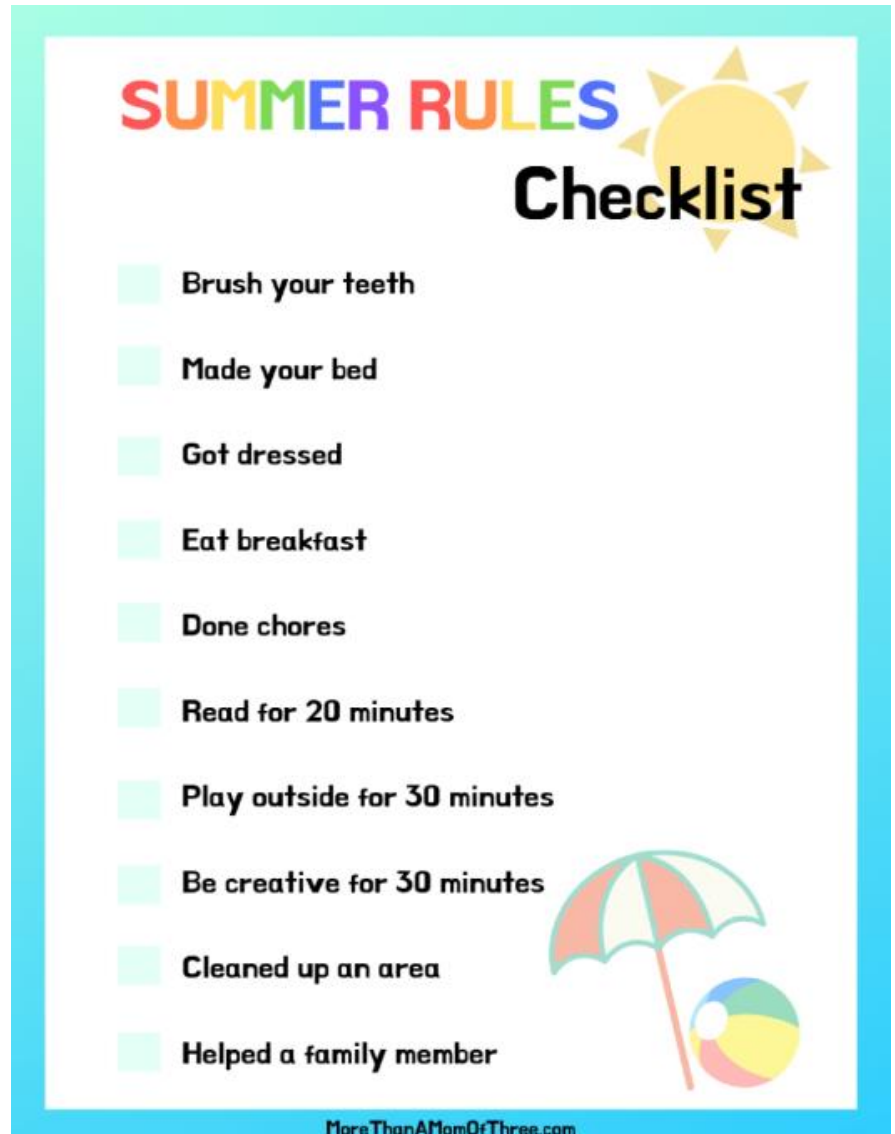
### Focus on the positives

- Research shows that behaviors that get attention, get repeated. This means praise, praise, praise! If you want to change a behavior, focus on what your child does right, rather than what they do wrong.
- Try to ignore the negative behaviors as much as possible. Even negative attention, like reprimands, can be rewarding. We need to teach children that the payoff for positive behavior is greater than the payoff for negative behavior.
- Make sure your praise is specific and meaningful. To make your praise specific, tell your child what he/she did, and that you noticed and approve of it. For example, “i really liked how you just turned off your tablet as soon as i asked.” To make your praise meaningful, tell your child the positive impact of what he/she did. For example, “because you turned off your tablet so quickly, we now have more time to read together before bed.”
- Remember, “4 to 1 gets it done!”. Throughout the day, try to balance your attention to your child's behavior as 4 positive interactions (praise) for every 1 negative interaction (correction for misbehavior). Try writing “4:1” on a sticky note and placing it in a common area of the home. This will serve as a visual cue to all family members.



