

A vibrant summer-themed illustration. On the left, blue waves with white foam crash onto a sandy beach. A beach ball with blue, yellow, and white segments is in the water. A red crab is on the sand. In the top left, a yellow and orange beach umbrella is partially visible. In the top right, a red and white striped life preserver floats. In the bottom right, a pink starfish and a small orange seashell are on the sand. The background is a light yellow with small brown and white dots representing sand.

WHAT TO DO OVER THE SUMMER PRIMARY

MAY 7, 2026

THE IMPORTANCE OF ROUTINE

01. Sense of Order

Children ages 3–6 find comfort in routine and predictability, as a consistent rhythm helps them feel safe, independent, and emotionally secure.

02. Supports Emotional Regulations

When children know what to expect, they are less likely to have meltdowns or tantrums.

03. Builds Confidence

Consistent routines also help young children trust in their own abilities as they learn to complete tasks and make choices more independently each day.

04. Builds Independence

Repeating familiar tasks such as dressing or cleaning up fosters independence and helps children develop practical life skills.





A SIMPLE DAILY ROUTINE



Morning

Get Ready
Eat Breakfast
Clean Up
Independent or Outdoor Play
Prepare for Going Out



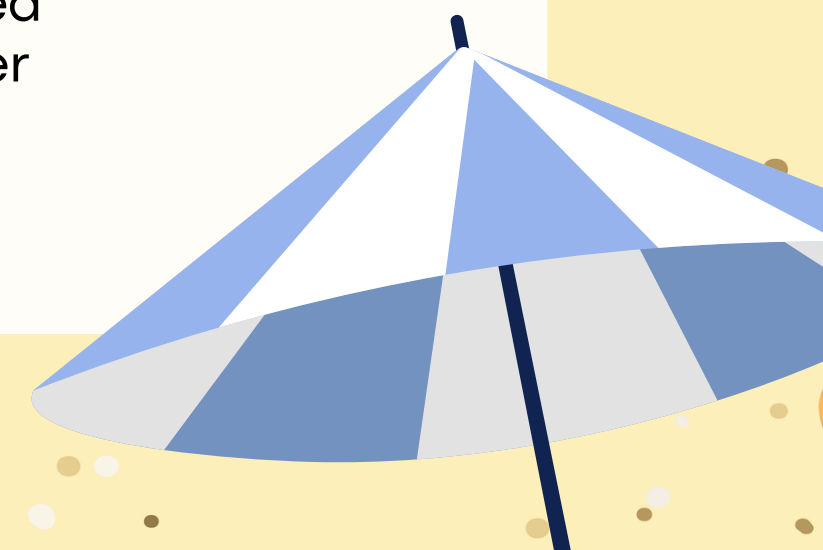
Afternoon

Play/Outing
Lunch
Clean Up
Read
Rest



Evening/Night

Dinner
Clean Up
Family Time
Prepare for Bed
Read Together



CREATE A VISUAL SCHEDULE

- Develop together
- Use pictures or drawings
- Keep it simple
- Place at child's eye level
- Can help reduce power struggles
- Develops independence

morning

make bed	
get dressed	
go to toilet	
brush teeth	



Morning routine





BEDTIME MATTERS

- Same bedtime each night
- Calm, predictable routine
- Read together
- Avoid screens before bed
- Ensures that your child is getting enough sleep



KEEP SUMMER LOW-TECH

- Limit Screen Time
- Encourage creativity
- Movement
- Get Outside
- Hands-on play
- Boredom is where creativity begins!

LOCAL SUMMER IDEAS (CHARLOTTE AREA)

- Ride the LYNX Blue Line
- Visit a Charlotte Mecklenburg Library (story time!) or head Uptown to Imaginon
- Explore Anne Springs Close Greenway
- Splash pads & parks like Colonel Francis Beatty Park
- Visit Discovery Place
- Explore the historic Wing Haven Gardens
- Hike at the Whitewater Center
- Watch planes take-off at the airport overlook Park
- Visit Nature Preserves like Stevens Creek
- Enjoy dinner at Camp North End and play with giant lego blocks



