



**CREATING A SUMMER**

# Activity Routine

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**Activity  
Ideas**

**Tips for  
Success**

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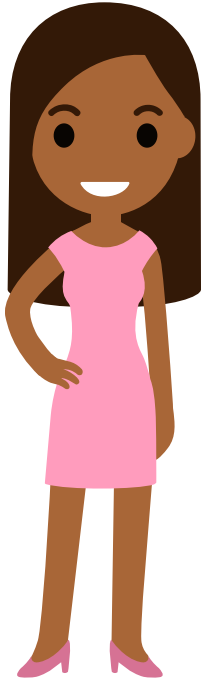


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# Guidelines for Developing your Routine



## structured

Whether they know it or not, kids crave structure! When developing an activity routine, we want to build in consistency to help your child know what is expected.

## flexible

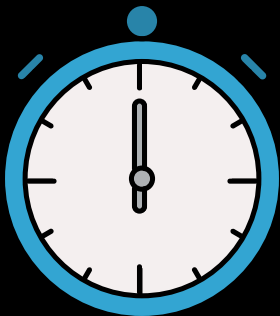
Kids also love choices, but they aren't always good at coming up with them on the fly. By generating ideas with your child in advance, they can select different options on different days.

## reinforced

Kids also love to know when they are meeting your expectations. Adding reinforcement into your activity routine can help accomplish this goal.

**Increase buy-in from your child by involving them in developing the routine!**

## Ideas To Develop Your Child's Independence



Set time expectations for activities and teach your child to use a timer.



Create a structure that allows your child to self-manage their performance.



Have your child identify a goal each day and map out how they will reach it.



# Structure

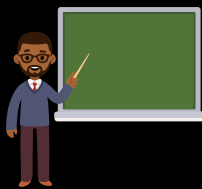


Start by identifying different activity categories that you want your child to do. Then identify the amount of time expected for each activity. The sample below helps structure 2.5 hours of time.

Activity Category	Time
Reading	20 minutes
Math	20 minutes
Movement	45 minutes
Create	30 minutes
Your Choice	20 minutes
Chore	1 per day

# Flexibility

Brainstorm different ways your child can complete each activity. Involving your child in this process helps get them excited about what they will be doing. We've included activity ideas for an elementary-aged child and a blank version on the next two pages!



Many schools provide students with access to online programs that allow your child to practice skills in a familiar way. Including these programs as an activity option makes it easier for you. Just make sure your child knows their login information!

# Reinforcement

With this process, positive reinforcement is key! This means that when your child does what is expected, they earn a reward. Research shows that positive reinforcement helps to increase the chance that your child will continue to do what is expected over time. Information on how to use positive reinforcement is included after the activity ideas!

Teach Expectations



Practice & Support



Reward





# Activity Ideas



## Reading

- Read by yourself
- Read to someone else
- Record yourself reading



## Math/Science

- Complete lessons on [Khan Academy](#).
- [NASA Kids' Club](#) exploration
- Practice math facts (flash cards, times tables)
- Learn about having a [growth mindset](#)



## Create

- Build a tv/movie character using objects
- Take pictures and create a collage
- Create a cartoon
- Art projects: Draw/color/paint
- Create a sidewalk chalk mural



## Writing

- Complete [handwriting/cursive pages](#) or learn calligraphy
- Write letters to friends/family members
- Create a summer highlights journal
- Write a story from a [story starter](#)



## Movement

- Have a relay race
- Play in the sprinkler
- Go on a walk/play Pokemon Go
- Jump rope/jumping jacks
- Have a dance-off/play "Just Dance"



## Volunteer

- Help a neighbor with yard work
- Collect items for animal shelters
- Visit a nursing home and read or play a game with residents
- Go through old toys and donate



## Chores

(Complete a different chore each day)

Vacuum downstairs, vacuum upstairs, clean all bathroom sinks, clean toilets, dust, clean bathtub, wash dishes, help prepare dinner, set the table for meals, take out trash/recycling, clean windows



# My Activities



**Reading**



**Math/Science**



**Create**



**Writing**



**Movement**



**Volunteer**



## Chores

(Complete a different chore each day)



# Reinforcement

Increasing chances for success!

## Teach Expectations

Teach your child how they will earn rewards. Keep it positive and simple!

Example, "You will earn a snack for completing 2 activities. But, you have to do them for at least 20 minutes each!"

## Practice & Support

Depending on your child's age and ability, you may need to set timers for them, start an activity with them, or help them develop a daily schedule. As they become familiar with the routine (remember consistency is key!), your child can start to do these things independently.

## Reward

Identify with your child what they want to earn by completing activities. Some children may need more frequent or tangible rewards; others may be motivated by earning a sticker/check mark and working toward a weekly goal (see sample below).

## Sample Weekly Schedule

Activity	M	T	W	Th	F	Weekly Reward Options (Circle One!)
Reading						Family trip to zoo
Math/Science						Sleepover with 2 friends
Movement						Money (identify total)
Create						New toy
Your Choice						New book
Chore						Dinner at favorite place

*\*You can also adjust a weekly schedule to track how frequently your child meets their daily goal (see next page!)*

# Considerations



Set a goal  
and  
schedule  
each day!

## Today's Goal:

Follow my schedule and set timers by myself!

Activity Order	Choice	Time	Complete
Chore	Vacuum	15 min	
Movement	Play Just Dance	20 min	
Create	Design flyer	20 min	
			SNACK!
Read	Silent reading	20 min	
Math	Khan academy	20 min	
Movement	Walk dog	25 min	
My Choice	Finish flyer	20 min	
			Goal Check

1. When your child earns a reward, they have earned it. Don't take a reward away.
2. If your child is struggling, increase the frequency of rewards & support.
3. Provide feedback to your child to help them build their independence.
4. Ask them what they like and don't like and surprise them every other day/week by letting them have 2 choice options, while removing one of their less preferred activities.

Keep it  
positive!

### Suggestions for younger children:

- Create a schedule with images instead of words
- Start with more frequent rewards, then gradually increase time between rewards each week

### Suggestions for older children/teens:

- Rather than focusing on activity completion, create a structure that tracks time spent off devices, with an expected amount of time set in advance.

[www.placellc.org](http://www.placellc.org)

*Have a great summer!*