Summer Resources

Family Schedules

Build your own family summer schedule to support healthy routines. Think about having time for exercise, chores, social activities, meal times, computer time, being outside, self-care and quiet alone time.

- Here's an online schedule builder.
- Here's an example of a family schedule.

Family Boundaries

All families can benefit from agreed-upon boundaries, or guidelines. What rules should parents, grandparents, adult children, younger children, other family members follow to show respect?

- Here is a great article about how to set household rules with adult children.
- Here are some ideas for family rules.
- Here is an example of a family agreement.

Family Engagement

it's important to do activities as a family together!

- Engage in Random Acts of Kindness. Here are 75 ideas.
- Here is how to volunteer at home by sewing masks.
- Write letters to local hospice or assisted living residents. Here's an example.
- Call older adults who might be alone and lonely in their homes. Here's how.
- Play games together: riddles, Minute to Win It, party games, scavenger hunts.
- Cook together: cookie decoration, cookies, homemade ice cream, pizza, breakfast foods
- Grow your own vegetables!
- Learn how to make your own music with Incredibox: learn and then try.
- Try line dancing.
- Make crafts; tie-dye shirts, dragon origami, butterfly origami, crane origami, more crafts.

Family Stress Playlist

We all know that being at home and with family for a long time can be stressful!

- Here's how to stay calm when you know you are going to be stressed.
- Here's a 2:1 breathing technique.
- Here's a two minute meditation technique.
- Here's yoga for stress.
- Here's a three minute mindfulness meditation.
- Find out more about mindfulness here.
- Here's relaxing music.
- Guidelines from the CDC on coping with stress.

Thank you to Rachel Hinton and Rose Vang, MICC's Occupational Therapy Assistant interns, for these great ideas for families.