CREATE SIMPLE TRADITIONS

Pool Day

Family Outing

1

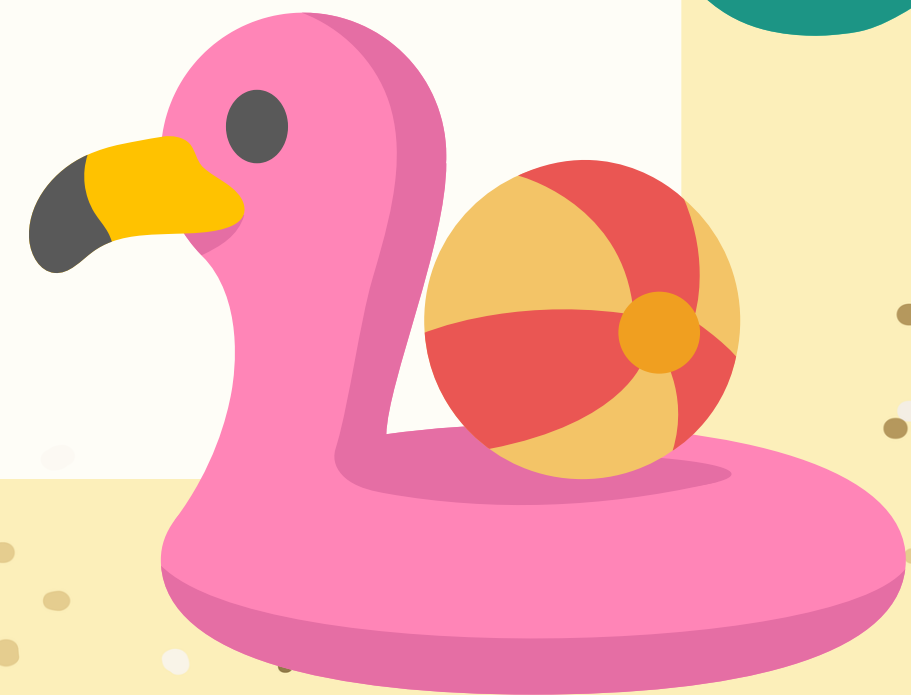
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Library Day

Cooking Day



KEEP READING

Read Every Day

- Read to your child
- Read with your child
- Re-read favorites
- Start a chapter book

Books at Home

- Books within reach
- Cozy reading space
- Rotate books
- Let children see you read



Make it Fun!

- Practice letter sounds
- Rhyming games
- Songs and stories
- Podcasts
- Audiobooks
- Eye spy games

WRITE & CREATE

- Write notes to family
- Send a card to a friend
- Create grocery lists
- Send Postcards while traveling
- Collage Art
- Color with crayons, colored pencils, or markers
- Write with sidewalk chalk
- Paint with watercolors

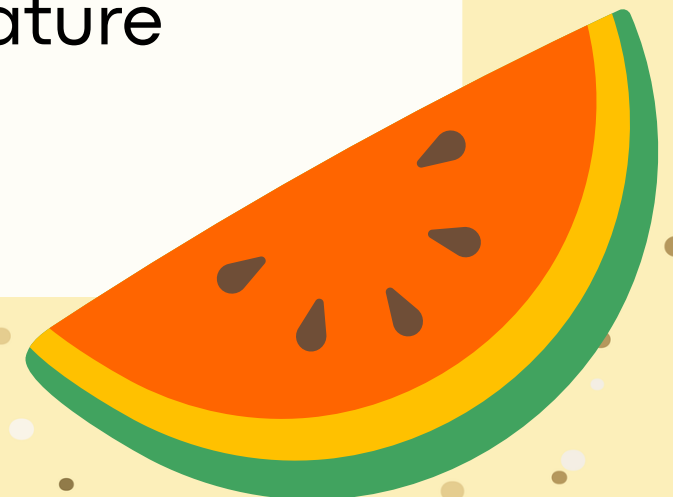




GO OUTSIDE DAILY



- Nature walks
- Water play/paint with water
- Collect leaves/rocks
- Gardening
- Sidewalk chalk
- Ride bikes/scooters
- Nature Hunts
- Bird Watching
- Walk on the greenway
- Hike
- Swim
- Neighborhood Walk
- Visit local parks and nature preserves





RESOURCES

- Primary Summer Learning Website
 - 10 Ways to Get into Nature
 - Book Recommendations for Primary
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A vibrant, cartoon-style illustration of a beach scene. The background is a light yellow sand with scattered brown and white dots. On the left, blue waves with white foam crash onto the shore. A beach ball with blue, white, and yellow segments is floating in the water. In the top left corner, a portion of a beach umbrella with orange, yellow, and white stripes is visible. In the top right corner, a red and white striped lifebuoy floats. On the sandy beach, there is a small red crab with large eyes, a pink starfish, and a small orange seashell. The central text 'HAVE A WONDERFUL SUMMER!' is written in a bold, red, rounded font with a white outline.

**HAVE A
WONDERFUL
SUMMER!**