

family summertime

STARTER PACK



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FAMILY BONDING

Activity Ideas

for the summer



family game tournament

Choose a few favorite games and have a family tournament. Keep score, cheer each other on, and let everyone have a turn to shine in their favorite game.



art day together



Designate a day to create art together. Use materials you already have—pencils, crayons, or even natural items from outside like flowers. Creating side-by-side encourages creativity and connection.



reading challenge

Look at book lists online (your local library would be a good place to start) and decide on a few books to read together over the summer - make it in to a family book club, too!



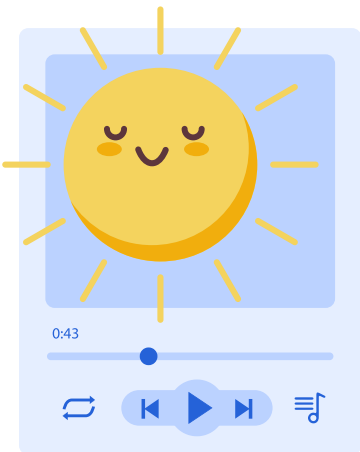
summer playlist




Create a playlist of your family's favorite summer songs. Host a living room dance party—no one can resist some family fun and movement!

backyard camping

Camp out in the backyard on a weekend, or in the living room with blankets, pillows, hot cocoa. Tell stories, play board games, or bring a device out to watch a movie!



SUMMERTIME OUTINGS BINGO

flea market	picnic at the park	museum	theme park	bike ride
local book fair	baseball game	local library	movies	backyard
fruit picking	county fair		local farm	the pool
local park	the zoo	local concert	play ground	nature trail
farmer's market	mini golf	the beach	a diner	friend's house

SUMMERTIME kindness

With the kids out of school and friends busy with their own summertime adventures, the summertime can feel lonely for kids and parents both!

Here are some ideas for activities that show a little kindness and can help with feeling more connected to loved ones.



make baked goods for neighbors

As a family, bake a batch of cookies or other baked treats to hand out to your neighbors! Including a handmade note to wish them a happy summer helps build connections with your community, too.

volunteer together

Pick out a local organization or charity as a family where everyone can volunteer together! Check out your local libraries, animal shelters, soup kitchens, or park organizations to find opportunities.



send a care package

Put together and send a care package for a friend or relative who's spending the summer break away from home! Include a handmade, heartfelt note to let them know that your family is thinking of them!



call grandparents

Make time to hop onto a phone or video call with the grandparents or other relatives to stay connected and tell them all about your summer.



help a neighbor with yard work

Reach out to a neighbor - especially elderly ones - to see if they need help with tasks like mowing the lawn, washing the car, or anything at all! Make a family activity out of it and get to know your neighbors, too.

10 STEPS to slow down on screen time this summer

1. Understand & talk about why screen time needs limits 🤔

As we head into summer, take the time to research and understand the harmful effects of excessive screen use - especially when that time is spent on social media. Then, have an open dialogue with each other about it; talk about how each of you feels about their screen time, and highlight the research you've done so that everyone understands why this conversation and setting limits is important.

2. Research your family's device usage 🔍

Take a day to observe and maybe even track how the family uses their devices. What does everyone use their devices for? To talk to friends? To get content? What kind of content is everyone engaging with? What are they getting out of these activities?

Discuss your findings at dinnertime!

3. Review your screen time 📱

Many phones now have a feature that allows you to review and assess your screen time. Have everyone review how much time they're spending on your phones in a day, what apps they're using the most, and how that makes everyone feel.

Discuss your findings at dinnertime again!

4. Collaborate on family screen time goals 📅

Setting screen time limits can be a collaborative effort in the family, so make sure everyone is involved in the process. It also helps kids understand their screen use and how to take ownership of it.

5. Go for a daily device-free walk 🌳

This summer, make a new family habit to go on a pre/post-dinner walk around the neighborhood everyday, and have everyone leave their phone behind, if possible. Use this opportunity to chat about how your days went, how everyone is feeling, and so on.

If daily walks are hard to work into the routine, choose another screen-free activity to do as a family, like playing catch outside, reading, coloring, or whatever engages your family members best.

When summer ends, try to incorporate this practice into your family's daily routine during the school year, too!



6. Designate screen-free zones and times

This time, collaborate together to decide which parts of the house should be device-free. Bedrooms and the dinner table are great, and even ideal places to keep device-free!

As a family, also decide on what times should be screen-free, like mealtimes or after 8pm. Encourage everyone to hold each other accountable to following these zones and times - including you!

7. Lead by example

After agreeing on these rules, parents should try to follow them with the kids as closely as they can. We know that it's not always going to be possible to do that, but consider the little ways in which you can model better behavior!

For example, if someone asks you a question while you're looking at your phone, put it down and respond to them with your full attention, instead of multitasking.

8. Create an overnight charging station

Kids might be resistant to this idea, but do your best to keep devices out of kids' bedrooms.

Try setting up a designated overnight charging station away from bedrooms, where everyone can leave their devices for the night. When setting this rule, explain in a neutral way and draw on your first conversation about screen time.

9. Remove at least 3 apps that do not spark joy

What were the apps that you realized don't make you feel good back on Step 2? Many apps are a mixed bag of feelings, but particularly addictive apps often result in feeling unproductive, anxious, or sad - like news apps, social media, or gaming apps

Go back to what you felt you were getting out of these apps, and what your kids are getting out of these apps. Is the fun of the game they're playing ultimately meaningful or productive? If not, it's time to consider doing away with it.

10. Sign a family tech agreement

You're going to learn a lot about your family's screen habits; keep in mind that your family might need to revisit some of the rules that you set out at first, but by the end of it, you've hopefully aligned on how you want to use devices as a family and feel less stuck to your phones.

This is a great time to come together and sign a family tech agreement to keep each other accountable! We have a template on our website that you can adapt for your family!



Our tech agreement

We are so excited, you are old and mature enough, to have your own _____ (phone, tablet, computer, etc.). With this privilege, also comes more responsibility.

Today, we use our phones and computers to do so many things, and companies have also gotten REALLY good at making us spend time on their apps without even realizing it.

As a family, we are working on having balance with our tech use. An important part of being a human today is using tech in a thoughtful and smart way. It should help you, not hurt you!

Here are things that we are committing to by giving you this device.

- 1. School Nights**
You will shut down all of your devices at _____ o'clock. The devices remain off until the next morning. Devices will not be turned back on until you have finished breakfast, are dressed, and ready for the day.
- 2. Overnight**
Every night you will put your device away at _____ o'clock in _____ room.
- 3. Screen Time Blockouts**
Our family does not use our devices when we are: (check all that apply)
_____ during homework
_____ at school
_____ having family time
_____ eating
_____ one hour before bed
_____ during holidays
- 4. Web Use and Passwords**
To protect you from inappropriate material and unintentional consequences, we will have access to all passwords, including social media passwords, and don't allow secret accounts.
- 5. Purchases**
You will not make any purchases online (including games or apps) without checking with us first.



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