

GET READY FOR SUMMER!



In a few weeks, school will be out for the summer break and students will have more time to play, take on new hobbies or just relax by the pool. As schools wrap up the academic year, the daily routine - especially in terms of eating, playing and learning - changes among students. Whether you work from home, are a stay-at-home parent, or work outside the house, you need practical ideas to keep your child busy, particularly during the summer months. Otherwise, they may end up getting too much screen time, which is not good for their health (mental or physical).

Ideas for active summer learning:

- 1. Nature Activities for kids: Go bird watching, Grow fresh herbs in containers, Look for shapes in clouds.*
- 2. Offer recommendations for active learning experiences: Check with your local department of parks and recreation about camps and other activities.*

1. Encourage parents to build reading and writing into everyday activities: Some ideas to pass along: watching TV with the sound off and closed captioning on, reading directions for how to play a new game, or helping with meals by writing up a grocery list, finding things in the grocery store, and reading the recipe aloud for mom or dad during cooking time.

4. Encourage writing: Give your child a stamped, addressed postcard so they can write to you about their summer adventures.

5. Kids blog: Arrange for a safe, closed community so that your child can blog over the summer.

6. Get into geocaching. Everyone loves a scavenger hunt! Get in on the latest outdoor craze with geocaching, where families search for hidden "caches" or containers using handheld GPS tools (or a GPS app on your smart phone).

Ideas for summer reading fun

- Make sure kids have something to read during the summer – put books into children's hands instead of screens.
- Get your local public library to sign kids up for summer reading before school is out: Ask your child's school librarian to talk about summer activities, educational videos, and audio books at the library and to distribute summer reading program materials.
- Get to know your community public library better. Find out if your public library is part of the Collaborative Summer Library Program, a grassroots effort to provide high-quality summer reading programs for kids.
- Mohamed Bin Rashid Library at Al Al-Jadaf offers good opportunities for kids with lots of reading activities.
- Help kids build math and science skills over the summer. Enroll your kids in some activities or summer camps where they get opportunities to learn subjects through fun group/individual activities.

Online activities for families

Here are some examples of good interactive educational websites that parents and young kids can explore together:

- 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.

- 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!
- Design Squad 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.
- Introduce your students and their families to stories from around the world.
- Suggest audio books as an alternative to print, especially for kids with learning disabilities that make reading a struggle.
- For students with vision or learning disabilities, Learning Ally, provides free audio books for kids to listen over the summer.



Artsy Activities for Kids

- Collect rocks and paint them. Turn them into pet rocks, garden ornaments, or gifts for family members.
- Decorate your walkways with chalk. Use regular sidewalk chalk or make your own using cornstarch, water, and food colouring.
- Keep a summer sketch diary. Take turns sharing your sketches at the end of the summer.
- Make music. Make your own instruments or play traditional ones.
- Make playdough creations. Make your own playdough to mold into creative shapes. Then rip them up and do it again.
- Press summer flowers. Make a pressed flower picture with waxed paper.
- Put on your own dramatic performance. Write a script, make costumes, or just do a little improv.
- String beads. Beading projects can be as simple or complex as you choose.



Cooking Projects for Kids

With summer's slower schedule, let kids take on some cooking projects.

- Create and bake your own pizzas. Kids will enjoy picking their own toppings. They can help prep by shredding cheese, washing mushrooms, chopping veggies, and so on.
- Let the kids cook dinner. Encourage them to plan the menu and shop for ingredients. Then allow them to cook dinner for the family. Supervise younger kids, but allow teens to go it alone.
- Make fresh lemonade or sun tea. Enjoy it on the front porch with some homemade cookies or sell it at a lemonade stand.
- Make ice cream. Turn it into ice cream sandwiches or enjoy it on its own.
- Teach the kids how to make your favorite childhood treat. Let them add their own twist or variation to the recipe.

To the Parents.....

Learn ways you can support your child's physical and emotional well-being.

Helping our children have healthy bodies and minds is more important than ever. Parents can support their children's physical and emotional well-being by giving them opportunities to:

- Handle stress well through physical activity and healthy thinking.**
- Relate to others by encouraging social interactions and emotional awareness.**
- Make healthy choices about how they eat and play.**

You can help your kids prepare mentally, physically, and emotionally for the upcoming school year with healthy and fun summer activities mentioned earlier.



Emotional Well-being

Here are things your child can do to improve their emotional well-being, whether they're spending time alone or with others:

- Give your child a new responsibility that fits their age. Learn steps you can take to help your child recognize and manage emotions, set and achieve positive goals, and make responsible decisions.**
- Nurture your child's creativity and self-esteem through arts and crafts. See this guide for 15 art lessons you can use in the home to support your child socially and emotionally.**
- Grow plants in a container. Use this activity to teach your child how to set a goal and achieve it. Find tips for making a terrarium mini-garden.**
- Help your child get enough sleep. Check out this infographic on the right amount of sleep for children, the importance of sleep, and tips for good sleep.**
- Reduce time watching a screen. Learn how parents can help their child get less screen time and more "lean" time doing physical activity.**
- Teach your child ways to think positively, like being grateful, to help reduce stress and feel better. Discover ways to practice gratitude.**

**BY THE INCLUSION DEPARTMENT
APPLE INTERNATIONAL SCHOOL
PRIMARY CAMPUS**