

THE Counseling CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Rohal

Tips For How to Make the Transition from School to Summer

Transitioning from a school to summer schedule can be tricky. Here are some tips to help make the transition a smooth one:

- **Establish a "Gentle" Rhythm:** Avoid switching instantly from high structure to none. Maintain consistent morning routines and bedtimes as much as possible to keep children rested.
- **Create Visual Schedules:** Use whiteboards or charts to outline the day, allowing kids to know what to expect (morning activities, quiet time after lunch, and any camps, playdates etc.)
- **Involve Kids in Planning:** Let children help plan activities to encourage independence and reduce complaints of boredom.
- **Prioritize Unstructured Play:** Allow for downtime to foster creativity and reduce the stress of a scheduled life.
- **Manage Screen Time:** Set clear, consistent limits on technology, similar to the school year, while balancing it with active, outdoor play.
- **Prepare for Emotional Shifts:** Expect some restlessness or anxiety as routines change; maintain open communication and offer a calm and supportive presence.

May's Focus:

**Transitioning from School
to Summer**

