



SUMMER ROUTINES AND RESOURCES

PARENT WORKSHOP WEDNESDAY

Presented by: Ms. Felicia Batrack, Ms. Joanna Bigos & Ms. Jessica Colbert

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WHAT DOES IT MEAN TO HAVE A DAILY ROUTINE?

- ★ Routines typically have a beginning and an end.
- ★ We plan our time around priorities we are creating, and accomplishing those priorities not only for ourselves but for our families.
- ★ The importance of having a routine is knowing what to expect but keeps things open for flexibility.
- ★ The goal is to develop healthy habits that develop independence while increasing positive moods and behavior.

IMPORTANCE OF A SUMMER ROUTINE

“Although schedules may be more relaxed over the summer, most children benefit from a summer routine as a means of knowing what to expect on a daily basis, which can reduce stress and anxiety. Consistent routine over the summer will also ease the transition back to school routine in the Fall.”

TIPS FOR BUILDING A SUMMER ROUTINE

1. Add your child to the planning process. It is likely that your child will stick to the routine if they actively participated in the planning process and has a visual aid to refer to throughout the week.
2. One of the best ways to stick to a routine is starting in the morning... with breakfast! This will help your child build a regular morning routine that becomes easy to follow.
3. Organized activities give your child something to look forward to and expect each week.
4. Incorporate learning activities, such as: reading for 15 minutes.
5. Bedtime routines are important to help with winding down for the evening. For example: reading before bed instead of screen time.

SUMMER ROUTINE RESOURCE



EXAMPLE OF A SUMMER
ROUTINE FOR AN
ELEMENTARY STUDENT

TIME	ACTIVITY
8 am	Wake up, get dressed and have breakfast
9 am	Morning Chores
10 am	Reading time
11 am	Play outside or play by yourself
12 pm	Lunch
1 pm	Play outside, watch TV or take a nap
2 pm	Activity from the Summer bucket list
3 pm	Activity from the Summer bucket list
4 pm	Activity from the Summer bucket list
5 pm	Bath time
6 pm	Dinner time + evening chores
7 pm	Electronics time
8 pm	Story time + bed time

SUMMER ROUTINE RESOURCE

RESOURCES FOR MIDDLE AND HIGH SCHOOL STUDENTS

- Summer can be boring, depressing or confusing
- Planning will help with predictability, choice, resources, and options so they don't wake up and play video games for five hours straight or sleep their summer days away.
- What artistic, sports or service/volunteer or work activities might your student be interested in?
- How will your student connect with peers or family outside of your home?

CONTACT PA DISTANCE COMMUNITY ENGAGEMENT TEAM FOR ACTIVITIES AND EVENTS IN YOUR AREA

Region 1

Abby Apter-Rose, Community Engagement Coach
1-888-997-3352 ext. 234
abby.apterrose@padistance.org

Region 2

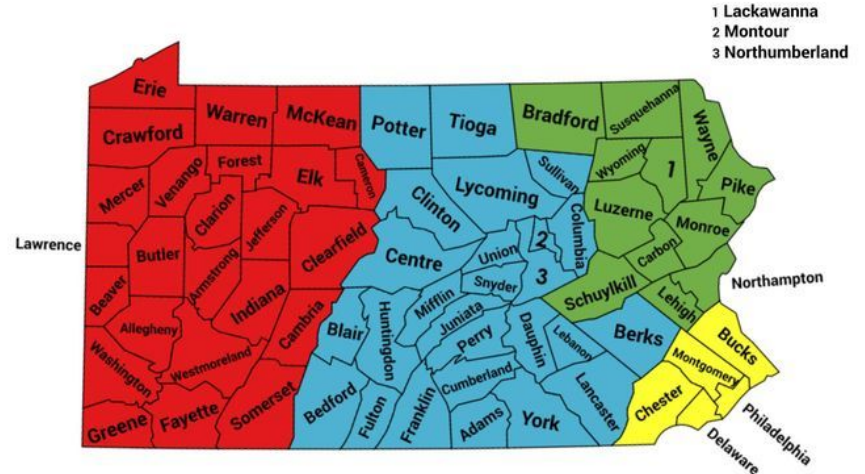
Janie Messina, Community Engagement Coach:
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Region 3

Sara Kowalok, Community Engagement Coach
1-888-997-3352 ext. 231
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Region 4

Ashlee Freeman, Community Engagement Coach
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Community Engagement Regions

- Region 1 - Miss Abby
- Region 2 - Miss Janie
- Region 3 - Miss Sara
- Region 4 - Miss Ashlee

ADDITIONAL RESOURCES

1. COMMUNITY EVENTS PAGE ON THE WEBSITE:

[HTTPS://WWW.PADISTANCE.ORG/EVENTS/](https://www.padistance.org/events/)

2. SCHOOL ANNOUNCEMENTS ALSO HAVE THE MOST UP TO DATE EVENT INFORMATION.

REVIEW

- WHAT DOES IT MEAN TO HAVE A DAILY ROUTINE?
 - TIPS FOR BUILDING A SUMMER ROUTINE
 - SUMMER ROUTINE RESOURCES
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THANK YOU FOR JOINING US TODAY!

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