

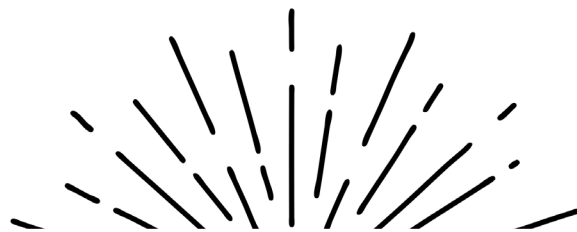


THE SUMMERTIME SURVIVAL GUIDE



Daily Planner

*Planning for a
Summer of Wonder,
Discovery and Fun!*



Summertime Survival Guide

Daily Planner



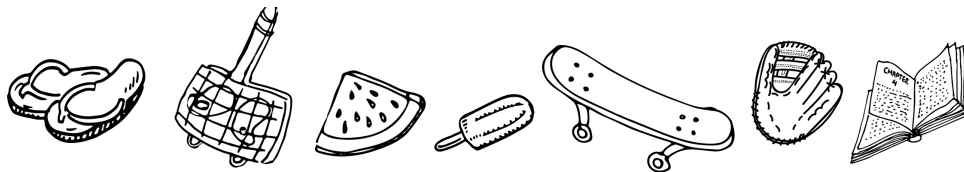
Planning for a Season of
Wonder, Discovery and Fun



"Summertime is always the best of what might be."
-Charles Bowden

Let's Connect!

Join me and a vibrant community of parents and caregivers as we discuss a variety of ways to infuse your family's summer with learning, adventure and fun.



If found, please return this planner to:

Name: _____

Address: _____

Telephone: _____

E-mail: _____

INTRODUCTION

“A goal without a plan is just a wish.”

– Antoine de Saint-Exupéry

Dear Parent,

Whether your children attend a brick and mortar school, are enrolled in an online learning program, or homeschool with you, the summer months offer a reprieve from regular school-year routines. Summer is a season of fun, bold learning, relaxation, travel and play. It is also a season in which many of us struggle to find balance between maintaining full-time employment and ensuring that our kids are cared for and engaged with satisfying activities. Whatever your situation may be, I can promise you one thing: planning and organized scheduling are helpful in ensuring that summertime is as full of fun, rest and golden memories as you want it to be.

As you begin to plan for summer, consider the tricks, tools and techniques you use to keep you and your family organized. Are they working? Over the years, as I've worked to achieve balance in my own life, I've tried every trick in the book. In the end, I've found it's usually the simple tools - like my daily planner - that work best.

I love this planner because it...

- **keeps me realistic and grounded.** No matter how many times we try to convince ourselves otherwise, there are a finite number of hours in the day. An occasional reminder of this is helpful.
- **keeps me organized.** Joy and flow are far easier to achieve when we aren't scrambling with important details on our way out the door in the morning. When I am well organized, I approach the day with more spontaneity, creativity and positivity.
- **helps me anticipate and plan for potential snags and glitches in otherwise well laid-out plans.**
- **helps me set and accomplish my goals.** The physical act of writing "take a walk with the kids" makes this activity more likely to happen than if these intentions simply remain in my head.
- **frees me up to think about other things.** Our brains are like computers keeping track of innumerable essential details. But our hard drive is finite. Putting details into a planner makes space in my mind to focus on other ideas and interests.

What is Your Planner Telling You?

Looking through our planners is like looking into a mirror. Planners reflect where we are devoting our time and our best energy. Likewise, they reveal areas of our lives that are not receiving enough attention. How we choose to spend each hour indicates what aspects of our lives we are prioritizing. The pages of our planner are also a reflection of days to come. Look over your planner. *Do you like what you see? What is your planner telling you?*