## Establish Household “Summer Rules”

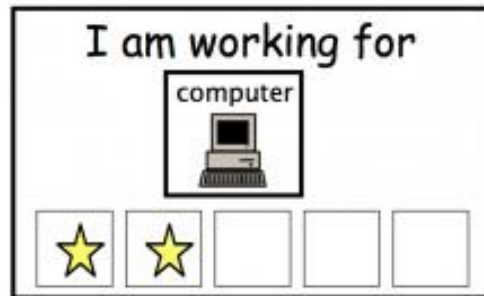
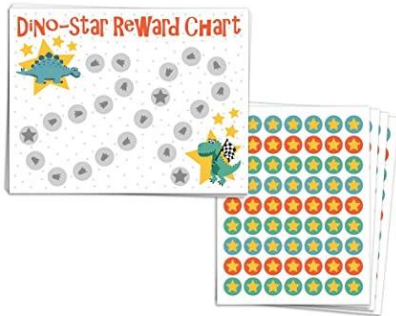
- Developing a set of summer rules will set a blueprint for your entire summer! Laying out a set of expectations ahead of time helps your family to be proactive, rather than reactive.
- Involve your whole family. Children as young as 3-years-old can be part of talking about the rules. As children grow older, their involvement in creating household rules can increase. By involving children in creating rules, they begin to take ownership of them. They will see rules as fair and will be more likely to accept the rule.
- Choose rules most relevant and important to your family. Rules will likely be based on your family’s beliefs and values, and the needs and developmental stage of each family member. Some suggestions for summer rules include setting expectations for daily routines, helping around the house, reading and other enrichment activities, interactions with family members, technology use, and bedtime.
- State rules positively. Good rules tell children exactly what to do instead of what not to do. For example, “put your toys away at the end of the day” is a better rule than “don’t be messy.”
- Only write rules that you plan on enforcing. If you include rules for which you do not plan to hold children accountable, leave it off the list. You want children to see these rules as a set of expectations to be upheld, not a list of options or suggestions.
- Make sure children understand the rules. Make a list of examples and non-examples of what the rule looks like. This will allow children to understand the expectations and will ensure that adults are consistent in correcting and enforcing the rule. Role play is a fun, effective way to teach rules.
- Give children the reason behind the rule. For example, “we turn out the lights at 9:00pm so that we can go to bed and get rest. This will help keep our mind and body healthy.” If children understand the rules are not arbitrary, but actually have meaning for themselves and their family, they will be more likely to follow the rule.
- Write your rules down. Post your rules in a place where all family members can easily view them. For younger children, include a simple visual or picture for each rule. The kitchen is often a good room to display rules, because all family members usually enter this room every day.
- Review rules often and adjust as necessary. In our current global pandemic, we don’t know what the future holds for the summer. Therefore, as the summer goes on, rules may need to be modified to fit the current needs and situation.



This summer, with the potential for everyone to be spending more time at home than usual, may be a good time for your family to consider establishing a Family Media Use Plan. This tool from the American Academy of Pediatrics is designed to help all members of your family balance their online and off-line lives, by creating a plan that works with your family's values and lifestyles.

## Develop a Behavior System

- Children may seem as if they always want to be in charge, but studies show that children feel safer and more in control when they have structure and clear expectations. Behavior systems are a great way to add some structure (and still have fun!) without the summer turning into a boundary-free break.
- Think about the 3-5 positive behaviors you'd like to see most, and reward those. Does your child spend too much time on the tablet? Does your child scream and yell when it's time for bed? Consider which behaviors would make the most difference in allowing your family to have a healthy, happy summer.
- There are several options for setting up behavior systems at home. When deciding which system might be best for your family, make sure to consider the needs and developmental stage of your child, and get input from your child. Some ideas are below:
  - ✓ Make it visual. This can be as simple as a sticker chart or a token board in which children can earn a sticker or color/place a token on a chart/board each time they display an agreed-upon positive behavior. After they earn a specified number of stickers/tokens, they get a reward.



