

ARE YOU FEELIN' HOT HOT HOT

FUN & FRUGAL SUMMER BUCKET LIST

I'm Bored....

School is out, and it seems you are the only source of entertainment for your kids. They seem to have burned through the list of planned activities in the first 2 weeks, and you're wishing you had a vacation from summer vacation! A week-long theme park vacation sounds lovely, but you've already spent your budget on the kids' summer camps. Here are some fun and frugal ideas to reclaim summer and make it the best ever for your family.



START WITH A PLAN

Having a plan will allow you to break summer vacation into small scheduled doable parts helping to ease the stress and pressure of entertaining kids throughout the summer. Generally, when kids express boredom, it may be that they are unable to regulate the freedom that comes with an unstructured day. Replicating the structure that school provides in your family summer plan can allow them to learn and grow and take the pressure off you to be their class act. Take it in steps, ease into your plan, and enjoy a happy and engaged summer of fun!

Step 1: Use those last weeks of school when kids are anxious for vacation to begin to get input and insight into their goals for summer. Taking time as a family to create a plan where each person has input heard and their goals acknowledged is a plan for success! You can ask questions like:

- ***Is there a new sport that you want to learn?***
- ***What books would you like to read?***
- ***What adventures interest you?***
- ***Are there challenges you want to tackle before school begins again or areas you want to improve on?***



Step 2: Break down the list by family member, deciding on how many goals seem achievable per person. Decide what goals you will accomplish in July, and what goals are a priority for August.

Step 3: As the designated planner begin researching opportunities online and creating the schedule. Pull out a paper or dry erase calendar that you can place in a communal area in the home and begin plotting out the plan.

Step 4: Present for review in a family meeting. Adjust where necessary and follow the plan!



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20 FUN AND FRUGAL ACTIVITIES TO FILL THE GAP

Odds are, no matter how much you plan, there will still be days to fill (or not). Here are 20 activities to add some spontaneity to your family plan that you can do alone, as a family, or with friends that don't require much travel time or money. Go ahead and have some fun getting back to the "simple" joys like a book and a baseball game.

- 1) **Take A Hike** – Get to know the beauty of the greenspace around you. Hike through a local ravine, park, or conservation area. Collect unique natural items for a craft project.
- 2) **Get Dirty** – Plant an outdoor or indoor herb garden.
- 3) **Be Green** – Clean up a local park, learn to compost, make natural cleaning products or cosmetics.
- 4) **Turn a Page** – Find a series to enjoy throughout the summer and schedule a reading time.
- 5) **Get Wet** – Set up a sprinkler, visit a local spray pad, make water balloons, and have some fun.
- 6) **Get Crafty** – Check out the local craft store for a free or inexpensive workshop or kit. Make a model plane, a birdhouse, some fun jewellery, or something special for grandma.
- 7) **Make A Spa Day** – Nails done, hair done, fancy pedicure and polish. The services are endless! Serve fruit infused water in a fancy pitcher, have a bowl of counter mints and feel extra special.
- 8) **Go for a Picnic** – Plan it together! Picnic in the park or the backyard.
- 9) **Catch a Summer Flick** – Many theatres have family movie matinees for bargain prices, find a drive in, or watch a free movie in the park.
- 10) **Go to an Outdoor Concert or Festival** – There are so many summer festivals to enjoy. Bring a blanket and chairs and enjoy an afternoon.
- 11) **Treat Yourself** – Go for ice cream, visit a food truck, find a self serve frozen yogurt bar.
- 12) **Get a Strike** – Go bowling. Winner gets to choose the next fun family activity.
- 13) **Rent a Canoe** – Go on a canoe adventure on a local lake and enjoy the natural surroundings.
- 14) **It's a Beach Day** – Pack for the day. A cooler, chairs, a book, blanket, lifejackets, sand toys, whatever you need to have a fun and safe day at the beach.
- 15) **A 3 Hour Tour** – Learning how to ride the bus is an important skill kids can learn very young (with supervision). Decide on a local destination (a museum, mall, local attraction) and catch the bus at the closest bus stop.
- 16) **Take Me Out to the Ball Game** – Most towns and cities have a local baseball team. Plan to enjoy the game. Practice your ball throw while you wait for start time.
- 17) **Camp Out** – Camping doesn't have to require travel. Pitch a small tent in the backyard, roast some wieners or make some smores. Go old school with a good card game by flashlight!
- 18) **Volunteer** – Intergenerational relationships have such value to children! Visit a senior's home with some thoughtful cards or carnations and watch their eyes light up and a smile adorn their face. Go pet some animals at the local shelter or offer to cut a neighbour's grass!
- 19) **Pay it Forward** – Spend a day doing things around the city to pay it forward. Buy a coffee for the person behind you at the drive thru, collect the shopping carts in a parking lot, offer a tea to a homeless person, bake cookies for a friend in need.
- 20) **Be Bored** – What what? Yes! Studies show that being bored influences a child's creativity and executive functions such as imagination, creative expression, self regulation, critical thinking and problem solving. Leave some open space in your family's calendar for kids to create their own entertainment.

Sources: <https://www.kidsnews.com.au/health/a-little-bit-of-boredom-is-not-boring-its-good-for-you/news-story/d2b3636ea5a5eda88e86b185b9937742>
<https://ezinearticles.com/?Never-Again-Hear-Your-Kids-Say-During-The-Summer,-Im-Bored!&id=2628898>