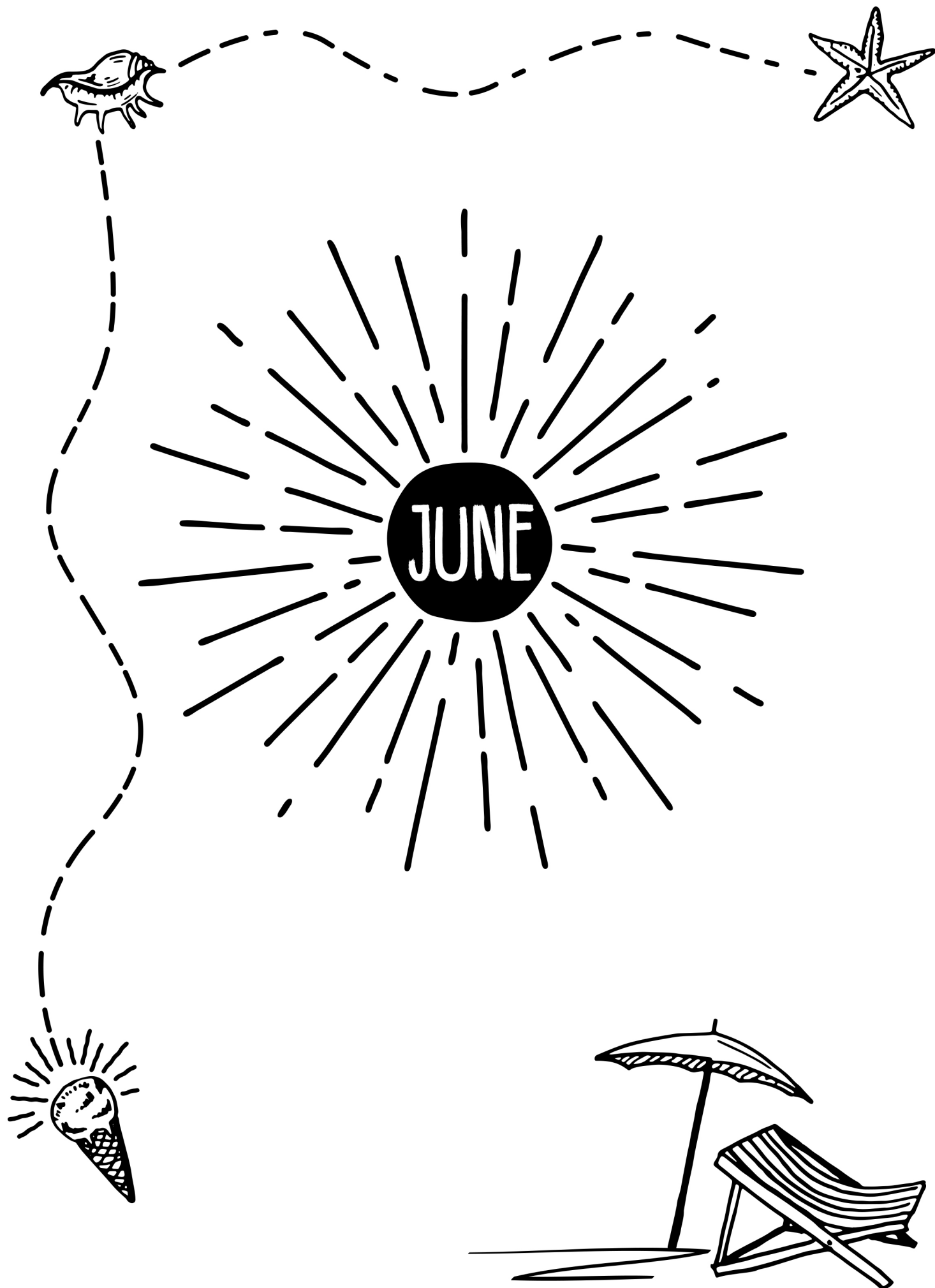
Try This: Grab a handful of colored pens. Record work-related details in blue, family activities in red, events related to self-care in purple and include any other categories worth your consideration. *What colors appear most frequently throughout your planner? Are you achieving balance in your life? Is there a color you'd like to see appear more frequently, or maybe less? Make it happen!*

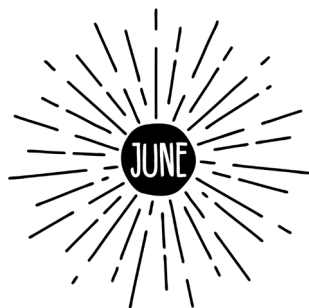
I'm an enthusiastic advocate of any tool that helps us manage time with joy, efficiency and ease. But, I often remind families not to get carried away with their planning. It feels good to record all of the ways we will spend the days ahead - especially when preparing for summer - but we must never lose sight of the magic lurking within quiet, unstructured moments of the day. If you like, ink some "*free time*" into your planner, and commit yourself to pursuing this priority.

How to Use This Planner

Planners help turn ideas into action and wishes into the realities that fill our days. With this in mind, I've designed this planner to be a place to organize details, seek inspiration, set and define goals, assess progress and commemorate the summer's most special memories and events. Used in conjunction with my book ***The Summertime Survival Guide for Parents***, you'll begin summer with an abundance of tips, activity ideas, organizational hacks, and words to live by.

Happy summer!





*"A good goal is like a strenuous exercise -
it makes you stretch."*

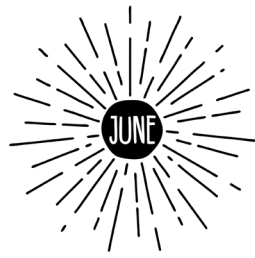
-Mary Kay Ash

At last, summer is here and the kids couldn't be any happier. But with the changing of the season comes inevitable bumps. There are new schedules to navigate and adjust to and a steady stream of logistics to consider.

Be patient with yourself and with your children. Remember you are a team and when you work together, amazing things happen. Strive to keep lines of communication open with your kids, especially in times of frustration or worry. In turn, they will speak freely and share their feelings with you. Approach the season ahead joyfully, purposefully and always with a sense of awe and adventure.



