

GETTING READY FOR SUMMER

GUIDED NOTES

PART A. AN OPPORTUNITY TO PLAN

- Thrive vs. Survive
- Avoid confusion and regret
- Goal: Use the Time Well



PART B. GOAL: USE THE TIME WELL

Objective 1: "Big Picture" plan

- Fill the time and use it productively (*Handout 3-GR Summer Calendar*)
- Spend time on those things you don't have time for during the year
- Discuss your priorities (*Handout 2-Parenting in the Digital Age*)

Objective 2: Structure the time

- 74 days/12 weeks of summer
- Weekly Schedule & Daily Schedule
- Address basic needs and tasks of the household and of the children

Objective 3: Thriving!

- Discern Values: What is important to you?
- Make Choices with Intention
- Use screen time for good & with rules (*Handout 6-No Screen Time Until*)
 - Online learning modules from their school
 - How-To videos on YouTube

PART C. MULTIPLE INTELLIGENCES

1. Soul Smart: the knowing which comes from introspection, self-reflection, and raising questions about life's meaning and purpose

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| <input type="checkbox"/> Streaming Mass: weekdays at noon | <input type="checkbox"/> Build emotional intelligence |
| <input type="checkbox"/> Morning offering | <input type="checkbox"/> Utilize a pro & con list to make a decision |
| <input type="checkbox"/> Journaling | <input type="checkbox"/> Roleplay hypothetical ethical dilemmas |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Gratitude lists |
| <input type="checkbox"/> Calming skills / calming basket | <input type="checkbox"/> Differentiate between needs and wants |
| <input type="checkbox"/> Divine Mercy Chaplet at 3pm | <input type="checkbox"/> Learn about Saints (<i>Handout 8-Saints with Summer Feast Days</i>) |
| <input type="checkbox"/> Resurrection Eggs | |
| <input type="checkbox"/> Make a gratitude list | |

2. Other Smart: using person-to-person relating, communication, teamwork, and collaboration with others

- ☐ Formal meal to practice manners
(*Handout 9-Manners*)
- ☐ When You Say Thank You, Mean It (*also on St. Catherine website*)
- ☐ Play a board game
- ☐ Share toys
- ☐ Make a team project
- ☐ Teach someone a new skill
- ☐ Put on a puppet show
- ☐ Play 'Guess the Feeling' game
- ☐ Practice descriptive praise
- ☐ End-of-day affirmations
- ☐ Practice taking turns
- ☐ Practice I-messages
- ☐ Role-play
- ☐ Practice active listening

3. Word Smart: occurs through written and spoken words, such as in essays, speeches, books, informal conversation, debates, and jokes

- ☐ Read-Aloud Handbook by Jim Trelease
- ☐ Read a book (*Texas 2x2 Book List*)
- ☐ Mad Libs
- ☐ Write a newspaper article
- ☐ Write/read a play or skit
- ☐ Write a letter
- ☐ Tell jokes, puns, riddles
- ☐ Create a family mission statement
- ☐ Play Scrabble Jr. or Boggle
- ☐ Book-making
- ☐ Do a crossword puzzle
- ☐ Write instructions
- ☐ Thank-you note or video
- ☐ Summer Journal

4. Body Smart: using physical movement and performance (a.k.a. learning by doing) to understand things

- ☐ American Sign Language
- ☐ Play Simon Says
- ☐ Hacky Sack / Frisbee
- ☐ Nutrition & cooking
- ☐ Summer safety
- ☐ Learn to jump rope
- ☐ Learn to catch a hard ball
- ☐ Juggling (*Handouts 10a & 10b*)
- ☐ Choreograph or perform a dance
- ☐ Play charades / pantomime
- ☐ Use tools
- ☐ Work out, jump rope
- ☐ Stretch (Cosmic Kids Yoga on YouTube)
- ☐ Build a model

5. Sound Smart: learning through sounds, rhythms, tones, beats, music produced by other people or present in the environment

- ☐ Imitate vehicle or animal/bird sounds
- ☐ Sing songs (compose your own!)
- ☐ Ear safety while using headphones
- ☐ Listen to relaxation sounds
- ☐ Homemade instruments
- ☐ Riddle books
- ☐ Listen to music of different cultures/genres/eras
- ☐ March to college fight songs
- ☐ Make up a rap song
- ☐ Learn to read notes (sheet music)
- ☐ Play with a piano or drum app

6. Nature Smart: knowing what occurs in encounters with animals, plants, physical features, and weather conditions of the natural world