- ✓ Try a token economy. A token economy allows children to collect “tokens” for meeting pre-determined behavior goals, which they can then use to “buy” a reward after a certain number of tokens have been collected. Tokens can be anything from pennies, tickets from the dollar store, marbles, or plastic chips.
- ✓ Set up a daily behavior chart. A daily behavior chart lets the caregiver rate the child on how well they met specified behavior goals. For younger children, try using smiley faces or check marks for ratings. For older children, try rating children using numbers (e.g., on a scale of 1-3).

Behavior	Mon	Tues	Wed	Thurs	Fri
	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
	☺☹☹	☺☹☹	☺☹☹	☺☹☹	☺☹☹
Notes					

Trevor's Behaviour Chart



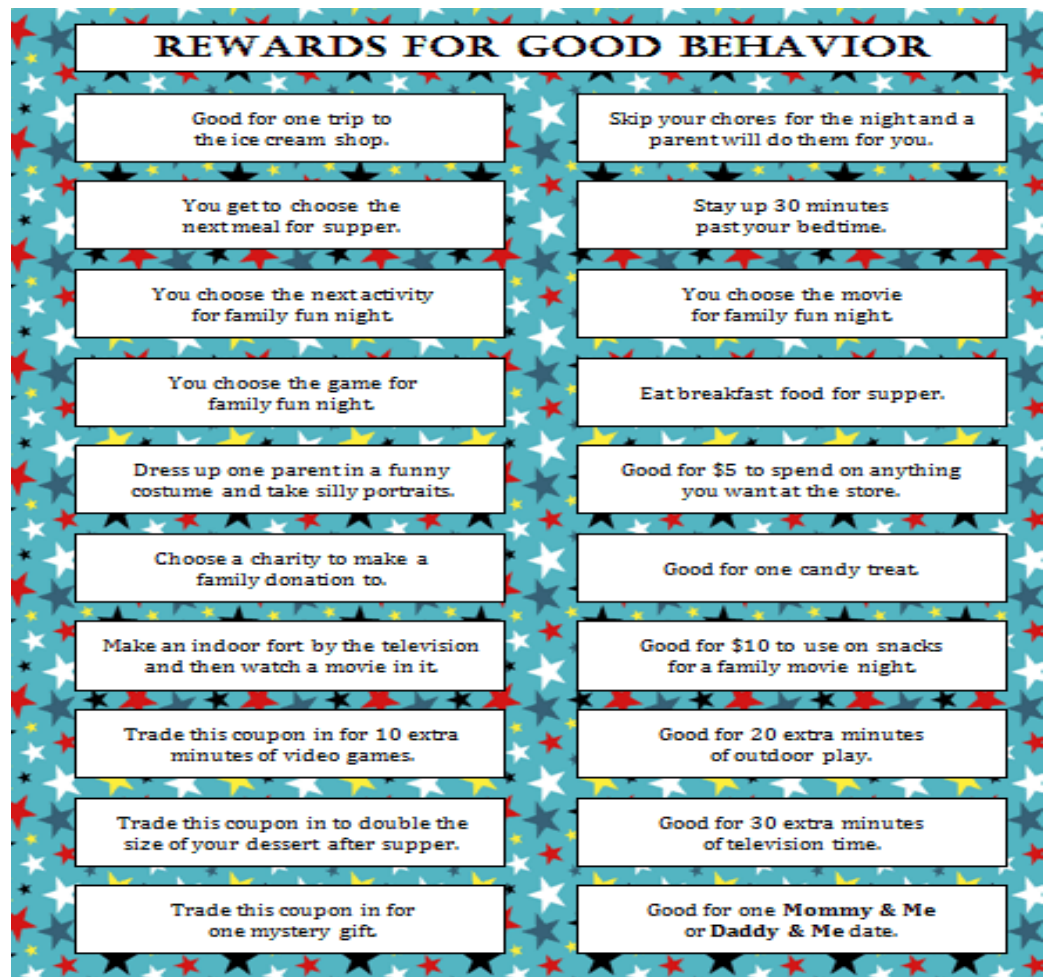
activity	mon	tue	wed	thur	fri	sat	sun
I was nice to my sister							
I was good at listening today							
I made my bed							
I kept my room tidy							
I was ready on time for kindy	X			X		X	X
I was helpful today							
I did my chores							

