

# MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER) SUMMER FUN

DAUPHIN COUNTY MH/A/DP  
APRIL 2021 MENTAL HEALTH TIDBIT

It is not too soon to start thinking about summer. It has been a challenging year and school year. It is important for children of all ages to find ways to relax, while staying mentally and physically engaged. Sometimes it is hard for them, or you, to think of things they can do. Lists of activities are helpful. Links to some lists are included in this edition, along with some specific ideas from those lists. Try these activities anytime, not just during the summer!

- ❖ **Learn something by heart** – This could be a poem, a song or lines from a movie or play.
- ❖ **Make something with your hands** – Knit a scarf, build a bench, or create a rock garden. It does not have to be perfect or pretty.
- ❖ **Read something every day** – Public libraries have summer reading programs, with ideas for all ages. Checking out books is free. Libraries also offer activities for all ages.
- ❖ **Do something physical** – Ride a bike, play catch with a sibling, bounce a tennis ball off a wall or see how long you can dribble a basketball.
- ❖ **Leave your phone in another room for thirty minutes** – Spend time outside soaking up the sun, staring at the night sky, or going to a park.
- ❖ **Paint something** – Try painting a room, a rock, or a picture.
- ❖ **Listen to music** – Try listening to a different type of music. Some ideas to choose from are jazz, oldies, hip hop, R&B, country, rock, or rap.
- ❖ **Do something nice for somebody** – Kindness is contagious too!
- ❖ **Learn to cook something new every week** – Look through cookbooks (which you can check out at the library) or find recipes online.
- ❖ **Find out something you never knew before about a relative**– Try this with your friends too.

Excerpted from: <https://grownandflown.com/24-things-students-keep-busy-this-summer/>

Additional Links: <https://funcheaporfree.com/100-summer-activities-for-kids-free-printable-included/>

[Summer 2020: Here are 100 things to do with or without kids - CNN](#)

[25 Activities to Keep Kids' Brains Active in Summer | Education World](#)