

Time Blocking and Summer Planning

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Outcomes for this session

- Get ideas for how to structure a day in the summer
- Understand the purpose behind each category of activities
- Gain kid friendly resources for each kind of activity
- Learn about family friendly resources

Agenda

- Sample schedules
- Kid Friendly Resources
 - Academic
 - Movement
 - Quiet time
 - Enrichment
- Parent Resources
 - Chores
 - Screen time
- Q & A

Sample Schedule

- 7:30am- Wake up, dress, breakfast
- 9:00am- Movement Activity
- 10:30am- Academic Time
- 12:00pm- Lunch
- 1:00pm- Outing and/or Enrichment Activity
- 3:00pm- Common Good Chores
- 4:00pm- Free time at home
- 5:30pm- Dinner
- 6:30pm- Night-time routines
- 7:30pm- Quiet Time
- 8:30pm- Bed

Sample Schedule

Morning Routine	Movement Time (1 hour)	Academic Time (1 hour)	Free time (30 minutes)	Lunch
Quiet Time (30 minutes)	Outing and/or Enrichment Time (1 hour)	Chores (30 minutes)	Free Time (30 minutes)	Academic Time (1 hour)
Movement Time (30 minutes)	Dinner	Night Time Routine	Quiet Time	Bed

Purpose of Academic Time

- Reinforce skills learned this year
- Prevent summer slide
 - Exercising the brain is important too. Research has proven that all kids are at risk of the "summer slide," defined as losing their essential academic skills without practice; and that kids score lower on achievement tests at the end of the summer than at the beginning.



Ideas for Academic Time

Screens

- Amplify (literacy) – log ins provided
- Khan Academy (all subjects) – on clever
- First in Math – on clever
- Brain Pop – on clever
- EPIC! – books online

No Screens (resources to follow)

- Reading
- Writing letter/email to friend or family member
- Journaling
- Science
- Engineering

Resources Movement Time

Screens

- [Go Noodle](#) - various activities, free account required
- [Cosmic Kids Yoga](#)
- [FIT](#) from Sanford Health
- [Stand Up Kids](#) - movement breaks

No Screens

- Take a neighborhood walk
- Go for a hike
- Circuit training (like in PE)
- Bike rides
- Sports
- Re-play videos from Mr. S on teams
- Have a dance party!

Purpose of Enrichment Time

- Allows your child to explore their interests
- Children can discover new interests/hobbies
- Fosters curiosity
- Self-guided; builds independence

Resources Enrichment Time

Subscription Boxes

- [Green kids](#) – crafts & STEM activities
- [Kiwi Crate](#) – crafts & STEM activities
- [Radish Kids](#) – cooking club

Games

- [Minute to Win it Games](#)
- Board games

Virtual Outings

- [National Parks](#)
- [Museums](#)
- [Various global sites](#)

Engineering

- [Building Structures](#)
- [30 Days of Lego Challenges](#)

Resources Enrichment Time

Art Classes

- [Lunchtime Doodles with Mo Willems](#)
- [Skill Share](#)
- [Sparketh](#) (free trial available)
- [Kitchen Table Art](#)

Virtual Storytime

- [Michelle Obama](#)
- [DC Public Library](#)
- [Summer Reading Challenge](#) (DCPL)

Quiet Time

Purpose

- Provides Space for Your Child's Developing Creativity
- Increases Your Child's Autonomy
- Provides a Chance to Re-center and Recharge
- Builds on their interests

Tips for getting started

- Like with any other habit you want to build with kids, consistency is key.
- Use a visual timer
- Give kids choices about where they have quiet time and how they spend their time
- Make sure the kids know that quiet time is for *everybody* (parent needs it too)

Ideas for Quiet Time

- Reading
- Drawing
- Listening to music/podcast
- Puzzles
- Legos or other manipulatives
- Yoga or meditation

Chores

Assigning vs Asking

Rather than assign tasks, ask your child to think of tasks they can do that are useful to the family (while you may think they haven't been paying attention when you ask them to help, they know exactly what needs to be done). Even elementary age children can chime in about what chores they could do.

Be Creative

Think beyond the classics of helping with the trash or emptying the dishwasher (or for younger kids-- just the silverware), but maybe your child could water plants, organize drawers, rip up mail for recycling. Let them take pride in having a "department" that is theirs to supervise, so instead of policing what kids do with their shoes for example, your child in charge of keeping the entryway neat will do it for you. Rule of thumb for timing is about 5-10 minutes for children under 7, Children age 8-10: 15-25 minutes, Children over 10: 25-45 minutes.

Be Flexible

Be flexible, many children are certainly capable of more, but the point is to get into the habit of doing this work every day, or at least several times a week, so it's not about seeing how much they can get done, but rather, how much they can get done without complaining too much.

Screen Time

Non-Screen, High Interest Options

- Need some ideas for non-technology activities? Here are some great books that you can find online or at the library: [The Daring Book for Girls](#), [The Dangerous Book for Boys](#), and a favorite of mine, [Unplugged Play](#).

Set Time Limits

- [American Academy of Pediatrics](#) recommends limiting screen time to two hours a day of screens for children 3-18

Curate What Child Consumes

- Great educational programming is plentiful on local cable, Netflix, DisneyPlus, etc.
- If you aren't sure about the educational value a particular show, app, video game or book, head to www.CommonsenseMedia.com.
 - This website provides very specific reviews on age appropriateness, educational value, etc.

Final Thoughts

The Gift of Time

- Summer, with its greater leisure, offers opportunities for learning that may be harder to squeeze in during the busy school year. Learn a new instrument or how to play new family games.

An Opportunity to Demonstrate Grit

- Offering your child a task that isn't instantly entertaining and enjoyable challenges them to find the fun, to sustain the effort, to be patient, and to work towards a goal that might not be immediately obvious or gratifying but in the end--it is. This is what they'll need throughout their lives, and you are taking this opportunity to reinforce this now.

Foster an Authentic Sense of Self-Esteem, Self-Worth and Self-Efficacy

- Kids entrusted with responsibilities are earning your trust, being seen as important contributing members of their first community: family. This sets them up for seeing themselves in this light as they venture out into bigger versions of communities--school, jobs, towns, the world at large. This is how they learn that they count.

Questions?