- ☐ Weather station at home
- ☐ Skipping rocks
- ☐ Star-gazing
- ☐ Geocaching, latitude & longitude
- ☐ Texas Nature Challenge (link on page)
- ☐ Zilker Trek (link on page)
- ☐ Texas Trail of Trees (link on page)
- ☐ Family walks around neighborhood
- ☐ Foster a cat or dog
- ☐ Plant a vegetable or flower garden
- ☐ Pick up litter
- ☐ Capture nature with photographs

7. Logic Smart: using numbers, logic, scientific reasoning, and calculating to help solve problems and meet challenges

- ☐ Follow a recipe, use measuring cups
- ☐ Tangrams (*Handouts 13a-13e*)
- ☐ Rubix cube
- ☐ Make or decipher codes
- ☐ Solve a jigsaw puzzle
- ☐ Solve logic problems
- ☐ Conduct an experiment & make predictions
- ☐ Use a compass
- ☐ Take a survey & make a graph
- ☐ Calculate probability
- ☐ Play HiHo Cherry-O, Battleship, Wits and Wagers, Tic-Tac-Toe, Chess, Checkers, Chinese Checkers, Parcheesi, or Sorry

8. Image Smart: using the sense of sight and being able to imagine and visualize an object, including making mental images inside our head

- ☐ Origami (*Handouts 14a-14d*)
- ☐ Illustrate a book
- ☐ Decorate a t-shirt
- ☐ Make a comic book
- ☐ Follow along how-to-draw instructions
- ☐ Sidewalk chalk
- ☐ Photo scavenger hunts
- ☐ Make a friendship bracelet or Rainbow loom
- ☐ Painting or drawing
- ☐ Make puppets
- ☐ Make a collage
- ☐ Make leaf rubbings
- ☐ Make a poster to welcome guests
- ☐ Make a mobile
- ☐ Make a sculpture from recycled materials
- ☐ Color mandalas

9. Life Skills Smart: knowing how to take care of oneself in preparation for living on his/her own someday

- ☐ Plan a grocery list
- ☐ Menu planning
- ☐ Life Skills (*Handouts 15a-15c*)
- ☐ Make a recipe
- ☐ How to make a spreadsheet
- ☐ Clean windows or mirrors
- ☐ Wash & detail a car
- ☐ Check car vitals (oil/tire pressure)
- ☐ Family meeting
- ☐ Change lightbulbs
- ☐ Learn about nutrition labels
- ☐ Read a paper map

10. Money Smart: knowing how to budget, save and spend money wisely in preparation for leaving home some day and managing own income

Suggested books for parents: "The Opposite of Spoiled" by Ron Lieber and "Capitate Your Kids: Give Your Kids a Financial Head" by John E. Whitcomb.

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| <input type="checkbox"/> Pay for items in a store | <input type="checkbox"/> Talk about values in spending money (wants vs. needs and give/save/spend) |
| <input type="checkbox"/> Budgeting for a goal (including sales tax) | <input type="checkbox"/> Research prices of a toy to purchase |
| <input type="checkbox"/> Effect of compound interest | <input type="checkbox"/> Compare the cost of restaurant vs. homemade meal |
| <input type="checkbox"/> Trading up sheet (<i>Handout 16a</i>) | <input type="checkbox"/> Practice writing checks |
| <input type="checkbox"/> Spending flowchart (<i>Handout 16b</i>) | <input type="checkbox"/> Keep track of a savings account in a check register |
| <input type="checkbox"/> Keep list of future purchase wants (Amazon Wish List) | |

MY SUMMER GOALS:

(Same as Handout 17) Examples include: I want my children to learn 3 prayers/about 2 saints (SoulSmart), I want my children to learn life skills appropriate for their ages (LifeSkills Smart), I want my children to be better money managers (MoneySmart), I want less "drama" in my household!

1. My goal is:

I will accomplish this goal by:

2. My goal is:

I will accomplish this goal by:

3. My goal is:

I will accomplish this goal by:

My Values that I want to express are:

WEEKLY SCHEDULE

THEME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING							
AFTERNOON							
EVENING							

DAILY SCHEDULE

BREAKFAST	TIME:
MORNING	
SNACK	TIME:
MORNING	
LUNCH	TIME:
AFTERNOON	
SNACK	TIME:
AFTERNOON	
DINNER	TIME:
EVENING	
BEDTIME	TIME:

MY THEME IDEAS:

(More ideas in Handouts 18a & 18b)

IDEAS	THEME FOR A DAY	THEME FOR A WEEK
Friendship		
Under the Sea		
Making/Building		
Outer Space		
Christmas in July		
Pioneers		
Dinosaurs		
Be Creative		
Sports		
Flowers/Nature		
US/Texas History		
Music		
Science		
Cooking		
Water		
New Skill		
Our/Another Culture		