

8 Steps to Creating a Simple Summer Rhythm

Introduction

There's lots of expectation to create amazing summers for our children. Instead we're focusing in this episode of the podcast, on what our children need and that's a simple summer rhythm that fits our family.

Discussion questions

1. What type of summer would you like? Include actions, emotions and feelings
2. What's your idea of a perfect summer with the kids?
3. 'He who fails to plan is planning to fail'- Winston Churchill. Share what type of summer is typical? What's your experience?
4. List two summer toppings are you adding to your summer rhythm
5. Discuss summer traditions old and new, yours or others and find ONE simple one to try with your family
6. How will your daily rhythm now be different to your summer daily rhythm?
7. What weekly activities could you do during a summer rhythm?
8. What's the plan for **you** and recharging during the summer?
9. What will downtime and independent play look like in my home?
10. Finish off each sentence with a list of what happens or you want to happen in your home. A typical lazy day during summer is.....
11. Finish off each sentence with a list of what happens or you want to happen in your home. A typically busy day during summer is.....

The 8 steps to creating a simple summer rhythm

- 1st Dream and Imagine what type of summer you want

2nd Using those dreams plan your summer with this in mind

3rd Get some inspiration to fill out the dream of summer and become more rooted in reality.

4th Don't forget the little summer toppings and add ins that make a big impact

5th Prepare

6th Embrace a daily and weekly rhythm for the summer

7th Imagine your role as facilitator, connector, traveller, hands free, play leader, referee,, introducer, calmer and cheery smiling upbeat dancer.

8th Make it so

Family next steps

Now it's time to go and take some action and create a simple summer rhythm.
