

Summer Activities for Children

Are you looking for ways to keep your child busy on summer break? While time for unstructured play is an important part of summer vacation, too much of it may lead to these two dreaded words: "I'm bored."

Fortunately, there are plenty of ways to keep your child busy and build on what she or he learned during the school year. Consider these options:

- ▶ **Your local library.** Most libraries offer summer programs for different age groups. In addition, the library is a great resource for encouraging reading as a fun leisure activity. Make up a summer reading list, including books you enjoyed as a child, and set your child loose on a world of adventure and mystery!
- ▶ **Local museums.** Like libraries, many museums offer children's programs on a variety of subjects. In addition, your community may have one or more museums specifically for children.
- ▶ **Nature.** Visit local lakes, rivers, trails, parks, and arboretums to learn about the wildlife and flora and fauna in your area. Mix playtime with nature walks or bird watching.
- ▶ **Travel.** If you're taking a road trip, pull up a map of your route and share details, such as where you will stop or what you will see along the way. Research the history and geography of your destination. Even a short trip can be a grand adventure!
- ▶ **Community events.** Many communities hold outdoor festivals, fairs, concerts in the park, fireworks, and other events for free or at a nominal fee. Check your community's website or the local paper for upcoming events.
- ▶ **Day or overnight camps.** Sending your child to camp for a week is a great way to break up the summer. You can search for summer camps in your area on mylifematters.com under Care Locators --> Child Care Services --> Summer Camps.

LifeMatters can offer more suggestions on how to keep your child active and engaged all summer. Call 24/7/365.



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