

Summer Pandemic Planning: **Activities and Play that Reinforce Your Child's Individual Strengths** (Root 3, week 3)



Prepared by *The Purposeful Parenting Team at Southeast Psych*

Kids gravitate towards what they love and what they are good at doing. When planning summer activities for your child, build and broaden from their current interests and strengths. *Reinforcing and building from what is right* is the essence of Root 3 of the 7 Guiding Principles to Parenting with

PURPOSE.

Activities & play that **R**einforce your child's individual strengths:

- Have each child create their **Individual Summer Bucket list** of enjoyable play activities with at least 10 indoor and 10 outdoor activities. Be specific as possible. Ask them to star their top favorites.
- **Join their journey:** If your child likes to read, start a summer book club together. For movie lovers, make a watch wishlist. Sports fans, play together in the backyard or research facts on their favorite professional athlete. For nature lovers, make your own home terrarium using a glass mason jar or organize a nature scavenger hunt.
- Be reasonable and respectful with **screen time use:** Children use devices to relax and relate with others, especially right now. **Establish clear guidelines on when, what can be viewed, and how long.** Structure non-tech time activities before tech time, when possible. Check out [Dr. Kristy Goodwin's Blog](#) for more practical advice on how to be the "pilot of your digital plane" at home during the pandemic.
- **On-line cooking class** that kids can follow along with in the kitchen. Or make your own cooking activity by finding interesting recipes that children who like to cook can make with minimal help from parents.
- Ask your **music loving child** to **create unique playlists** for different activities - driving playlist, chilling outside playlist, workout playlist, etc...
- Have a child that loves movies? Ask them to create a **summer movie schedule** that the whole family can enjoy.
- Travel plans cancelled? Check out all the **virtual tours available online!** Check out tours for [national parks](#), different [cities](#), or [museums](#)
- Start an **art journal** based on virtual art museums - after the tour, have your child sketch their favorite painting.
- Got a **Tech Savvy Kiddo?** Create a **podcast** on their special interest for free with [Anchor](#). Explore **coding** for free with [online Coding websites for kids](#).
- Promote creativity, excitement, and learning all at once! There are tons of [household experiments](#) that you and your family can enjoy with common items.

Additional Resources to check out:

<https://outschool.com/> - for online classes and camps.

Coming Up Next: Week 4 of Pandemic Planning Summer Activity Guide!

Go to MyPurposefulParenting.com or Follow Southeast Psych on Facebook and Instagram for more family summer fun activity ideas and Purposeful Parenting Tips for kids in all ages and stages.

Purposeful Parenting Program provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.