

SUMMER HOME ACTIVITIES -- MIDDLE SCHOOL

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.

- If you are able, take your child for a walk or ride to a nearby shopping area. No need to go in or even leave the car...find a spot and park! Look around and comment on what you see. I SPY is a great game for a parking lot and still fun with older kids. Try out different levels of difficulty...traditional I SPY with colors is fine, but what about letters in store signs? Still too easy? Choose license plate letters or "a word that starts with the 'ah' sound".
- Not able to leave your home? That's ok! Play I SPY in your house!

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

What is an important chore in your home that you could solicit some "help" from your child? Don't pick something that you aren't willing to take extra time or work through the learning process. Choose something that you can happily do together. Sorting laundry, pushing buttons on the machine (with your help), setting the table...lots to choose from! Start small if needed and remember it is ok to sort socks all summer. Repetition is good and translates into job skills later!