

Planning Summer



Make Summer
work for you

through
the lens of
your season

Free Download

Hello friends!



Depending on where you are, summer might have already started, or you might be on the cusp of tasting its sweet freedom—or stress. I guess it depends on how you look at it! I wanted to create a worksheet that would help you think through your own summer and how to enjoy it, depending on your season of life.

We are going to talk about summer as a season in two different ways:

First, summer is, quite literally, a season. It is one of four. Also, this is just one summer of, Lord willing, many you will enjoy. Your kids will not be doomed if there are reasons this summer has to be slower. Boredom is not a sin. The weight of the world does not hinge on June-August.

Second, your family is likely in a specific season. Maybe you have a newborn at home. Maybe you're tasting freedom for the first time ever with kids who don't have to nap and can swim. Maybe all the kids go to sleep-away camp for a week. Maybe you have to work and the kids are at camp for part of the day. Whatever it may be, knowing your season can really help you plan for summer.

When I had a newborn at home, leaving the house was really hard. That summer I invested in some awesome water toys and a sprinkler for the big kids to play with while the baby napped. Now that the kids are a little older and three out of the four can swim well, we have invested in a pool membership. When I had three kids ages three and under, the pool really stressed me out. The beach, however, did not. I didn't ever do the pool alone, but I felt like I could take them to the beach without an issue. Now, the big three can all swim and want to go deep into the ocean. The pool now feels like the more manageable option, and I want another person with me to take them to the beach. Whatever activities you are looking to do, naming your season can help steer your summer.

Each summer I try and come up with one or two words or a phrase to help me. Those words can be anything from "outside" and "flexibility" to "slow down" and "embrace the boredom." It's really just a simple way for me to remind myself of what season we are in. When I was pregnant with Alberta, I embraced the flexibility of a summer without a baby. The next summer was, you guessed it, "embrace the boredom."

Lastly, having some semblance of rhythm and routine really helps my family. It doesn't have to be anything strict, but even telling them, "This is when we will have a snack" or "This is when you can watch a show," can really cut down on the number of times you are asked those questions in a day. Below you will find a few worksheets. One to help you think through this summer as it pertains to your specific season. The second is meant to be a place for you and your kids to brainstorm some fun summer activities. This isn't meant to be anything crazy. Just make a list of places you could go or things you could do. On a morning when you have no plans and are feeling stir-crazy, consult that list. At the end of the summer you can look back and see how many things you did! Summer can feel monotonous, or sometimes the kids can complain and make you feel like you didn't do anything fun. That list can serve as a physical reminder that you did a LOT!

I sincerely hope this is helpful for you!

Kate



Here is a handy worksheet for you to utilize in determining the ideal summer activities for both you and your family during this particular season. Approach it as an enjoyable mad-libs flowchart to spark your creativity and explore how to make the most of the summer season!

Start Here



STEP 1: IDENTIFY YOUR CURRENT SEASON

We are currently in the season of _____

STEP 2: ASSESS STRESSFUL OPTIONS

Activities that might be stressful for us this summer include _____
and _____

STEP 3: IDENTIFY GOOD OPTIONS

Some good options for us this summer are _____ ,
_____ and _____

STEP 4: SET PRIORITIES

We will prioritize activities like _____ , _____
and _____ this summer

STEP 5: IMPLEMENT KEYWORDS FOR THE SUMMER

Our keywords for this summer are _____
and _____

STEP 6: MAKE PRACTICAL CHANGES AT HOME

To better serve us this summer, we will _____
and _____

Need an example? See the sheet below with ideas on how to use the sheet to serve you best.

Start Here



STEP 1: IDENTIFY YOUR CURRENT SEASON

We are currently in the season of three kids at home under the age of 7

STEP 2: ASSESS STRESSFUL OPTIONS

Activities that might be stressful for us this summer include swimming (only one knows how)
and midday activities (naptime)

STEP 3: IDENTIFY GOOD OPTIONS

Some good options for us this summer are water places with shallow areas / splash areas,
morning activities and inside places

STEP 4: SET PRIORITIES

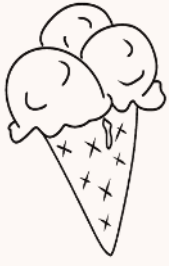
We will prioritize activities like spray ground/ splash pad, library story time
and a museum membership this summer

STEP 5: IMPLEMENT KEYWORDS FOR THE SUMMER

Our keywords for this summer are routine
and grace

STEP 6: MAKE PRACTICAL CHANGES AT HOME

To better serve us this summer, we will have grace for our family and remember it's a season
and stick to a afternoon routine but let mornings be flexible and fun



Summer

BUCKET LIST



While we made you this pretty sheet of paper, I highly suggest you get a poster board and make this a giant list to tape to the wall. Let the kids color on it. Go wild! Mind you, the ideas do not need to be extravagant. Things like “have a picnic at the park” or “make cookies from scratch” are perfect. The hope is that this list sparks ideas on the dog days of summer when you all need an activity and also serves as a visible reminder at the end of the summer of all the fun things you did together.

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EAT ICE CREAM SUNDAES

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