

Summer Pandemic Planning: Activities That Nurture Your Child's Unique Nature & Needs: (Root 2)



Prepared by The Purposeful Parenting Team at Southeast Psych

You can have a summer full of fun and meaningful memories with less stress, despite the pandemic. Here are activities that promote Root 2 of the 7 Guiding Principles to Parenting with

PURPOSE:

Activities & play that nurture your child's Unique nature & needs:

- **High energy, active, or “feisty” temperament children typically like stimulating play** and may need several short and novel activities as they get bored easily.
- More **cautious “slow-to-warm” kids typically prefer low activity, quieter play** that is more predictable and familiar. Provide time for them to observe and adjust to new games & activities.
- **Extraverts enjoy games and activities with others. Introverts prefer solo or 1:1 play.**
- **Dance parties** are a great way to get out excess energy and have fun. Doing the “freeze dance” balances high energy with needed breaks.
- Set up a **sports obstacle course** in your driveway or backyard and time those feisty children to see how quickly they can complete the activities.
- Cautious children may enjoy a **sensory hammock** in the backyard - a quiet place to cuddle up, read a book, listen to music, swing, etc.
- **Shaving cream drawing** in the bathtub or shower is another fun multi-sensory activity. It is also a great way for young children to practice their writing skills over the summer.
- Have children make a **long list of activities that they enjoy**. Put each idea on a different **post-it note** on the back of the door so they can take one off and do it when they are feeling “bored.”
- Time for a **new hobby**? Most families have never had so much unstructured time available as during the pandemic. Identify a new pastime that you and your children might enjoy.

Additional Resources to check out:

- [Summer Activities for Kids with ADHD: Stay Active at Home](#)
- [125 Things to Do with Kids During Coronavirus Pandemic, Quarantine and Social Distancing](#)

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.