

# PLANNING FOR YOUR BEST SUMMER



## INTRODUCTION

Now that I am (far) beyond my school days, summer goes by way too fast. As a New Englander, I dream of summer all through Winter and Spring, so when it finally arrives, I want to make it count! A few years ago, I started making "bucket lists" for each season. These lists included places I want to visit, recipes I want to try, and any special activities that would help me more fully experience that season and it's unique offerings.

I found that writing it down can really make a difference, but the key is not to get overambitious. Our lives are so hectic these days, even just doing one or two special activities this season is something to celebrate! Below are some ideas and prompts for filling out your summer plan.

## FAMILY SUMMER BUCKET LIST

When you are all sitting down in a nice, relaxed setting (such as the end of a dinner) start discussing your summer goals. I recommend your family picks a maximum of 5 goals, at least at first. You can draw them or list them in the space provided. Be as specific and descriptive as possible and be sure to schedule any items you can on your official calendar to ensure accountability. Small experiences can go on this list too, such as "dance in a summer rainstorm," or "make strawberry pancakes."

Some ideas of things to include:

- places you want to go
- people you want to see
- things you want to experience (e.g. watch a meteor shower, have a beach bonfire)
- messy crafts you've always wanted to try. (Ice chalk and fish printing anyone?)
- discuss favorite memories from past summers, is there anything you'd like to repeat?

## CELEBRATE THE HARVEST

One of the most fun and simple ways to live seasonally is to enjoy the produce and other foods that are at their peak this time of year. This is particularly easy in the summer, when there are so many options. What are some things you can do to experience this natural bounty? I like to go to a local farm to pick strawberries or blueberries, but even something as simple as growing a cherry tomato plant in a pot on your patio can be rewarding!

## REST AND RESET

I'm pretty new to this parenting thing but I already know how it feels when your day starts to get away from you . . . things are becoming chaotic and you start counting the minutes until your partner gets home. In this Rest and Reset section, list three things that always help you take a step back and regroup. For us right now, this is usually reading a book together, taking a bath or walking the dog.

## YOUR SUMMER RHYTHM

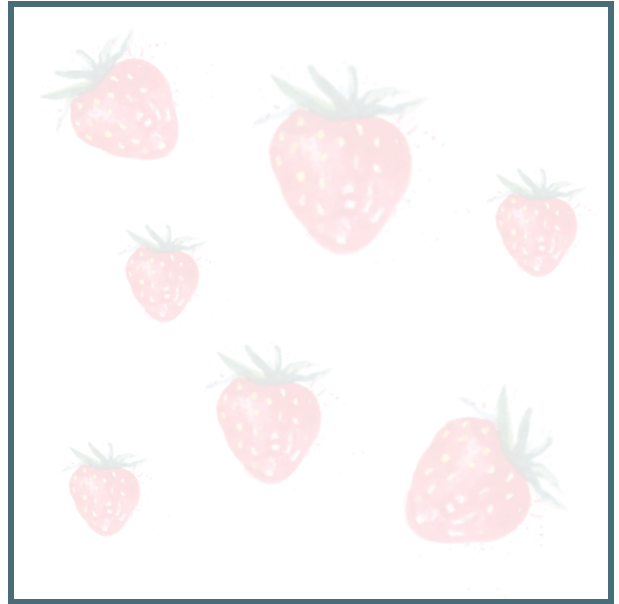
In their book, "Simplicity Parenting" authors Kim John Payne and Lisa Ross describe how having a rhythm in your family means having certain touchstones that happen predictably and dependably in your days. These touchstones can be things like meal times, a morning walk, or Friday Pizza night. Having a daily or weekly rhythm can be orienting for children (and their caretakers) because it provides some structure and knowledge of what to expect. Unlike a rigid schedule, a rhythm can be flexible and adaptable. To design a rhythm, start with just one or two touchstones for your days. Mealtimes are a great grounding activity and an easy one to include. You can also add things like an afternoon walk or reading time. Many full time homeschoolers and stay at home moms also have success choosing "themes" for their days, such "Wander Wednesdays" where they take the kids out somewhere, or "Foodie Fridays" where everyone bakes something together. If you think that would be helpful to you, I have left some space for you to include the theme under the day of the week.

**I HOPE YOU HAVE THE MOST WONDERFUL SUMMER!**

# SUMMER

## OUR SUMMER BUCKET LIST

## CELEBRATE THE HARVEST



## REST AND RESET

- 1.
- 2.
- 3.

## OUR SUMMER RHYTHM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