What are your goals for the month ahead?



Personal Goals:

1. I will read:

2. I will cook:

3. I will reach out to:

4. I will learn to:

5. I will make:

6. I will see:

7. I will watch:

8. I will explore:

9. I will not:

10. Other:

Family Goals:

11. Our family will read:

12. Our family will cook:

13. Our family will visit:

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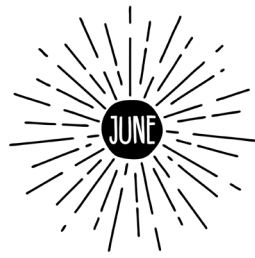
17. Our family will watch:

18. Our family will explore:

19. Our family will not:

20. Other:

As you move through the month ahead, reflect on these points:



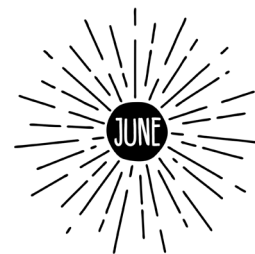
I am grateful for:

The qualities I admire most in my child/children are:

One aspect of summer vacation that concerns me is:

One aspect of summer vacation that most excites me is:

Activity Ideas for the Weeks Ahead



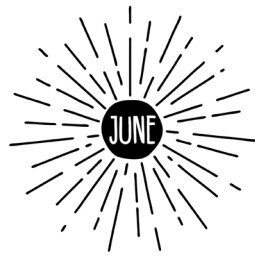
In my book [*The Summertime Survival Guide for Parents*](#), I share ideas and resources to help you plan a season your kids will remember with smiles. You may want to keep it nearby and refer to it throughout the summer, preferably while relaxing with a cup of coffee or tea. (*I'll be thinking of you as I sip my morning chai.*) Use it for added inspiration as you fill the pages of this Summertime Survival Planner with your extraordinary ideas and intentions.

The weekly activity guide below will help you make the most of the time you share with your children. I've included page numbers from [*The Summertime Survival Guide*](#) that correlate with specific activity and resource suggestions.

Get your colored pens and map out a schedule that feels comfortable to you. Be sure to ink in times for reflection and rest. Getting organized takes a bit of effort, but most parents find that preparation and planning make the days pass more smoothly and help ensure they are filled with goodness and fun.

Week 1

Fresh Start



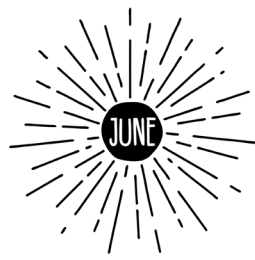
“Start the season off right with a special space that cultivates all of the essential elements of deep learning—experimentation, exploration, creativity and play.”

-The Summertime Survival Guide

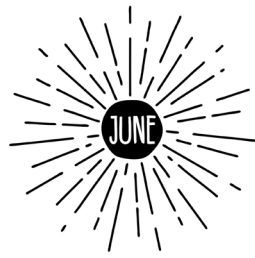
Summer is the perfect time for a fresh start. I begin this season by catching up on my sleep. Next, I like to put new organizational systems into place to make my home efficient and easier to maintain. This week, consider your own fresh start. What does it look like? What do you need to do to make it happen?

Try these ideas:

1. Schedule time for rest and relaxation. By the end of the school year, we are all exhausted. This week, give yourself permission to stay in bed late. If you have a partner, a parent, or a babysitter who can help out, *let him or her help!* Indulge in time with a good book or movie.
2. Get organized. In chapter 3 of my book, I outline four easy steps to help organize your household space for fun and learning. *Let your kids help with these projects and keep the process fun!*



- Monday and Tuesday, create learning centers throughout your home. *(See page 33.)*
- Wednesday, turn your kitchen into a learning station. *(See page 34.)*
- Thursday, create weekly activity bags. *(See page 36.)*
- Friday, purchase a **seat organizer** for your car and buy fun art, science, music and history supplies to fill it. *(See page 38.)*
- Saturday, head outside and create some outside learning spaces. *(See page 37.)*



Week 2

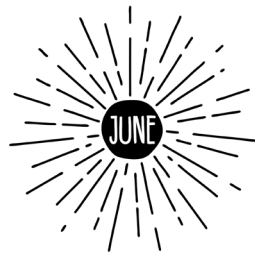
Find Out What Your Kids Want to Do

“Whether she aspires to become a ballerina, paleontologist, actor or an accountant, respond to your child’s ideas with genuine enthusiasm and words of encouragement. Be the person she runs toward excitedly to share her most spectacular plans and ideas.”

-The Summertime Survival Guide

As parents, we often have lots of plans for summer fun with our kids. Balance this by checking in with your children and finding out what they want to do. Be a good listener and consider your child’s ideas carefully. Together, make a commitment to devote time to these interests.

On *page 45* of [*The Summertime Survival Guide*](#), I share a list of questions to help your kids talk about their summertime goals and wishes for the summer ahead. Have fun with these questions. Talk them over with your children while enjoying a walk or while sharing a tall pitcher of lemonade.



