

The background is a light mint green color. It features several pairs of orange flip-flops with pink straps scattered across the surface. In the center, there is a large, stylized sunburst graphic composed of many dark teal, wedge-shaped rays radiating outwards. Overlaid on this graphic is a large orange arrow pointing to the right, which contains the title text.

SUMMER ACTIVITIES FOR YOUR FAMILY



7 ACTIVITIES TO BEAT SUMMER BOREDOM

At the beginning of summer break, we envision a fun, relaxing, loosely scheduled summer, but with no more school schedules and lots of extra time often comes the dreaded phrase, “Mom, I’m Bored.” After several years of frustration and yelling at my kids to “find something to do or I will find something for you,” I have learned that a little preparation goes a long way when it comes to beating summer boredom.

Check out these seven activities to help beat boredom this summer:

1 CREATE A DETAILED SUMMER SCHEDULE

Transitioning from a rigid school schedule to zero schedule at all is difficult, even for adults. Creating a detailed summer schedule and hanging copies around the house helps ease from school work mode to summer relax mode. If you have older elementary or teenage children, meet as a family to discuss a daily schedule. Allow your kids to speak in and express their goals or desires for the summer. We have found it helpful to create a daily, weekly and monthly activity schedule.

2 BUILD A BEAT BOREDOM JAR

Rather than trying to come up with an activity at each declaration of boredom from my kids, I have discovered that having pre-planned activities or tasks helps take away my frustration and ultimately keeps the mood of our house more relaxed. Fill a jar with fun activities and helpful chores to encourage creativity and accomplishment.

3

SCHEDULE FAMILY SERVICE PROJECTS

Check in with local non-profit organizations to get information on their needs and schedule a time to serve together as a family once or even a few times. Moving in the direction of people in need opens our eyes to the world around us, often softening our hearts to love the least of these with God's incredible love. Serving together as a whole family gives parents the opportunity to lead by example with a servant heart and selfless influence. What could be a better way to beat the summer boredom by serving others?

4

ADOPT PEN PALS & CALL FAMILY MEMBERS

Technological advancements have allowed us to connect and communicate with friends and loved ones at an incredible speed. And while I am mostly glad we are not at the mercy of payphones, extra long phone cords and long distance calling rates, I have to admit, sometimes, I miss handwritten correspondence and old fashioned phone calls where I stretched the phone cord as long as possible to have a little privacy in my room. This summer go *old school* and beat the boredom by writing notes or coloring pictures to send to a pen pal or two. Pen pals could be friends or family members or reach out to your church to request names and mailing addresses for nursing home shut-ins or missionaries. Also, plan to call friends or family members your kids don't normally get to chat with. Before they call, help them brainstorm some questions to ask so they can also learn good conversation skills while catching up. I mean, who doesn't love getting mail, checking in with grandma, and improving communication skills all at the same time?

5**HOST
THEMED
HANG OUTS**

Choose your favorite theme or fun thing to do and host a hangout with friends, family or neighbors. Don't worry about being fancy or over-the-top. Keep it simple and focus on building connections. Plan the hangouts together as a family and ask others to pitch in for food or games. The hangout theme possibilities are endless – so have fun planning, prepping and hanging out!

6**LISTEN TO
AUDIOBOOKS
/PODCASTS
TOGETHER**

Audio books and podcast stories are a great boredom buster at home or on the road. At home, my kids will color or play while they listen and they love listening in the car. Check out your local library for ways to download free audiobooks. A quick Google search will highlight the best podcasts for families and kids.

7**TEACH A
NEW LIFE
SKILL
EVERY WEEK**

Kids CAN often do so much more than we give them credit for. The summer is a great time to teach new life skills that will ease the load around the house AND even better, prepare them for life as an adult. Set aside some time to brainstorm important life skills you would like your kids to learn and then plan to teach a new skill once a week (or as often as you see fit). Need some ideas for age appropriate skills... [Check out the Kids Can at Empoweredhomes.org](http://Empoweredhomes.org) for ideas!

FREE PLAY FUN

IDEAS FOR THE WHOLE FAMILY

In today's fast-paced, digitally-driven world, face-to-face connection and time spent outside are things of the past. Parents, research is clear that kids are quickly missing out on so many benefits that come from free play and time outdoors, and the truth is, you are too! This summer, schedule some good old fashioned free play with your family! Here are a few ideas to spark some free play fun for the whole family:

CAMP IN THE BACKYARD

Go camping right in your own backyard. Cook hotdogs and roast marshmallows. Stay up late and tell stories. Borrow camping supplies, if needed.

WATER GAME DAY

Fill up the water guns and water balloons, hook up the sprinkler, and lay out the slip and slide for a day of wet and wild fun.

"POPCORN" PICNIC

Pack up your favorite snacks, lunch foods, desserts, and drinks and head out on a picnic with a twist. Eat each course of the meal at a new park or playground.

BOARD GAME BONANZA

Dust off all those board games and schedule a day where you play every game you own. Winner gets to pick the next game.

SIDEWALK CHALK ART CONTEST

Give each family member a pack of chalk and a mission to create a unique artwork. Pretend to be fancy art critics, giving fun feedback for each masterpiece.

CHARADES

This game never disappoints. For younger players, pick one category to act out and print out some pictures for them so they can easily play.

FREE PLAY FUN

IDEAS FOR THE WHOLE FAMILY

OBSTACLE COURSE

Use objects from inside, or outside, your house to create a fun obstacle course. Time each person and add new elements to make it more challenging each round.

STORYTELLING

One person begins by making up a story and then passes it to the next person who continues on with the plot. Each person gets a turn or multiple turns until it ends.

DANCE PARTY

Turn on some old school music and boogie as a family. Free dance or make up a dance to one song and perform for each other.

HIDE & SEEK

This classic game never grows old and your kids will love both hiding and seeking. Add dart guns for a fun twist with older kids - the *tager* must hit the *hider* with a dart.

CREATE FAMILY POSTERS

Each person designs a poster featuring pictures and words that describe your family. Take time to showcase posters to each other explaining the masterpiece.

KIDS COOK DINNER

Let the kids plan the menu, go shopping, set the table, and cook the meal all by themselves with age-appropriate supervision of course!

FAMILY COMIC BOOK

Create your very own family comic book with pictures that tell of amazing adventures your family has been on or wishes to go on.

PLAY KICK THE CAN

Gather the whole family, friends, or neighbors for this fun game where tag meets capture the flag.

For all the rules visit: <https://www.projectplaybooks.com/kickthecan-rules>

SUMMERTIME CHECKLIST

BEFORE YOU ASK FOR A DEVICE, HAVE YOU...

	S	M	T	W	T	F	S
<u>BRUSHED TEETH & HAIR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>SPENT TIME WITH JESUS</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>PICKED UP ROOM</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>CLEANED BATHROOM</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>PUT AWAY LAUNDRY</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>READ 30 MINUTES</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>BEEN CREATIVE FOR AN HOUR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>EMPTIED DISHWASHER</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>VACUUMED</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>HUGGED MOM OR DAD</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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