© The Organised Housewife

- ✓ Develop a behavior contract. A behavior contract spells out behaviors expected from the child and a reward for compliance with the contract. Parent responses to student behaviors should also be included. A good contract has signatures from all family members involved in the contract and is reviewed frequently. Due to their more abstract nature, behavior contracts are usually better for older children than young children. Find a free printable contract [here](#).
- Keep in mind that children are motivated by different rewards. What motivates one child, may not motivate another; or what motivated your child last summer, may be of no interest to them this summer. To make sure the reward will be effective at encouraging positive behavior, ask your child what types of things they would like to earn for positive behavior. To help determine what rewards might be most motivating for your child, have them complete the student reinforcement survey or the forced choice reinforcement survey.



- Rewards don't have to cost anything! Non-tangible experiences are often more motivating than tangible items. You can also use items that your child already has as rewards. For example, "after you read for 30 minutes, you can play your video games for 30 minutes." Or place some favorite toys into a "fun bucket" that your child can access after meeting specified behavior expectations. Brainstorm with your child ideas for rewards. To help you get started, find ideas [here](#) and [here](#).



### Prepare for Tough Times

- Look for patterns in behaviors. For example, does your child always start hitting siblings when it's time to get ready for bed? If you can start to anticipate when these challenging behaviors might occur, you can have a plan in place to prevent or minimize these behaviors.
- Give transition warnings. When it's time for a student to transition away from a preferred activity to a non-preferred activity (e.g., from playing video games to going to bed), give your child advance notice. Provide a timeframe of when it will be time to transition away from the activity. Try using a verbal or nonverbal countdown, song, or visual to prepare your child.
- Provide choices. For example, "do you want your blue pajamas or your green pajamas?" Or "do you want to take your bath before dinner or after dinner?" Giving children choices about their actions allows you to structure the situation, while at the same time giving children a sense of autonomy and control. This will help to prevent power struggles.
- Save "no" for dangerous behaviors or behaviors that require a quick reaction. When redirecting a challenging behavior that does not pose an immediate risk, tell your child what to do rather than what not to do. For example, "place your dirty dishes in the sink" instead of "don't leave your dirty dishes all over the house." Children tend to tune out words such as "no," "don't," and "stop."
- Remember that punishment does not teach. Behaviors need to be taught and re-taught, just like any other skill. It will be important to remind your child of the expectation, model what that looks like, and provide regular feedback. When consequences are needed, use natural, logical consequences that are closely tied to the behavior and allows the child to learn what happens as a result of breaking a behavior expectation. For example, if your child violates your family's agreed upon screen time limit, he/she loses screen time privileges for the next day.
- Set aside a safe, quiet spot in your home where children can go when they need to calm down. Include comforting objects such as favorite toys and books, blankets, stuffed animals, and puzzles here. Let your child have input into the location and objects in this spot. When you observe your child begin to experience strong emotions, redirect them to this spot. Never use this space as a punishment.

## Creative and Fun Activities for Summer Break

Summer break is quickly approaching. Although we are practicing social distancing, we can still find fun activities to fill out summer days while we stay safely at home. If you are looking for some fun and creative activities to keep the entire family occupied, check out these cool ways to engage children and adults.



### For Children:

**DIY Paper Kites:** Gather a few sticks, cut some thick paper, tape the sticks and string, and in ten minutes you have a kite!

**Fizzing Sidewalk Paint:** This is a really simple recipe to create sidewalk chalk “paint” out of food coloring, baking soda and cornstarch.

**Summer Kindness Jar:** Cut up strips of paper and write up whenever a kind act is done for someone, then add it to the jar. This can also be done using cotton balls or fuzzy balls. When the jar has been filled, the family can do something fun together. This concept can be used for other ideas such as reading, memories, etc. Here are some ideas for random acts of kindness.



**Alphabet Go Fish:** Create playing cards by putting uppercase letters on some and matching lowercase letters on the rest. Kids will take turns turning over two cards. If the cards match – both an uppercase and lowercase matching letter – they keep them and go again. If they don’t match, turn them back letter side down and it is the next person’s turn. Keep taking turns until all the letters have been matched.



**Scavenger Hunt:** A perfect way to incorporate exercise and get the whole family out of the house. Break up the monotony and go on a scavenger hunt. Here are some fun ideas for a variety of scavenger hunts.

