



FAMILY GUIDE

Tips, insights and resources from these leading education and youth-serving organizations to help you harness the power of summer learning.





NATIONAL SUMMER LEARNING WEEK

VISIT [DISCOVERSUMMER.ORG](https://discoversummer.org) TO DISCOVER FUN WAYS TO CELEBRATE WITH YOUR CHILD!

WHY SUMMERS MATTER

The brain's capacity to learn is astonishing. Summer learning isn't about just adding more things to your already full to-do list... Summers are a particularly good opportunity to take into account our children's interests and likes -- building activities around what our children enjoy or want to explore is essential to creating positive summer learning experiences.

Excerpt from Summers Matter; Mathew Boulay, PhD - Founder, National Summer Learning Association

DISCOVER SUMMER.

Summer has arrived. The National Summer Learning Association (NSLA) invites you to visit [DiscoverSummer.org](https://discoversummer.org)— a new online destination, developed in response to COVID-19, to help families discover affordable summer programs, summer meals, parent tips and a

sea of resources to keep kids learning, earning, safe and healthy this season.

This summer will be more important than ever in helping our nation's young people recharge, reconnect with peers, and rediscover the joy of learning. As the nation slowly emerges from this pandemic, we know from recent research that parents just want their kids to be kids this summer, while also finding ways to give them a strong start to the school year ahead. Go ahead... discover the joy of nature, the arts, STEM, or reading and math (skills that children may lose ground in each year without practice).

In this Family Guide, you will find helpful tips and information related to summer enrichment and learning from leading education and youth-serving organizations. Visit [DiscoverSummer.org](https://discoversummer.org) and explore!



The “**Summer slide**” is what often happens to disadvantaged children during the summer months. They tread water at best or even fall behind, while higher-income children build their skills steadily over the summer months.



Research shows the **high-quality summer programs** can make a difference in stemming learning loss and closing the country's educational and opportunity gaps.



IT'S SO GREAT TO SEE THEM TOGETHER AGAIN.

YES, SHE COULDN'T WAIT TO READ MATH RIDDLE BOOKS TO HER BEST FRIEND! RECONNECTED AT LAST.

SUMMER RECHARGE

Summer is a great time to REcharge

From your child finally getting to see friends and loved ones to finding ways to refuel their passions...learning can be at the center. In fact, kids thrive when they feel connected to who they are learning with and what they are learning.

Here are 3 simple steps to shape your summer learning plan...

1 REVIEW key skills

Before school is out, ask the teacher which skills are most important for your child to work on over the summer. You can also use the [Readiness Check](#) to know how your child is doing with grade level math skills and get connected to fun, easy-to-use summer learning resources to help your child practice these skills every day.

2 REconnect with what matters

Who is your child most excited to spend time with? What interests your child? What makes them light up with confidence? Find out and lean into it this summer. This will help keep your child motivated to learn. For example, to build communication skills, invite your child and their friends to do a "write and tell" to share what they missed most about each other.

3 REFlect on progress

Share what you notice about your child's progress with tutors, summer program leaders and new teachers in the fall. For example, "My 4th grader needs support with word problems that involve multiplication and division." You are the expert on your child. Teachers need your insights and questions.

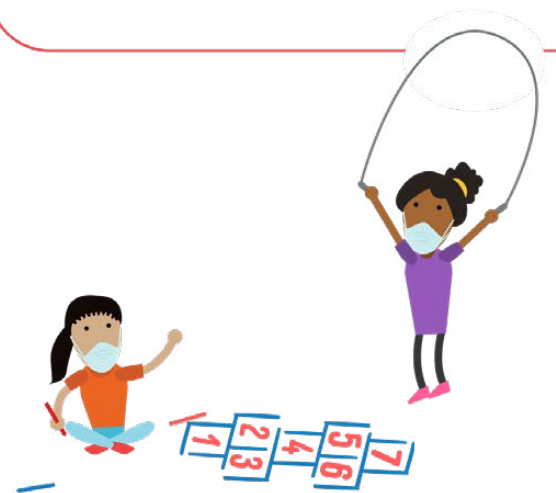
Which RE-word captures how you're feeling this summer?

REconnect

REcover

REcharge

[Check out this family writing activity.](#)



Check out [BeALearningHero.org](https://www.BeALearningHero.org) for more tips and resources.

EVERY CHILD DESERVES AN AMAZING SUMMER.

The National Summer Learning Association offers these recommendations for identifying a high-quality summer program for your child.

SAFE

Safe and secure program space with first aid kits, supervision, COVID-19 safety protocols in place.

Visit here for questions you should ask your camp director about COVID-19.