Week 3

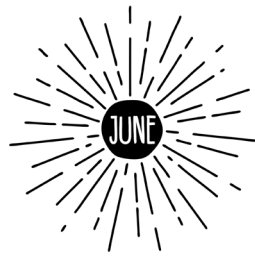
Create a Schedule They Will Beg You to Stick With

"Summertime is a tremendous period of learning and growth, but it is also a chance to pause and reflect. Ideally, a child's summertime schedule looks different than it does during the traditional school year. The summertime schedule should be fluid and flexible. It should have plenty of space to absorb spontaneous plans, unexpected visitors and any sudden need for solitude and reflection."

-The Summertime Survival Guide

Now that you know what your children's goals are, it's time to make a schedule that supports their intentions. In order to avoid feeling frantic and rushed, assume that everything you plan will take twice as long as expected. Make sure there is time left over for plenty of reading, cooking, fieldtrips and outdoor play.

In *chapter 4*, I write about asking kids to identify their "*number one goal*." Was your child able to do this? If so, set aside some time this week for your child to work toward that goal. Show him that you take his dreams seriously. (See page 41.)



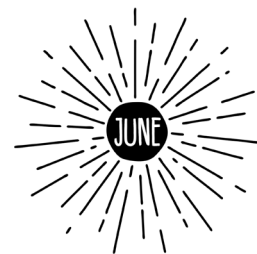
Week 4

Stick with the Schedule

"A good summer learning plan is built on a solid foundation. Clear goals, supported by the methods and resources that best suit your child, are fundamental building blocks."

-The Summertime Survival Guide

If last week's schedule worked well, then stick with it for another week. Children, especially younger ones, do best when they know what to expect. Keep reading, cooking and exploring outdoors. Your children are learning so much!



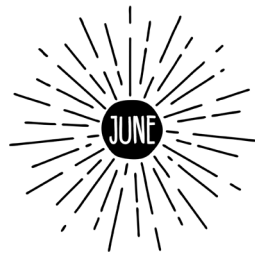
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*"I wonder what it would be like to live in a world
where it was always June."*

-L.M. Montgomery

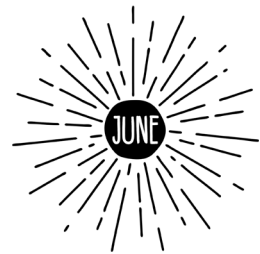


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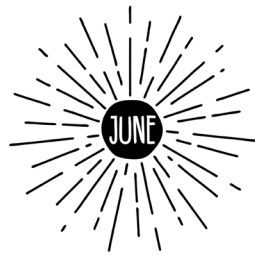
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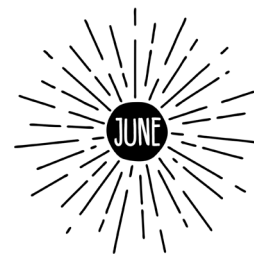


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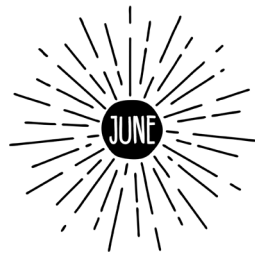
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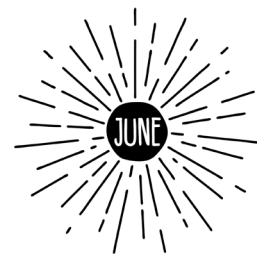


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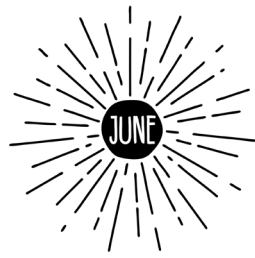
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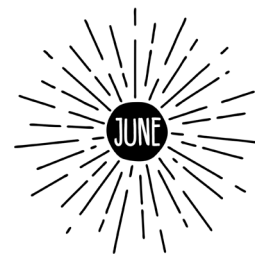


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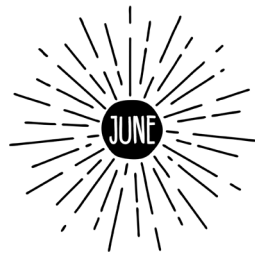
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Thursday

