

DON'T LET THE BRAIN GO ON BREAK



KEEP YOUR KIDS READING AND WRITING DURING THE SUMMER:

Cut articles out of magazines or the newspaper, and tape on the refrigerator each week as "required family summer reading." Discuss reactions and feelings about the topic together. The topics don't have to be serious—how about reading about favorite sports teams or new summer movies?

Start a letter-writing chain to relatives or friends close by and far away. Send home-made pictures, poems and special notes to loved ones. Let them know how your summer is going, and then ask them to write back to your family.

Create a "Reading Sun"

What you will need: 2 Large sheets of yellow construction paper, scissors and glue

- Step 1: Cut out a large circle from one piece of paper. Post the circle in a special place where the children can see it (on the refrigerator, door or window).
- Step 2: Cut out paper triangles from the other piece of paper to fit around the circle; these will be the sun rays. Set aside the triangles in a safe place.
- Step 3: Each time your child reads a book, write the name of the book on one of the triangles and glue it along the side of the circle.
- Step 4: When the sun is complete, reward your child with a special prize.

It's Summer.

Time for FUN!

Children of all ages love the warm weather and the chance to play all day. Parents may worry about how to keep their children busy so that the summer break is exciting, happy and, of course, FUN! If your children start the "I'm bored" blues, try these easy and low-cost activities to "heat up" their imagination.

Sources:
PBS Kids
Disney Online
Family Fun Magazine
Parks & Wildlife
National Association for the Education of Young Children
Enchanted Learning.com



www.um-jmh.org





COOLING-OFF IN THE SUN

Most children have a lot of energy that is just waiting to be used. Outdoor exercise is a great way to entertain your children while improving their health. We have added something refreshing to the formula that your kids will love: summer + water = FUN!

EXPLORE THE OUTDOORS

The warm summer weather is perfect for outdoor fun. Nature is a great teacher, with endless new sights, sounds and smells for kids. And best of all, you don't have to go too far. Your own backyard or a neighborhood park can provide lots of entertainment.

Nature Rubbings

Nature is filled with many shapes and textures that can make great pictures. Go outside with the kids and collect different leaves, the bark of trees, rocks and other interesting things you find. [Remind children not to pick up broken pieces of glass or other garbage they may see.] Gather your findings and sit down with white paper and crayons or a pencil.

What you will need: White paper, crayons, pencils, a flat writing surface

- Step 1: Lay the object you'd like to rub on a surface and place a piece of paper on top of it.
- Step 2: Hold the crayon or pencil at an angle and gently rub it over the paper across the object. The outline of the object should begin to appear on the paper.
- Step 3: For fun, use different colors to rub out the shapes and textures.
- Step 4: After you've rubbed enough, you can use glue to make a nature picture or collage with the things collected.

Cold Potato

What you will need: Balloons, a safety pin and a faucet

- Step 1: Using a pin, poke a hole in a balloon before it is inflated.
- Step 2: Fill the balloon with water, so that the water will slowly leak out.
- Step 3: Sit or stand in a circle and toss the balloon around. The object of the game is to not be holding the balloon when it runs out of water.

BUBBLES

Make Homemade Bubble Solution

What you will need: A large mixing bowl, dish soap, a wire hanger

- Step 1: In a plastic bowl, pour 1 ounce of dish soap (such as Dawn, Joy or Palmolive) with 10 ounces of water.
- Step 2: Mix them together to make the bubble solution.
- Step 3: Shape the hanger into a bubble wand.
- Step 4: Dip the bubble wand into the mix and wave it in the air to make bubbles!