**Rock Painting:** A fun, simple, and cheap activity that kids of all ages can do. All that’s needed is acrylic paint, rocks, a paint brush, and paper plates. This is a fun way that allows kids to show their creativity.

**Macaroni Rainbows:** This fun activity allows children to explore their creativity. Here are step by step instructions on how to make this craft.

**DIY Bird Feeders:** A fun way to incorporate nature with crafting. Check out this cool way of creating a bird feeder out of peanut butter and birdseeds.



**Virtual Disney World Tour:** Although Disney World and Disneyland are closed right now, there have been several videos created by guests that allows viewers to take magical rides virtually. Here is a cool collection of some of Disney’s famous attractions.

### For Teens:

**Plan Outdoor Activities:** An outdoor brunch, movie night, basketball game, game of UNO and painting session might be fun ways to engage teens in some outdoor fun.

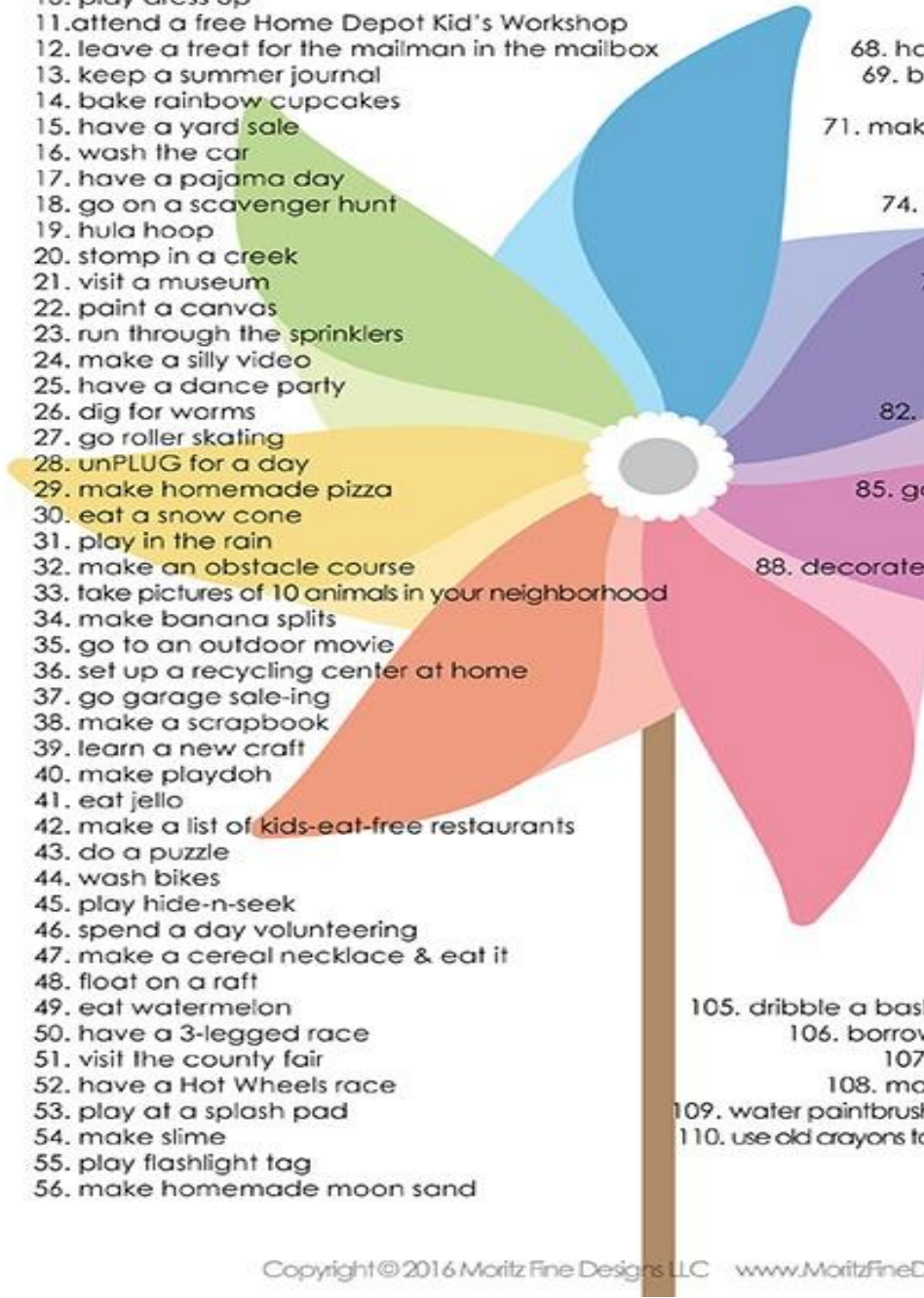
**Create a Family Book Club:** It has been shown that teens become proud and happy after seeing what their imagination can come up with. Assist your teen with creating a book about family. Provide positive feedback and praise their efforts.