Friday

Notes

Magic Moments This Month

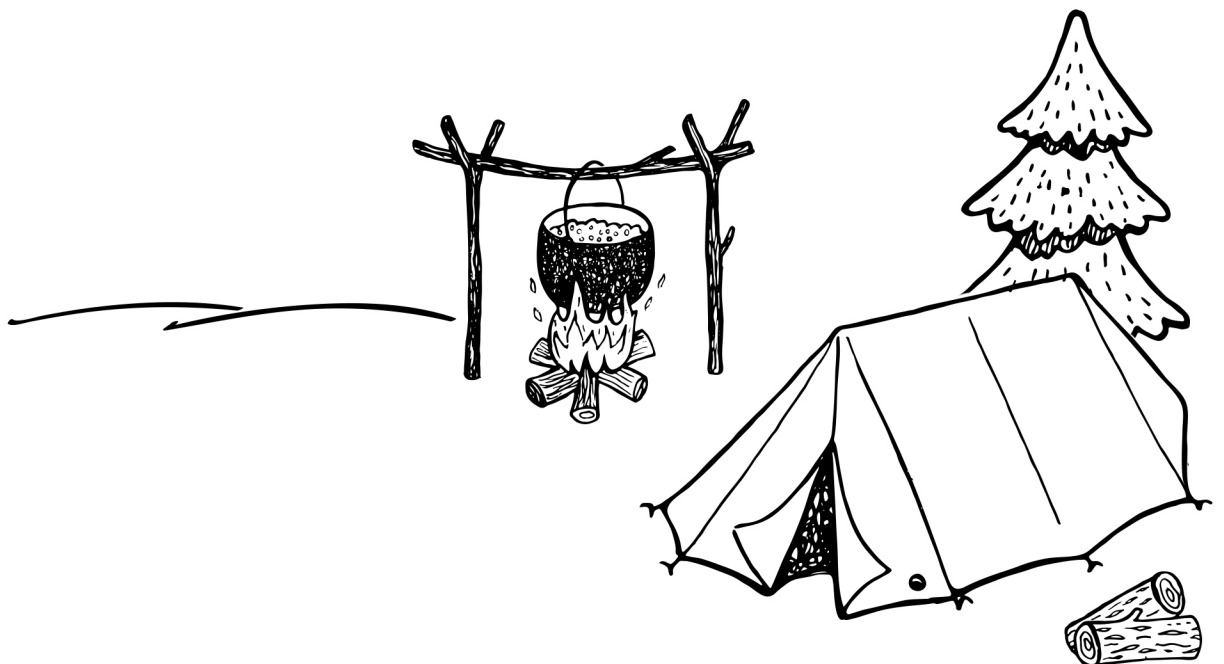
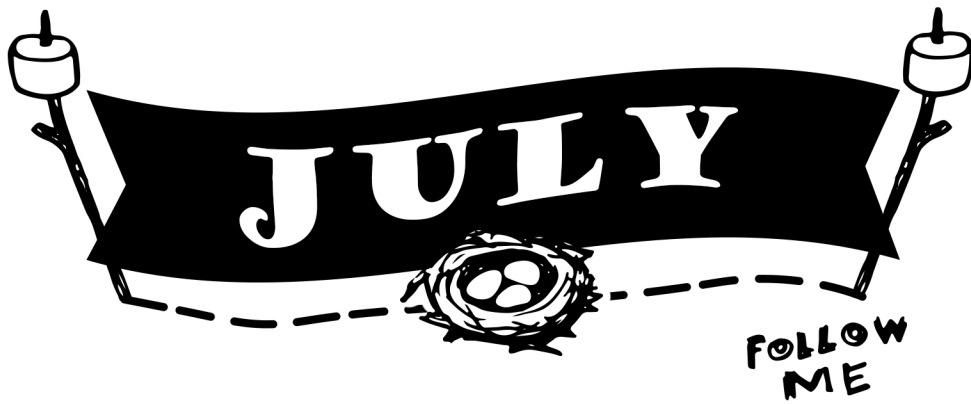
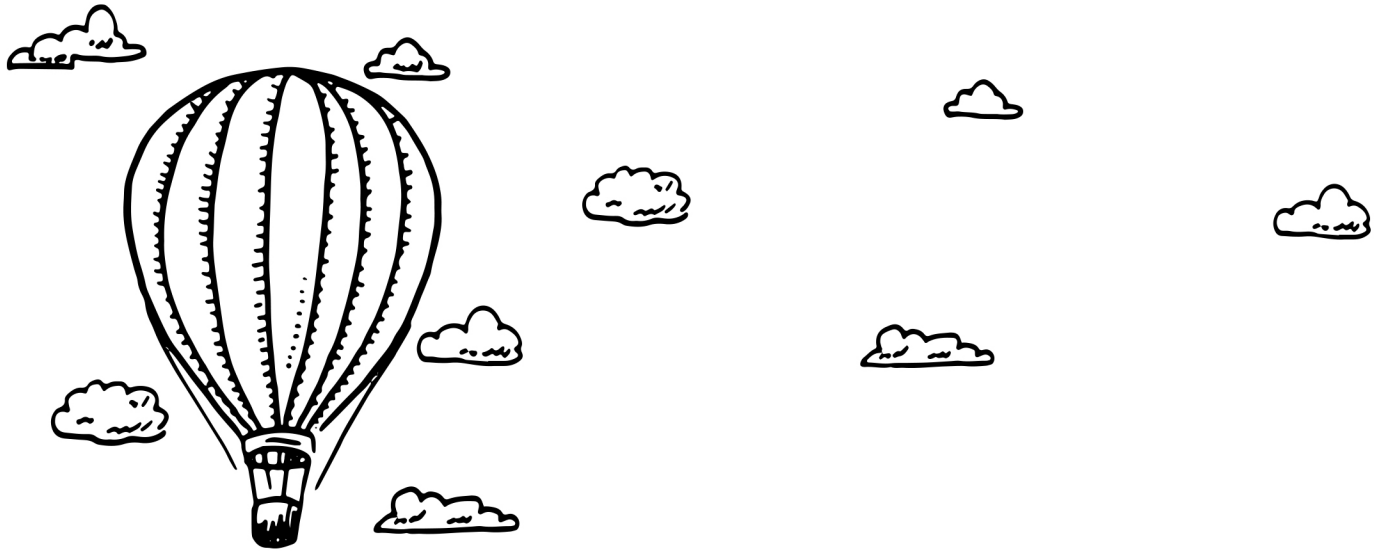
"We do not remember days, we remember moments."

