



Welcome to Summer!

Tips for a Fun, Connected & Screen-Balanced Season

▪ if you're home all summer...

- Set "screen windows" rather than saying yes or no all day — everyone relaxes when there's a plan.
- Build in one outdoor activity per day, even a short walk. Fresh air resets moods fast.
- Let kids be bored between activities. Resist the urge to fill every moment.
- Rotate a "special day" where one child picks the afternoon activity.
- Keep bedtime and wake time as consistent as possible — sleep is everything.

▪ if you're working this summer...

- Give your kids a loose "menu" of activities they can choose from independently while you work.
- Prep a boredom box — art supplies, puzzles, card games, books, building materials.
- Communicate your work schedule clearly so kids know when you're available.
- Don't feel guilty about screen time during work hours — just be intentional.
- Plan one thing to look forward to together each week, even something small.

▪ summer bucket list — check it off as you go!

▪ Outdoor & Active

- Catch fireflies at night
- Have a water balloon fight
- Go on a nature scavenger hunt
- Visit a park you've never been to
- Set up a slip-n-slide
- Go fishing
- Ride bikes somewhere new
- Watch a sunset together

Add your own:

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▪ Creative & Learning

- Start a journal or summer sketchbook
- Learn to cook or bake one new recipe
- Build something — a birdhouse, a fort, a garden
- Read a book series together out loud
- Write and perform a backyard play
- Try a new craft or hobby

Add your own:

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▪ Connection & Community

- Write letters to grandparents or relatives
- Do a random act of kindness
- Volunteer somewhere as a family
- Have a neighborhood game night
- Host a lemonade stand

Add your own:

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▪ Just for Fun

- Have a movie marathon with a theme
- Camp in the backyard
- Visit a farmers market
- Make homemade ice cream
- Have a family game tournament
- Do a puzzle as a family

Add your own:

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