**Make a Keepsake Box of Memories:** Fill a shoebox with photos, messages, items collected from around the home or neighborhood and wrap it in pretty paper. Revisit the box at the end of the summer.

**Make a Marshmallow Launcher:** This fun project uses marshmallows, skewers, a plastic spoon, and a rubber band. Visual directions can be found here.



# 111 Summer fun IDEAS

- 
1. play hopscotch
  2. watch a sunrise
  3. go to the zoo
  4. get a treat at the \$1 Store
  5. ride a horse
  6. play mini-golf
  7. watch a little league baseball game
  8. eat cereal with a fork
  9. build a lego city
  10. play dress up
  11. attend a free Home Depot Kid's Workshop
  12. leave a treat for the mailman in the mailbox
  13. keep a summer journal
  14. bake rainbow cupcakes
  15. have a yard sale
  16. wash the car
  17. have a pajama day
  18. go on a scavenger hunt
  19. hula hoop
  20. stomp in a creek
  21. visit a museum
  22. paint a canvas
  23. run through the sprinklers
  24. make a silly video
  25. have a dance party
  26. dig for worms
  27. go roller skating
  28. unPLUG for a day
  29. make homemade pizza
  30. eat a snow cone
  31. play in the rain
  32. make an obstacle course
  33. take pictures of 10 animals in your neighborhood
  34. make banana splits
  35. go to an outdoor movie
  36. set up a recycling center at home
  37. go garage sale-ing
  38. make a scrapbook
  39. learn a new craft
  40. make playdoh
  41. eat jello
  42. make a list of kids-eat-free restaurants
  43. do a puzzle
  44. wash bikes
  45. play hide-n-seek
  46. spend a day volunteering
  47. make a cereal necklace & eat it
  48. float on a raft
  49. eat watermelon
  50. have a 3-legged race
  51. visit the county fair
  52. have a Hot Wheels race
  53. play at a splash pad
  54. make slime
  55. play flashlight tag
  56. make homemade moon sand
  57. blow bubbles
  58. try yoga
  59. eat donuts
  60. go to a water park
  61. visit the farmer's market
  62. see a \$1 summer movie
  63. watch fireworks
  64. make s'mores
  65. go on a road trip
  66. sleep in a tent
  67. take a bike ride
  68. have a water balloon fight
  69. build a blanket tent inside
  70. write a letter
  71. make cookies for a neighbor
  72. play frisbee
  73. visit a state park
  74. have a lemonade stand
  75. play twister
  76. jump rope
  77. have a slumber party
  78. make popsicles
  79. play wiffle ball
  80. sleep under the stars
  81. go on a picnic
  82. eat ice cream for dinner
  83. go fishing
  84. watch a sunset
  85. go to an amusement park
  86. pick berries
  87. catch fireflies
  88. decorate the driveway with chalk
  89. go swimming
  90. feed ducks
  91. go on a slip-n-slide
  92. roast hot dogs
  93. fly a kite
  94. fly paper airplanes
  95. collect bugs
  96. go bowling
  97. plant flowers
  98. go to a park
  99. make pancakes
  100. paint rocks
  101. roll down a hill
  102. climb a tree
  103. play a board game
  104. visit a beach
  105. dribble a basketball around the block
  106. borrow a book from the library
  107. take a breakfast picnic
  108. make dandelion necklaces
  109. water paintbrush painting on the driveway
  110. use old crayons to make homemade crayons
  111. make rock candy

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