-Cesare Pavese

I hang on to all of my old planners. They are terrific reminders of people I've visited, sights I've seen and of my children's favorite activities.

What special things did you and your family enjoy this month? Include your favorite photos and stories, and be sure to write down the funny things your kids say. You'll want to remember these moments forever.







"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

-Jimmy Dean

By now, you may have established a schedule filled with worthwhile activities and time for day dreaming, long walks and soaking in the sun. Perhaps your family's summer schedule is providing all of the structure and freedom you desire, and you are feeling content. If so, that's terrific – keep going!

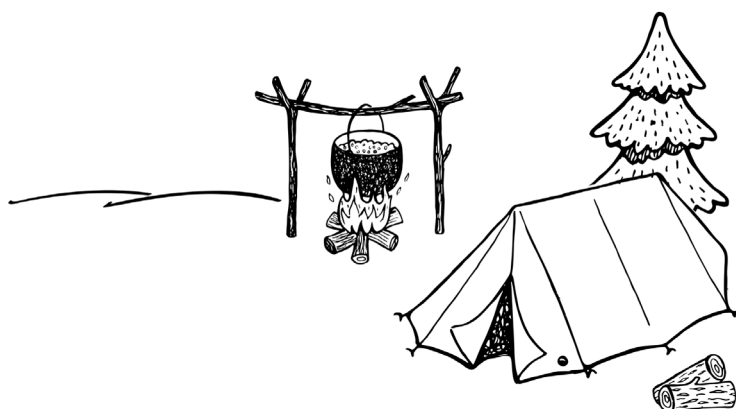
It's also possible that you are disappointed things aren't quite what you'd imagined they'd be. That ceramics class you thought your daughter would love is unorganized and stressful. The mornings you envisioned gardening with your son aren't possible because he doesn't wake up until noon. It's ok! You are doing fine. Part of successful planning is accepting when something is not working and responding with creative modifications.

It's time to adjust your sails. Discuss any concerns with your children. Ask them what they like and dislike about the way the summer is unfolding. Involve them in any tweaking of their schedules and see where these adjustments lead. You might find it helpful to take out your colored pens again. Use them as you evaluate which things about your schedule worked and which things did not.

As you reflect on the weeks that have passed, above all else, be kind to yourself. Remember to love, laugh and play; model curiosity and a deep love for learning. Have fun with your kids. The rest will fall naturally into place.

“Successful people maintain a positive focus in life no matter what is going on around them. They stay focused on their past successes rather than their past failures, and on the next action steps they need to take to get them closer to the fulfillment of their goals rather than all the other distractions that life presents to them.”

-Jack Canfield



What are your goals for the month ahead?



Personal Goals:

1. I will read:

2. I will cook:

3. I will reach out to:

4. I will learn to:

5. I will make:

6. I will see:

7. I will watch:

8. I will explore:

9. I will not:

10. Other:

Family Goals:

11. Our family will read:

12. Our family will cook:

13. Our family will visit:

14. Our family will learn to:

15. Our family will make:

16. Our family will see:

17. Our family will watch:

18. Our family will explore:

19. Our family will not:

20. Other:



As you move through the month ahead, reflect on these points:

I am grateful for:

The qualities I admire most in my child/children are:

One aspect of summer vacation that concerns me is:

One aspect of summer vacation that most excites me is:

Week 1

Help Your Kids Spread Their Wings

"There is no better classroom than the wide open world."

-The Summertime Survival Guide

Expose your children to foreign cuisine, arts and culture this week. Don't worry if international travel isn't in the cards for now. In *chapter 7*, of [*The Summertime Survival Guide*](#), I share lots of ideas to help bring this great big wonderful world right to your doorstep. Never forget: even a trip up the road to the local free beach is an opportunity to experience new adventures.

Week 2

Beat the Heat

"No matter how much planning and preparing we do for the summer months, there will be unexpected surprises. Our kids, our wallets, the weather and the calendar won't always be in sync with our ideas and expectations. Breathe deep and be open to unforeseen possibilities and potential. Respond to challenges that rise with flexibility and optimism."

