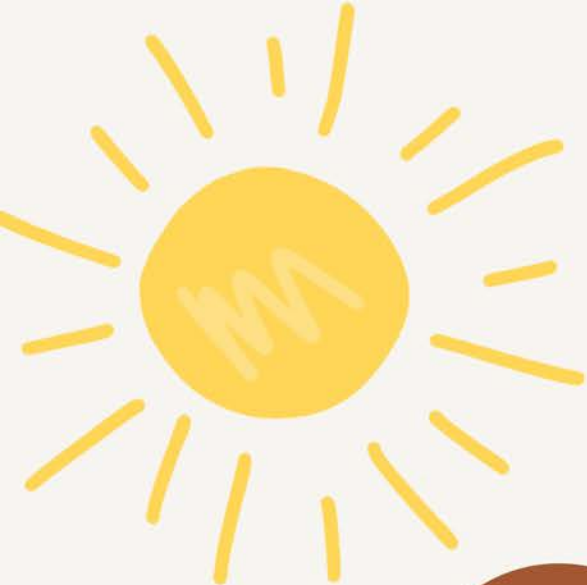




2024

Summer

PLANNER

Megan Thompson

PARENTING COACH





let's make a plan

This little planner is a great way to make the most of the summer moments that seem to fly by. First, mark down the trips and commitments you already have on each month's calendar.

Ok Mom, now you're going to plan two meetings with your family, ideally after a meal or snack, to chat about the summer ahead. The first meeting is to brainstorm beyond trips or activities you've planned and get their input, and the second meeting is to go over family chores and responsibilities so everybody pitches in during the lazy days of summer.

Now go make some memories!

HAGS, mama! Remember writing that in yearbooks?! It's an acronym for Have A Good Summer. It'll be fall before you know it so ENJOY your kids and let the sunshine of childhood warm you.



Megan Thompson

SUMMER 2024



JUNE

S	M	T	W	T	F	S
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JULY

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28	29	30	31			

AUGUST



S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



FAMILY MEETING #1:

TALK ABOUT THE FUN!

Let's brainstorm! Pull everyone together for a snack and chat! Set a timer and have everyone think and write down things they want to do over the summer. Anything. And then what they do not want to do. When the timer goes off, take turns sharing. During this time no one says "no," or shoots down someone's suggestion. Have fun with it!

The IDEAS!

- _____
- _____
- _____
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The Ideas we All Agree On:



ACTIVITY SUGGESTIONS

- Crafts: Get basic supplies
- DIY home spa. Can make scrubs, face masks and paint nails.
- Scavenger hunt around house
- Glow party: Get a black light bulb, screw in and break out the glow sticks
- Quiet time with audio book or music
- Bake off: Make some goodies together and share with neighbors
- Cooking: Look up a new kid-friendly dinner recipe and cook it together
- Family talent show: Everyone has 1 minute to come up with a silly act to perform
- Pillow fight
- Fort fun: Use chairs, cushions and blankets to make a village
- Roll out paper on floor and color away
- Salon: Get out the hair supplies, a spray water bottle and have fun
- Author time: Everyone makes their own book or cartoon book



ACTIVITY SUGGESTIONS

Outdoor Activities

- Visit local farmers market
- Overnight camping trip or day trip to state park
- Try new outdoor workout class
- Try new foods at a food truck or restaurant
- Take a cooking class
- Day trip to water park, beach, lake
- Host a BBQ or potluck
- Block party: Get to know your neighbors
- Go for a hike or walk on a new trail
- Make s'mores over a firepit or grill
- DIY tie die party
- Try making new cold drinks: ice coffee, iced tea, iced chocolate milk
- Make frozen treats from a recipe, from popsicles to smoothies
- Find an outdoor music festival or concert
- Have friends over for bagels and coffee
- Day at the zoo or aquarium
- Attend a sports game in your area
- Nature scavenger hunt
- Water balloon fight
- Plant a garden or pot 3-5 plants in one planter
- Start herb garden
- Go on a nature photo walk and take photos of plants and animals
- DIY outdoor science projects like volcanos with household items
- DIY outdoor obstacle course
- Camp in: Set up tent in backyard
- Refresh your garage together
- Legos: Set out zip loc bags filled with legos for everyone
- Play "Could we add water?" All your outside activities, see if you could it make more fun with water!



FAMILY MEETING #2:

FAMILY LIFE CHAT

Let's get some summer reading in! And unless you want to be cleaning up after everyone all summer, talk through your general daily routine and ask them how they can pitch in and get them to commit to helping. A little home tidy planning in the beginning of summer goes a long way.

Summer Reading Plan

- Make a reading goal for the summer for rewards. Rewards could be a gift card, present, sticker chart, or an ice cream sundae party.
- Pair up with another family to make progress more fun.
- Plan a library trip to discover what your kids like to read and activities they have scheduled at your local library.

Weekly Chores



















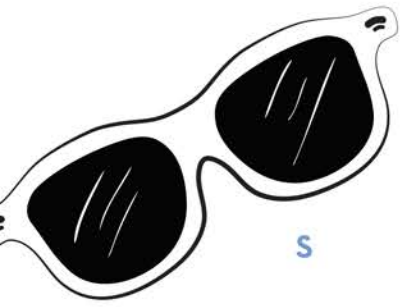












JUNE

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Activities for the Month

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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Chores for the Day

- M _____
- T _____
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JULY

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Activities for the Month

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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Chores for the Day

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AUGUST

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Activities for the Month

- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

Chores for the Day



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- Sa _____
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SUMMER NOTES