Program staff model mutually respectful behavior between their peers and students

Program offers nutritious meals, outdoor time, and physical activity to fuel growing bodies and minds

MINDFUL

Consistent schedules and positive reinforcement of appropriate behavior

Social and emotional skill development through a variety of team projects, games, and group instruction

Vibrant and dynamic environments to support different modes of learning

INCLUSIVE

Opportunities to work in teams, engage in informal play, and experiment with new ideas

Community-building rituals, including greetings, cheers, awards, and activities that build spirit and a sense of belonging for every child

Celebrations of and exposure to diverse cultures, ideas, and communities

LEARNING

Clear learning objectives

Age-appropriate and adaptable curricula and learning materials

A maximum of 15 students per 1 adult during instruction

ENGAGED

Opportunities for students to grow confident in making decisions and using their voices

Events, field trips, service projects, and guest speakers offered to connect with families and community members

Respectful and regular communications with parents, feedback requests, volunteer roles, and student progress

Look for these positive cues when deciding on a summer program experience for your child.



FRIENDS,
FREE MEALS AND **FUN!**



Kids and teens in your neighborhood can get a healthy, delicious meal and have a fun and safe place to hang out with their friends.

TEXT 'FOOD' TO 877-877
TO FIND FREE SUMMER MEALS NEAR YOU

Call 1-866-3HUNGRY to learn more.
This institution is an equal opportunity provider.





EMOTIONAL HEALTH CHECK-IN

The top priority of the whole country right now is to stay healthy. And while we recognize that right now physical health is the biggest focus, kid's emotional health is just as important. Try to incorporate these emotional check-ins into your daily schedule of activities. Give them a chance to think, then share their mood. They can choose to explain and elaborate on their feelings, or not.



INTERNAL WEATHER REPORT: Ask your children, "If your mood were the weather, what would it be?" For example, if you're angry it could be a thunderstorm, or if you're happy it could be sunny.



FEELINGS 1-10: Ask kids, "Rank your mood today on a scale of 1 to 10, with 1 being the worst mood and 10 being the best."



POP CULTURE: Ask youth, "If your current mood were a song or movie, what would it be?" For example, if you're having a great day your song could be "Happy" by Pharrell, or if you're grumpy your movie could be "The Grinch."



HIGHS & LOWS: Ask youth to think of their "high and low" of the day – this is the best thing that they experienced during the day, and the worst thing that they experienced during the day.



ROSE, BUD, THORN: Ask youth to think of their "rose, bud, and thorn" of the day – this is the best thing that happened to them during the day (rose), something they're looking forward to (bud), and the worst thing that happened to them today (thorn).

Ultimately, it's important for children to know that it is OK to feel how they are feeling – everyone experiences a range of emotions every single day. It's normal to feel sad, excited, angry, calm, or nervous every day, multiple times a day. What matters is how youth cope with these feelings, especially during times of uncertainty.

SUMMER RESOURCES

Summer is a great time of year to enrich and inspire youth and prepare them for the school year ahead. **Click on the resources below to discover the joy of learning in STEM, the outdoors, the arts, career readiness, and academics!**



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TO FIND FREE SUMMER MEALS NEAR YOU



NO KID HUNGRY

Find Free Summer Meals Near You!



american
CAMP
association®

Find a Summer Camp Resource

Search for a Camp Near You



MENTOR

Find a Youth Mentor or Become One!



LEARNING HEROES

SUMMER RECHARGE

Recharge This Summer



LEXILE **FRAMEWORK**
FOR READING

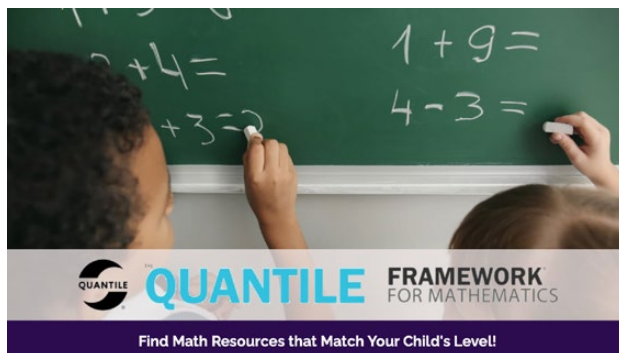
Help Your Child's Reading Ability Grow!



YJC
YOUTH JOBS CONNECT

YouthxJobs

Find a Summer Job or Internship



QUANTILE **FRAMEWORK**
FOR MATHEMATICS

Find Math Resources that Match Your Child's Level!



Creating Smarter Summers, Brighter Futures

For the past 30 years, The National Summer Learning Association works to ensure all of America's students, regardless of background, income, or zip code, can access and benefit from a high-quality summer learning experience every year.