



Get ready for the Summer!

The summer months are great for playing outdoors, discovering new hobbies, getting together with friends and relaxing and bonding with family. Many children and teens are off from school and have more time to spend exploring new activities and experiences. Help them choose how they spend their time in ways that are both enjoyable and developmentally optimal. Use this guide to help you and the children in your life make the most of this summer!

Choose activities that:

Fit their personality: Think about the activities the child enjoys, as well as her likes and dislikes. For adventurous children, choose activities that get them out and moving such as hiking, archery, or swimming. Others may prefer calmer activities such as reading comic books, collecting river stones or painting pottery. Matching the type of activity to the child's personality can help ensure that she has an enjoyable experience.

Use their minds: Growing children have growing minds, so try to inspire children's creative side with activities that are open ended or child/teen directed. Remember also that children's learning doesn't end just because school is out. Help support their continuing education throughout the summer with activities that challenge and encourage them to learn more, such as going on a whale watch or visiting your local library.

Nurture their development: Make sure that the activities and experiences your child or teen participates in are developmentally optimal. Play together, read online reviews from others who have participated in the activity, and ask friends or family for advice. Before taking your child or letting your teen see a summer blockbuster, be sure to check ratings and read reviews.

Activity Ideas



Toddlers & Preschoolers

- * Visit a playground
- * Have a teddy bear picnic outside
- * Make sidewalk chalk art
- * Read eBooks
- * Have a backyard scavenger hunt
- * Run through sprinklers

School Aged Children & Tweens

- * Join a summer sports team
- * Collect and press wildflowers
- * Play active video games with friends
- * Visit a zoo or aquarium
- * Go bike riding
- * Pick berries and make a pie



Teens & Young Adults

- * Volunteer for a charity
- * Play with a new learning app
- * Go to an outdoor concert
- * Have a beach day
- * Have a bonfire and make s'mores
- * See a summer movie and talk about it with friends

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