COVID-19 SUMMER CHECKLIST

Let Go

- ☐ As a family make a list of all your canceled or postponed summer activities or events including vacation, camps, visits from out-of-town family or friends – everything.
- ☐ Decorate the list! Put it on the fridge for a few days.
- ☐ Plan a cremation ceremony for the list – complete with a picnic and s'mores – around the fire pit or grill. This is the perfect opportunity to ask family members for ideas about other summer activities.

Start Fresh

- ☐ Make an honest assessment of your hopes or goals for the summer.
  - ❖ Do you want to develop a stronger sense of gratitude or better diligence in completing chores or projects? Do you want a greater sense of joy or peace? Do the kiddos need to be occupied or watched while you work from home?
  - ❖ Ask your children what they see as the greatest need for the family – don't be surprised if you are surprised by their answers. Even the youngest child can tell us what they think we need more of, even if it's just ice cream.
- ☐ Brainstorm lots and lots of ideas – even crazy ones – for activities or resources which will help you accomplish your goals.

Build Anticipation

- ☐ Put up a large – large enough to write on -- summer-length calendar where everyone can see it. Color-code entries according to either goal, activity, or family member – keep it simple so everyone can easily see what's planned.
- ☐ Once you've chosen a few of the new summer activities, adding them to the calendar builds anticipation and, hopefully, excitement.