



PLANNING THE SUMMER

by Stephanie Morgan

Now that summer has officially arrived, are you prepared for it?

While most of us hope our summers will be filled with long days languishing in the sun, the reality can often be quite different. If you're wondering how you're going to navigate the summer, you may want to consider throwing together a general family schedule.

By summer schedule, I'm not talking about jamming your day with summer camps and swim lessons – just the opposite, in fact. On the days when it's possible, it's vital for children to be allowed plenty of free time to explore, especially outside, and stretch their imaginations. By taking a little time to sketch out a general tempo for your days, you'll be much more likely to spend them in a mindful manner. Below is an example of how I created our summer schedule.

I began simply with a pen and piece of notebook paper.

On the paper I made three columns:

- Things that need to get done
- General experiences and activities I'd like to provide for the kids
- Activities I'd personally like to pursue over the summer

The next step was to break up our daily schedule into chunks of time (morning, lunch, nap time, etc.).

The last step was to take everything from my columns and use them to fill in our schedule.

Here's how it turned out:



SUMMER SCHEDULE

8:00 - 11:30	Playdates Outdoor Time (Being Active!!)
11:30	Lunch
12:00 - 2:30	Dinner prep w/ kids' help Creative Activities Organizational Projects
2:30 - 5:30	Nap Time/Quiet Play/Work
5:30 - 7:30	Dinner Bath Bedtime
8:00 - 11:00	Household Stuff & Catch Up
11:00	Reading/Meditation

This, of course, was only a general (and optimistic) outline of our days and it's one that we only used on those days when we didn't have swim lessons, or didn't need to go grocery shopping, etc.

In putting together our three columns, I found that outdoor time and creative time were what I most wanted to focus on with the kids. Also, my son was becoming more and more fond of cooking so I wanted to work that into our one-on-one time as well.

Your goals may be different, the point is to get them in writing.

As the summer progresses, you'll have something to check back with to see how you are meeting your goals.



SUMMER TASKS

Things that need
to get done:

General experiences &
activities for the kids:

Activities for me:

