

SUMMER SUPER SKILLS

FAMILY FUN HOUR HOME ACTIVITY GUIDE



10 WAYS
TO KEEP
LEARNING
ALL SUMMER
LONG

SUMMER SUPER SKILLS

IN THE MORNING

1

Do a Shake Up!

Shake your right arm as you count to 10, then left arm, and both your legs. Then count to 5, 2, and 1! Older kids can count by 10s or 100s.

This game is great for energizing the whole family if you're feeling a little sleepy. Even better - it builds math skills! When kids count things like arms shakes or footsteps or claps they are learning that numbers represent things.



Have your child observe the weather out loud.

Have your child give you a weather report in the morning! "I see the sky is sunny. I can't spot a single cloud! I hear birds chirping, and it feels very warm."

When kids observe the weather and describe it, they are building language skills. With older kids you might give them the job of looking on your phone and reading the weather - that's a great way to keep those math and literacy skills fresh all summer long!

2

3

Look for letters on your clothing.

You can look for letters on tags and labels. Can your child find any letters hiding on their clothes? Be sure your child makes the sound of the letter they find. Older kids can look for certain words... challenge your child to find words like "wash," "dry," or "tumble."

You can also rhyme with the type of clothing you're putting on... "Pants" rhymes with "dance," "rants," "ants..."

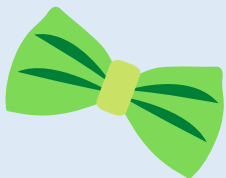


Learn some BIG, FANCY WORDS!

It's a great time to also start using some BIG, FANCY WORDS to help your child learn all summer long! Don't hold back! During our time together, we learned GOAL, MAXIMUM, and EXPRESS.

What goals can you make together with your child this summer when it comes to learning new words? Choose other summer learning goals to work towards, too!

4



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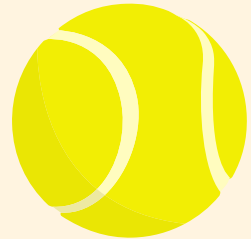


IN THE AFTERNOON

5

When tossing a ball around, try these ideas:

- Toss a ball back and forth. Every time you catch it, call out a word that starts with a certain letter sound, like /B/. Ball, batt, box, bounce, bubble.
- Sound out a word every time you catch a ball. /c/ - /a/ - /t/. Cat! You're building phonemic awareness which is key for reading.
- Rhyme as you toss. Boat, moat, float, goat. Then try to put all the words in a sentence: The goat likes to float through the moat on a boat!
- Count while you toss! Older kids can count by 2s or 5s.
- Say a compliment about the other person when you catch the ball. Compliments build super friend skills!
- Make a ball out of a sock and play Hatskit Ball. Toss the ball into a hat and count how many times it lands in the hat and lands out of the hat. Compare the two numbers to see which is higher!



Play Animal Freeze Dance.

You just turn on some music and dance like different animals. And when the music pauses... you freeze. This is a great game to play when you're stuck indoors!

Freeze dance is actually a fantastic way to build listening skills and body control, which helps kids sit and cooperate and work with others in the classroom.



6

Create a book box.

Take an empty box and have your child decorate it however they like! You can put a little rope on it to create a handle. Then, bring your child to the library as they bring their book box along. They can add books they want to read in this box, and when they get home, they can create their own library with it!

Create a reading goal together: how many books does your child want to read each week this summer?



7

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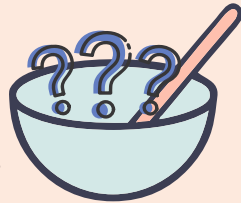
IN THE EVENING

8

Put mealtime questions into a Conversation Salad.

Mealtime is great for questions and conversations. You'll build listening, communication, and thinking skills. Try making a "conversation salad" by tossing a few open-ended questions into a bowl!

- *If you could have a sleepover with an animal, what would you choose and why?*
- *If you could have 8 arms or 8 legs, what would you rather have and why?*
- *If you invented a new machine or gadget, what would it do? What would you call it?*



Tell a story or write a poem.

Creating stories and poems is a great way to build super skills. Have your child tell you a story about their summer day and act it out together! They can even try keeping a journal where they write or draw about all your summer adventures. Older kids can try their hand at writing a poem.

Don't forget to encourage them to use those BIG, FANCY WORDS!

9

10

Take some Mountain Climber Breaths.

Try winding down before bedtime with a calm activity. Stretching out your fingers, use your other hand to trace each finger as you breathe in and out. Up - breathe in. Down - breathe out.

This is a great exercise to use when your child is experiencing BIG feelings too, during any part of the day.

