Purposeful Summer Schedule

For students and their families, it is officially the first week of summer! For all members of our community, it is important to maintain positivity during the upcoming summer months. This can be done by implementing a purposeful summer schedule to help maintain consistency and stability. The tips and strategies outlined in this edition can be used by all, even if you are not transitioning from distance learning to summer break!

The Benefits of Routines

Kids, teenagers, and adults all benefit from regular routines. They provide a sense of structure, stability, and consistency—all of which are increasingly important during times of transition or upheaval. This helps bring back a sense of control and confidence in one's ability to navigate the new normal. Though some transitions are anticipated, such as summer break, we are still experiencing many new "firsts" with social distancing. In addition to helping us all adapt, routines have additional benefits related to our social and emotional skills, including:

**Self-Awareness**: routines require us to identify our own personal priorities and preferences

**Self-Management**: consistency allows us to manage emotions such as anxiety and stress

**Social Awareness**: involving others in our routines helps us feel connected

**Relationship Skills**: self-care is an important part of a daily schedule—we can't nurture our relationships with others if we don't take care of ourselves first

**Responsible Decision-Making**: making time to schedule tasks will make an endless "to do" list more manageable
Tips & Suggestions for Summer Schedules

Include Time for Intellectual, Creative, and Movement Activities
Mental and physical health are crucial elements of a daily schedule. Make time to try something new, learn a new skill or hobby, create art, and be active.

Co-create a Schedule with Kids
Allowing kids to contribute to their summer schedule can increase participation while practicing responsible decision-making skills. It can be helpful to include times for playing, reading, helping others, and being outside.

Plan for Revisions
Summer schedules will change over time as we adapt and adjust to new routines. Being mindful of this will set us up for being flexible while maintaining structure and consistency.

Consider Service to Others
Identifying opportunities to give back to others adds another layer of purpose to routines. Whether it’s small acts of kindness or volunteering our time, giving back to others strengthens our families and our community.

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For more SEL resources, visit www.myframeworks.org/resources