

Avoid the Summer Slide!

What you can do to help your kids maintain their skills this summer

Creative and Fun ways to avoid summer skill loss

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Regression

- Over the summer our children often are at risk for experiencing loss of skills learned, also known as the “summer slide,” and “brain drain.”
- Research shows the special education students experience a more significant skill loss than their typically developing peers
- Regular practice and application of learned skills in a variety of environments will help your child maintain their learned skills and be prepared for next year

Reading

- **Read. EVERYWHERE!** stories, signs, cereal boxes, in the store, menu, etc
- **Stories that Connect:** Read books about summer activities before and/or after going to a special place (beach, aquarium, amusement park, vacation). Read a story about it and make connections between the story and real life
- **Virtual reading camp:** sign up for Scholastic's "Summer Challenge" a virtual reading camp that engages kids in competitive reading over the summer

Writing

- **Journal**-take time to write about activities that you experience together. journaling can be a single to a few words with a child created picture to reflect on an experience you had together.
- **Comic Strip**-Discuss a funny situation that happened and create a comic strip about it.
- **E-mail**- Have your child email family and friends to tell them about fun activities and to keep in touch while keeping up with their writing practice
- **White Board Fun!**- Have your child write the daily schedule, or grocery, errands, chores, or weekly activities lists-makes writing fun, meaningful, and creative!-white board and markers

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Math

- **Grocery Store/Menu Math:** Create a smart and savvy shopper! Have your child be in charge of calculating cost of items, comparing least and most expensive, and most bang for your buck!
- **Board Games:** Many board games incorporate fun family time and math. Try: Monopoly Jr., Sum Swamp, Head full of numbers, Cards, Uno
- **Sports:** Go to baseball games, watch volleyball on the beach. Watch them on TV or computer if you cant go. Make predictions, discuss scores, and team strategies
- **Have a garage sale:** price the items, make change, sell products and count money! (*If town allows)
- **Go Bowling!** Track scores, count pins, calculate strikes, spares, etc., and practice taking turns and being a good sport.
**Strathmore Lanes (Matawan) has a \$22 Summer Pass: Bowl up to 3 games every day, under age 16

Science & Social Studies

- **Go to the Zoo**-see, touch, and learn about a variety of animals.
*Staten Island Zoo-Free Wednesdays after 2:00
- **State and national Parks**-free admission, offer a wide variety of programs for your children
- **Visit a museum**-often have summer programs and classes, learn about history, art, and science while keeping cool.
- **Track daily temperatures:** draw pictures of the daily weather , compare temperatures on a graph, make predictions for future, notice weather patterns
- **Take advantage of Nature!** Start a nature study notebook-draw pics and explanations about exciting things you see in environment, go on hikes, take nature walks, play I-spy, make a birdbath, start a rock or seashell collection.

Social Skills

- **Go to the playground!** Discuss appropriate skills to initiate play with others, use a social story if needed. Go to playground and practice. Review afterwards
- **Use your Manners:** Discuss appropriate manners while eating, meeting new friends, playing nicely. read a social story together if needed. practice! practice! practice! Review afterwards
- **Eye Contact:** Have a staring contest, put a sticker between your eyes, look at each other every time you push them on the swing
- **Emotion charades:**pick an emotion and act it out. everyone gets a turn and has to guess how you are feeling
- **Bingo/Matching Game:** Use game boards and cards to identify and match emotions
- **Mealtime Conversation Starters:** use cards to foster meaningful conversations with your child

21st Century Technology

Have your child help out using technology in a meaningful and functional way !

Plan your day

Hulafrog.com Macaronikidnj.com Kidsguidenj.com
Njkidsonline.com Njmomsguide.com Funnewjersey.com NJfamily.com

Locate places

mapquest.com googlemaps.com

Find phone numbers and addresses

whitepages.com yellowpages.com