-The Summertime Survival Guide

The temperature keeps rising, and helping our kids feel comfortable and engaged in the heat of the summer isn't always easy. Remember to take care of yourself, too. Stay hydrated and cool off in the shower. Then, get creative and use the summer sun to your advantage. Try out the ideas I suggest in *chapter 5*.

Some of my favorites include:

- camping out in a cool basement.
- observing animal behavior and discussing the ways they adapt to the extreme temperatures.
- visiting air-conditioned places, such as libraries and museums.
- working on creative art, writing and computer projects indoors during the hottest parts of the day.
- scheduling playdates. (*Time with friends takes our minds off discomfort.*)

Week 3

Prepare for Summer Camp Adventures

"Summer camp is summer learning at its best."

-The Summertime Survival Guide

Summer is a time to try new things; for some children, this means going to summer camp. Use this week to prepare your child for any big adventures that are ahead. Whether she is going to overnight camp or a day program nearby, there are lots of things you can do to help prepare your child. See chapter 9 in ***The Summertime Survival Guide***.

Here are some ideas to get you started:

- Read books about kids' summer camp experiences.
- Introduce your child to older kids who have already attended camp and can address any questions or concerns.
- Plan a special day together to go shopping for camp items. Go out for lunch. *Make it fun.*
- Spend a good amount of time talking about your own summer camp experiences. Be sure to share your funniest memories.
- Come up with a plan your child can count on if she gets homesick while she is away. Writing letters home or having a special photograph to look at can help put a young camper at ease.

Week 4

Avoid Summer Slide: Keeping Math and Reading Skills Sharp

“Summer slide does not happen because kids close their textbooks, stop sitting at desks and choose to go swimming. Summer slide happens when children become disengaged.”

-The Summertime Survival Guide

Parents often contact me with concerns about summer “brain drain.” Without structured lesson plans, they worry their kids will forget the skills they’ve worked hard on all year. I remember having the same concerns when my children were young. Thankfully, I’ve learned in my roles as both a mom and as an educational consultant that workbooks, tests and flash cards aren’t the only ways our children learn. There are so many fun ways to keep our kids sharp and to continue developing their skills throughout the summer months.

This week, pay extra attention to all the fun ways to practice math and reading with your children. Plan weekly trips to the library, listen to audio books in the car and enjoy family read-alouds. Practice math in the kitchen and play board games. Ask your child to help plan the budget for family travels and to assist with home renovations. For more ideas like these, see *chapter 1* in [*The Summertime Survival Guide*](#).



Saturday

Sunday

38

Monday

Tuesday

Wednesday



*"Summer afternoon—summer afternoon;
to me those have always been the two most beautiful
words in the English language."*

- Henry James

Thursday

Friday

Saturday

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Monday

Tuesday

Wednesday



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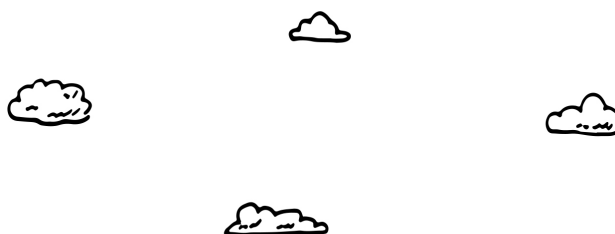
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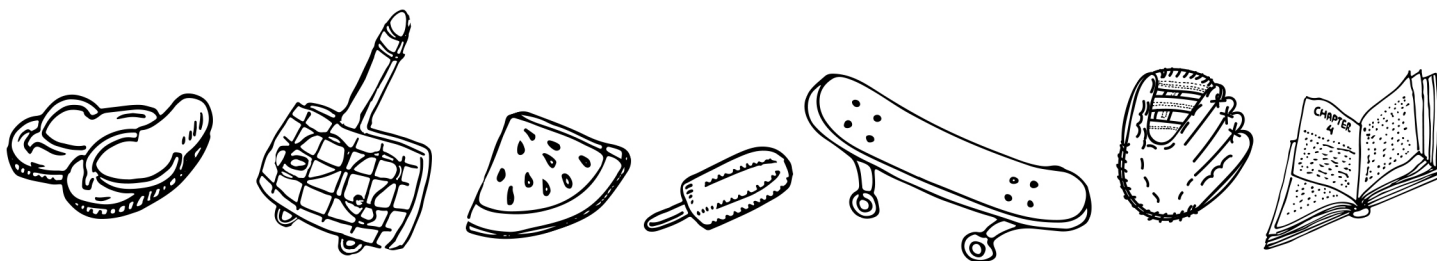
Magic Moments This Month

*"Be happy for this moment.
This moment is your life."*

-Omar Khayyam

This month, ask your children to share what moments they want to remember and write them down. A few years from now, you'll have a great time re-reading this page together.







