

Week 13 Idea:

Summer – The seasons are changing and your family might be ready for a change too! With school ending but still many restrictions in place check out this article and these ideas for keeping their time focused and positive.

How to beat boredom and Encourage Kids to have purpose:

https://www.gominno.com/blog/how-to-beat-boredom-and-encourage-kids-to-have-purpose?utm_source=ActiveCampaign&utm_medium=email&utm_content=%F0%9F%90%9D+Celebrating+Creation+through+Minn+o+Bug+Week&utm_campaign=4-21-20

- Make up a new schedule – see Week 1 Tip
 - Include some time for reading, physical activity and creative play
- Set some goals
 - How many books or chapters can you read (as a family, as an individual)
 - How many KM can you hike or bike (add up each trip you make)
 - How many movies can you watch, How many puzzles can we make, How many ...
 - What new skill can we learn?
- Make a bucket list of things you want to do before September
- Make a I'm bored list - Before you say "I'm bored" have you... read a book, drawn a picture, played a game, created something...
- Eat meals outside for a change of scenery
- Have a campout in your backyard or basement
- Send some snail mail – it's novel and doesn't require a screen 😊

The lists online are endless. Sit down as a family and create a plan together. Let everyone choose some items to do each day or week

