



## *Mindscales- Volume 1X Edition V111*

# ***BE READY FOR FUN UNDER SUN***



*Dear parent,*

*This edition of Mindscales will focus on ‘**Summer holiday ideas for parents to engage their children**’.*

*During summer, parents are burdened with questions like how best to utilize the vacation, how to keep children engaged, what classes should you enroll them in, how to make sure they have fun without losing focus, how to protect them from the scorching heat, and so on.*

*The best way to deal with these questions is to equip yourself with a things-to-do list well in advance. If we are not organized, we will find ourselves running behind them all day resulting in a lot of stress. Think of all the things that we would like our child to do during the holidays. Make a list that includes indoor and outdoor activities, keeping in mind the fact that they should appeal to our child. Then, use a regular calendar to line up those activities to cover the entire month.*

*Here are some ideas:*

## ***Enroll our child for swimming classes!***

Children love playing in the water. It is the best way to beat the summer heat. Swimming is a life-saving skill which every child should know. Apart from being a fun activity, it is the only form of exercise that our child might agree to do happily. We can also join our child for a swim when we have the time. It will prove to be a great stress buster and the most relaxing time of the day.



## ***Get your child interested in gardening!***

This is another activity that most children love. The idea of playing with mud and getting their clothes and hands soiled fascinates them. Gardening will help our child get close to nature. Playing under the shade of trees will also protect them from the heat. We will be free to pursue our passion for gardening or read a book while

they are busy with sowing or pruning.

## ***Let them do things on their own!***

If our child loves exploring, make a list of do-it-yourself activities for them to try. This can include making lime water, sandwiches, or painting. Stock up on watercolors and chart paper. Here's a list of fun, low-cost activities for our child. If our child is very young, ensure we include activities that do not require much supervision.

## ***Plan family outings***

If we have not planned on a vacation, then its best to line up other family outings like visiting friends and relatives and organising picnics.



## ***Kids blog!***

Arrange for a safe, closed community so that our children can blog over the summer. Edublogs and Kidblog offer teachers and students free blog space and appropriate security. Free, disposable e-mail accounts are available at Mailinator. Children can create an account there, use the address long enough to establish the blog and password, and then abandon it.



## ***Keep a check on their health!***

Summer brings with it a host of health issues like dehydration, prickly heat, sun burn, fungal infection, insect bites and diarrhea. To prevent our child from getting dehydrated, avoid going out between 12 pm to 3 pm. Give them a lot of fluids. Keep prickly heat powder, summer body lotion for skin irritation, mosquito repellents,

bandages, and other regular medicines handy.

Keeping a routine and sticking to it is a good way to make summer stress free. Always try to combine leisure activities with learning skills. This will keep our child in touch with the habit of learning. And remember, making time for ourselves daily is the best way to ensure we and our child are happy.

## ***Encourage writing!***

Give each of our children a stamped, addressed postcard so they can write to you about their summer adventures. Or recycle school notebooks and paper into summer journals or scrapbooks. Another way to engage young writers is to encourage our children to spend some time researching and writing community stories — not only does it build research and writing skills, but helps kids develop a deeper sense of place. Find more good summer writing ideas from Start with a Book: keep a nature journal, create a poetry, share a recipe, or keep a scrapbook of reviews of summer adventures.

## **Fun with Food**

– Almost every child loves to be around food. Through these playful tasks, children will develop knowledge regarding different kinds of foods, culture and will also understand its importance in their lives. It will enhance their tender culinary skills and provide them with exposure to the cooking environment. Some of the summer activities combining food with fun are mentioned below –

- Prepare lemonades
- Describe food like a chef
- Assemble and plate a dish
- Identify food by smell/taste
- Listen to the kitchen sound and guess the utensil involved

## **Volunteering in the community**

Volunteering and social service is a great way to serve the community depending on the time you have during vacations. Children have a variety of choices before them – they can spend time at an old age home or serve in an under-privileged village neighbourhood or volunteer to be part of a library or distribute food among the poor. Children will experience multiple dimensions of life through such volunteering activities, and this will help them

develop a wholesome approach to life.



## **Online activities for families**

Share examples of good interactive educational websites that parents and young kids can explore together. Here are some of them;

- **National Geographic Kids:** Great nature videos, activities, games, stories, and more
- **Discovery Kids:** Video, games, and activities to explore dinosaurs, sharks, space, pets, history and more.
- **iCivics:** Educational online games and lesson plans to promote civics education and encourage students to become active citizens. iCivics was founded by retired Supreme Court of the United States Justice Sandra Day O'Connor.



- **NASA Kids Club:** A place to play games and learn about NASA through interactive explorations.
- **Project Noah:** Explore and document wildlife — be a citizen scientist!
- **Nation:** Be creative and help people through engineering, from PBS.
- **My Wonderful World:** A multimedia tour of our seven continents from the Smithsonian
- **PBS KIDS Lab:** Educational games, activities, and mobile apps, for kids PreK to grade 3.
- **BrainPOP:** Games, quizzes, videos about topics in science, social studies, English, math, arts, and music, and more.

## References

- “How kids learn math and science: Stimulate learning by asking kids to explain.”
- Bell SR and Carrillo N. 2007. Characteristics of Effective Summer Learning Programs in Practice. *New Directions for Youth Development* 114: 45-63.
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**HAPPY SUMMER**  
**HOLIDAYS**