

Mix It Up This Summer!

When school is out the summer months can fill up with outdoor adventures, skill building activities, and festive gatherings. It can also be a wonderful time to take a step back from the busy school schedule and relax and reconnect with friends and family. Use this guide to help you and your children strike a healthy balance of activities. Below you'll find activity ideas based on children's developmental stage. Read them over and talk to your kids about what they hope to do this summer. With older kids and teens, make a list of summer goals and plan out how and when they'd like to do them. Remember to choose a mix of experiences, both active and relaxing, involving technology and unplugging from devices. We hope you'll find our suggestions helpful and wish you and your family a happy, healthy summer!



Toddlers and Preschoolers Activity Ideas

- Roll or kick a beach ball back and forth
- Video chat with friends or relatives who live far away
- Paint rocks and create an outdoor rock garden
- Visit the local library, or create your own daily storybook hour
- Run with pinwheels to make them spin
- Build sandcastles at the beach



School Ages Children and Tweens Activity Ideas

- Go for a nature walk
- Start a weekly family game night with favorite board, card or video games
- Mini golf with friends or visit an arcade
- Learn a new sport or skill such as swimming, archery, or canoeing
- Go on a picnic where everyone makes a new recipe
- Relax in a hammock



Teens and Young Adults Activity Ideas

- Body board or surf at the beach
- Build a bird or bat house
- Visit a drive-in or independent movie theater
- Mentor a younger child or teach the elderly computer skills
- Organize a block or neighborhood party
- Swap stories around a campfire