

W.E.S. Family Summer Fun & Resources

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School has ended, both inside and outside of our homes. Be very proud of yourselves for surviving 3 whole months of remote learning in difficult circumstances. You all deserve a trophy!



Now, what to do with the kids?... Here are some fun activities to do both inside and outside of our homes.

Construct a Backyard Obstacle Course (or at the park)



with hula hoops, jump ropes, hoses, and other materials from around the house. Your kids can take turns completing it—and the person with the fastest time (or without cheating) wins a prize! Play loud music to increase the excitement :-).

~ Play games outside! ~

Designate one evening per week to some friendly family competition (think kickball, frisbee, soccer, cricket, capture the flag, etc.). Keep everything fair by dividing into new teams for each round.

~ Paint, Draw on, and Decorate rocks! ~

The next time you embark on a hike, have your children collect rocks. At home, they can decorate the stones with paint, stickers, markers, glitter, and other art supplies. Display the finished products around the house, use them as paperweights, or give them to relatives! If you want to put the rocks outside as outdoor decorations you will need to spray them with a sealer. Picking a sealer for your painted rocks...

~ Kindness Rock ~ Challenge



Let Nature help your Kids write their names!



Go to a different park or beach every week!

- Middlesex County Parks
- NJ Beaches

~ Make Homemade Goop~



Mix up a bowl of Oobleck—a mysterious matter that kids can shape into balls or let ooze from their fingers. Here's how:

1. Pour 1 cup of water into a large mixing bowl
2. Add a few drops of food coloring (any color)
3. Slowly stir in two cups of cornstarch

~ Recipes to Cook ~ with Kids



Helpful Parent Websites

- ☐ www.parenting.com
- ☐ [Common Sense Media](http://CommonSenseMedia.org)
- ☐ [Family Education](http://FamilyEducation.com)
- ☐ [Free Chore charts](http://FreeChorecharts.com)
- ☐ [Reward/Feelings Charts](http://RewardFeelingsCharts.com)

Mental Health Resources

Click here to Access Child therapists in our area that offer online (Telehealth) counseling for your child

Clinicians/Social Workers Insurance/No Insurance