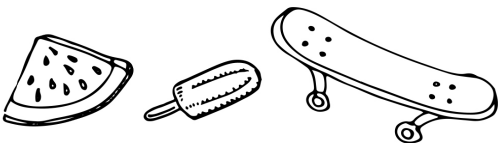
*"Starting strong is good.
Finishing strong is epic."*

– Robin Sharma

It might feel hard to believe, but the end of summer is near and life is about to get busier. Savor these last precious bits of the season—really be in the moment of each one. Revisit your list of summer goals. Do you have unfinished projects, books waiting to be read or any dear friends you still haven't visited? Probably! *Don't stress out about it*. The last days of summer should be relaxing ones. But if there are items still on the list that you or your children feel strongly about, now is the time to make them happen! Do these things with joy and only choose the important ones. Summer is finite; we can't do everything.

*"Passion is energy.
Feel the power that comes
from focusing on what excites you."*

– Oprah Winfrey



What are your goals for the month ahead?



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**As you move through the month
ahead, reflect on these points:**



I am grateful for:

The qualities I admire most in my child/children are:

One aspect of summer vacation that I am enjoying:

One aspect of summer vacation that needs to be readjusted:



Week 1

Celebrate the Simple Things

“Summer learning is about connecting your child with meaningful activities and with people who inspire them. It is about having fun and growing your child’s sense of accomplishment and cultivating his desire to learn more.”

-The Summertime Survival Guide

One of the things I cherish most about summer is the chance it provides to slow down, breathe deep and to enjoy a slower pace of life. As summer begins to wind down, try simplifying your days. Unplug for a day - or the week - and just see what happens! And while you are at it, you can put away your wallet; the best things in life are often free. Check out my ideas for fun family activities that won't cost you a dime! (See page 68.)



Week 2

Kids Changing the World One Awesome Act at a Time

“Our kids learn empathy and develop social consciousness the same way that they learn most anything—from the adults in their lives modeling these behaviors and through hands-on, real-life opportunities to practice these skills themselves.”

-The Summertime Survival Guide

Do you want to encourage your child to engage in volunteer work or activism? Now is the perfect time. Plenty of local organizations need your family's help. If you are at a loss on where to begin, I've have several tips to help get you started.

- Inspire your child. On *page 104* of [*The Summertime Survival Guide*](#), I recommend books that will fill your kids with hope and a desire to work for change.
- Get involved with Roots and Shoots, Jane Goodall's organization for activist kids. (*See page 105.*)
- Look over my list of ideas kids can act on to make the world a greener, kinder and more beautiful place. (*See page 106.*)



Week 3

What's Left on Your List?

"When I fix my mind on a new project or idea, I begin by setting tangible, realistic goals to help get me on track and stay focused. This is a deeply satisfying process. Life is busy. It's easy to become distracted. Goal-setting helps organize my thoughts and has a calming effect that gives me the peace of mind I need to go out and make great things happen."

-The Summertime Survival Guide

This week, reflect on all the great stuff your family has accomplished this summer. What have you learned, enjoyed and accomplished together? Identify what remains incomplete. For fun, create a simple portfolio to feature art, writing, ticket stubs, postcards and any other mementos to help you remember the joys of this summer.



Week 4

Get Ready for the Next Big Thing!

“By providing our kids the space and freedom to joyfully pursue their unique interests now, we are encouraging them to become life learners—the types of individuals who continuously seek out new experiences and ideas and who engage deeply with their environment and the people in their lives.”

-The Summertime Survival Guide

If they haven't already, your children will soon be returning to school. This can be an especially busy time as you plan for the year ahead and work to prepare your kids for another year of adventure and learning.

This week, try to take a small break from planning. Make time for special back-to-school rituals. When my children were younger, we looked forward to shopping for back-to-school supplies and taking a trip to the mall for a special outfit for the first day of school. Sometimes, we took back-to-school photos. We always made a special breakfast meal to celebrate the first day of school. These were special traditions we all looked forward to doing.



What are your family's rituals? How do you show your kids that the new school year ahead will be special and full of opportunities to develop and grow?

I hope the summer months have been full of joy for you and the people you love. I appreciate all you did for your family this summer and all you will do for them in the school year ahead. This September, see how many of the special traditions and routines established this summer you can bring forward with you. Make time for family read-alouds, afternoon walks and hobbies. *Bring a little summertime to all the months of your year!*





Notes

Tuesday

Wednesday

*"There is a time in the last few days of summer
when the ripeness of autumn fills the air."*

-Rudolfo Anaya



Thursday

Friday

Saturday

Sunday



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Thursday

Notes



Magic Moments This Month

"Some of the best memories are made in flip flops."

-Kellie Elmore

As you record your special memories this month, also reflect on small details that made this summer especially rich. Often times, it's the little things (like peanut butter and jelly sandwiches in the back yard with mom and trips to the hardware store with dad) that comprise our sweetest memories.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.