

SUMMER HOME ACTIVITIES -- HIGH SCHOOL/GRADS

It's summer and there are still not a lot of options for cooling off and getting out due to COVID restrictions.
Try some of these low or no tech ideas to stay busy!

TIPS:

- **HAVE FUN.** If it's not fun for your child **or you**, stop! That's ok! These activities are meant to offer ideas and suggestions and in no way intended to cause stress or frustration.
- **ADAPT AS NEEDED.** Adapt to meet the needs and age of your child! Verbal responses are not necessary. The key is engagement.
- **KEEP IT SIMPLE.** Too much? Start small...even if just a minute! Build up as you and your child are comfortable.
- **BE CREATIVE.** Grab whatever supplies you have on hand and improvise!
- **REACH OUT.** Use FaceTime or another video platform to do an activity WITH someone! Grandma, a friend, a neighbor...mix it up! We are practicing physical distancing. Social interaction is needed and welcome.

DAILY BOOST

Find a routine and stick with it! Here are some ideas to do every day:

- Day of the Week -- Discuss the day of the week and basic schedule for the day. Tell your child the plan for the day. When is lunch? Will you go anywhere? Share details with your child and give opportunities for questions or details.
- Weather -- Is it hot? Stormy? Use phone apps or the weather channel to look for places that have the weather you love! Like the cold? Where could you visit that is cold NOW?
- Anything special about today? Birthdays, holidays, events in history?

LANGUAGE & LITERACY

Share literacy experiences with your child.

- Was your child employed prior to COVID? Did your child have aspirations of employment? Discuss how the workplace might look different when your child returns to work. Practice reading signs on stores and restaurants with safety guidelines. Can't get out? Google it!

MATH

Do you have any special plans? Make a countdown! And special doesn't have to be a trip...how many minutes/hours/days until you Facetime with grandma or eat a favorite meal? Add up the countdown for special events for some simple equations!

LIFE SKILLS

Is your child comfortable wearing a mask? As Northern Virginia continues to move through phases and reopen, masks will likely be required to enter most stores and places of potential employment for the foreseeable future. Even if you haven't been out it's always good to practice. Wearing a mask may not be comfortable and you may need to work through ways to make it more enjoyable for your child. If your child is back at work or out about, be sure to ask how they feel about the new safety restrictions and what they are doing to stay safe. Want to try a fun and practical activity? Make a mask! Lots of tutorials on YouTube!