

Help Your Kids Plan Tech-Free Summer Activities!

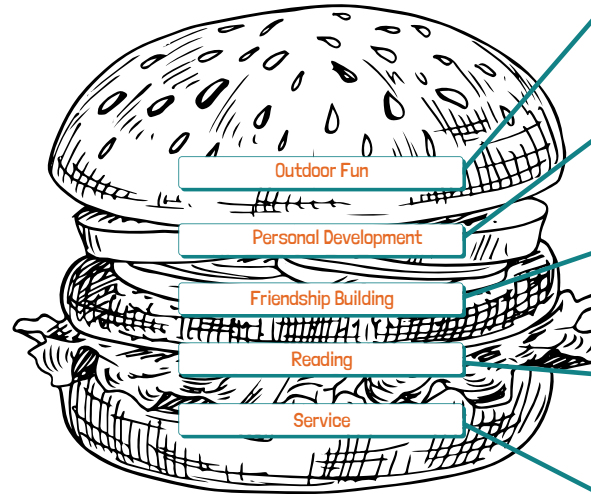
Summer can be hard for kids to navigate. Less daily scheduled time can be fun for a while (and is important for their personal growth!), but most kids need a little more structure. Otherwise, the draw to screen-time can be too great for them to resist!

Try using this graphic organizer to help your child plan some tech-free activities and accomplish some goals.

Have your child create a goal to work on. Then fill out the section(s) she/he is interested in that day: **Outdoor Fun, Personal Development, Friendship Building, Reading, and Service Opportunities.**

Example:

Recipe for a Fun Summer Day



Name: _____
Goal for the day: find 5 library books to place on hold



PRO TIP: laminate **one of these print outs** to reuse throughout the summer!



hike with Mom and Sparky

play the piano for 25 minutes

share popsicles with next door neighbors

read 1 chapter of The Mouse and the Motorcycle

take out the garbage without being asked



RECIPE FOR A FUN SUMMER DAY

Name:

Goal for the day:



Outdoor fun:

Personal development:

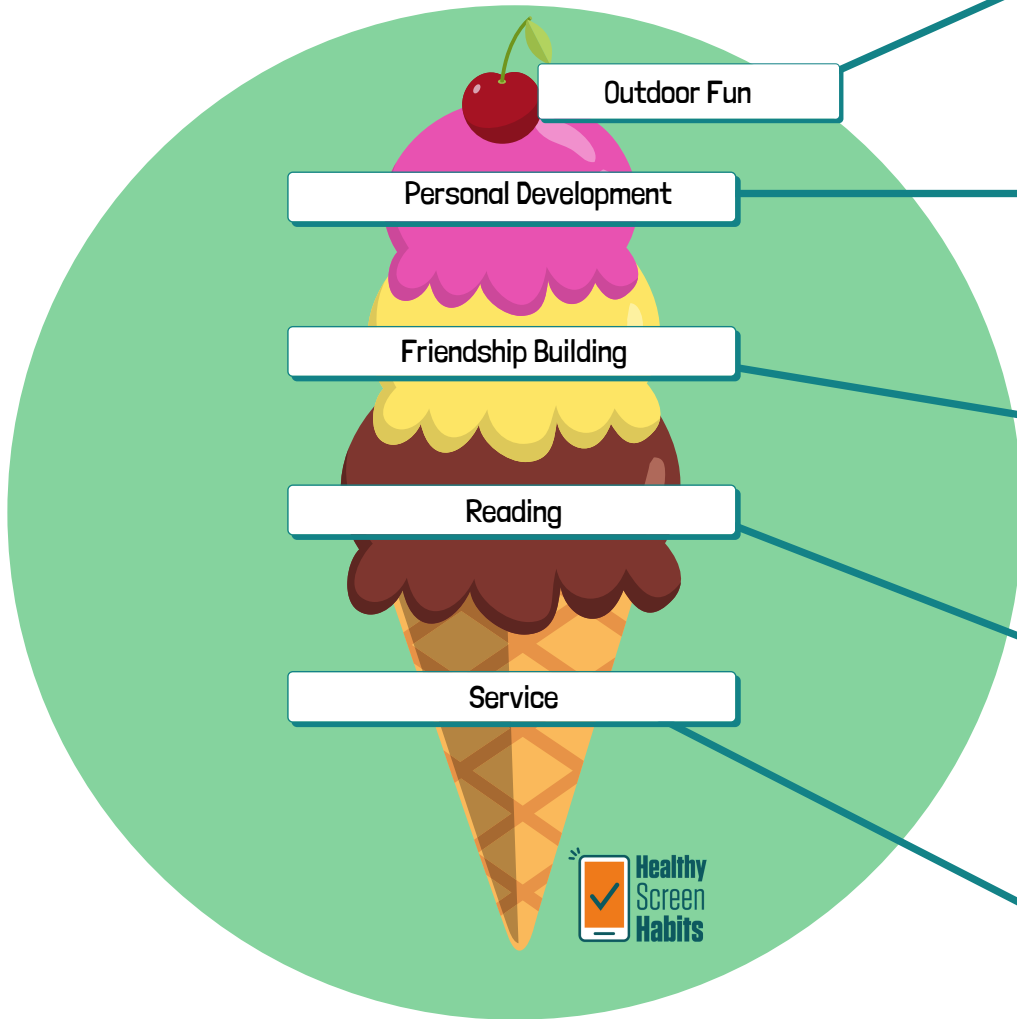
Friendship building:

Service:

Reading:

Tech-free Activities:

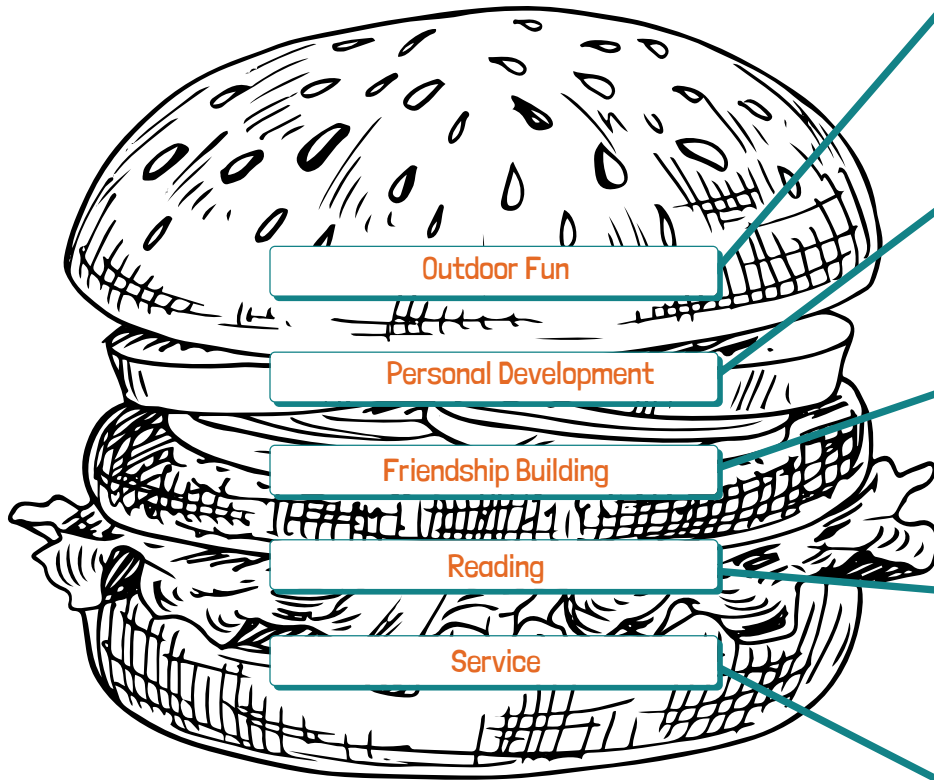
Recipe for a Fun Summer Day



Name: _____

Goal for the day: _____

Recipe for a Fun Summer Day



Name: _____

Goal for the day: _____