



Your Child's
2020 S

YOU GOT THIS...

MIND SPRINGS *health*
Prevention. Care. Recovery.



WEST SPRINGS *hospital*
Psychiatric Care & Recovery

Angler

ASPEN FAMILY
CONNECTIONS

AEF ASPEN **EDUCATION** FOUNDATION

today's agenda:

STRUCTURING A SUCCESSFUL SUMMER



HOW TO FIGURE
OUT THE
CONTENT OF A
SUCCESSFUL
SUMMER

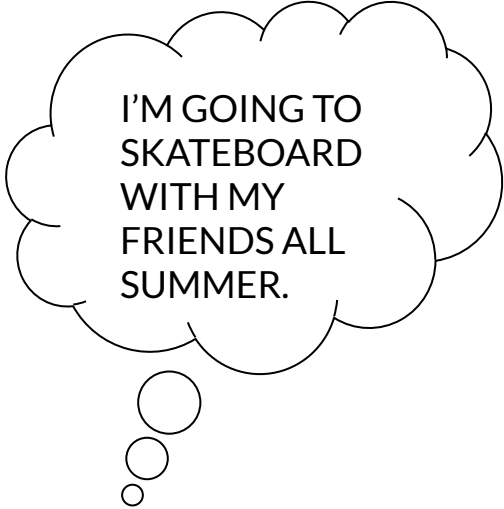


HOW TO CREATE
A PLAN THAT
EVERYONE CAN
SUPPORT




AN EXTRA TOOL
FOR SUCCESS

WHY DO YOU NEED STRUCTURE?



I'M GOING TO
SKATEBOARD
WITH MY
FRIENDS ALL
SUMMER.

YOUR CHILD

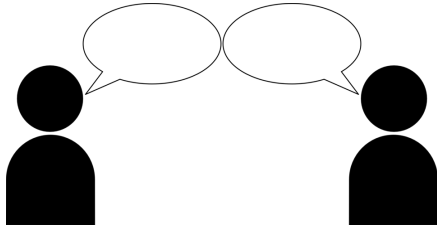


MY KID'S
GOING TO GET
A SUMMER
JOB.

YOU

3 STEPS TO CREATING SOME STRUCTURE

CONVERSATION



LISTS & Calendar



PRIORITIES

1. MOST IMPORTANT
2. NEXT MOST IMPORTANT
3. LESS IMPORTANT
4. SOMEDAY, IF THERE'S TIME

**Start a conversation about
the summer of 2020?**

It's August 20th and
summer is over, what are
the things **you want to be**
true about your summer of
2020?

Create a working list for
what **a successful summer**
will look like.

Categories

The goal is to
have some
balance.



What Will A Successful Summer Include?

CHILD'S IDEAS	PARENTS' IDEAS
FUN	
spend time with my friends	have friends over a couple times a week
go camping with Josh & Sarah	play soccer at the park
road trip with friends to Yosemite	have game night at our house
FAMILY	
teach my brother how to play guitar	family meals at least 3x per week
go mountain biking with Dad	visit grandparents in July
JOB / WORK	
help Aunt Grace with some gardening	work 15-20 hours a week
	save \$ 350 towards new computer
CHORES	
make bed	take out trash on Wed.
put dishes away	mow lawn every Sat.
GROWTH	
learn how to juggle	write in journal every day for 20 min.
learn new songs on guitar	read books on summer reading list

FUN?



TIGERTIGER

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FAMILY?



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JOB?



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CHORES?



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GROWTH?



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**How do you figure out
which activities / events
/ routines are most
important?**

If you could guarantee
only one in each
category, which one
would you chose?

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PRIORITIES?

1

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Create a weekday
schedule.

What Will A Successful Summer Week Day Look Like?

TIME	2. SCHEDULE YOUR ROUTINES	1. LIST YOUR ROUTINES
6:00am		
6:30		
7:00		
7:30		
8:00		
8:30		
9:00		
9:30		
10:00	Wake up by 10am	
10:30	Breakfast over and food put away by 10:30	
11:00		
11:30		
Noon	Chores finished and out of the house by noon	
12:30pm		
1:00		
1:30		
2:00		
2:30	Lunch OVER & kitchen clean by 2:30	
3:00		
3:30		
4:00		
4:30		
5:00		
5:30		
6:00		
6:30		
7:00	Home for family dinner Mon., Wed (also Sun) by 7	
7:30		
8:00	Share plans for the evening by 8	
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
Midnight	Unless sleeping over or friends spending night, in bed by midnight	
12:30am		

THE WEEKDAY SCHEDULE

Out Of Bed And Breakfast Finished Time

Chores Finished And Activities Started Time

Family Dinner Time (specify days)

In Bed By Time

What Will A Successful Summer Week Day Look Like?

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9:30		
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10:30		
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11:30		
Midnight	Unless sleeping over or friends spending night, in bed by midnight	
12:30am		
1:00		

THE WEEKEND SCHEDULE?

**What about the
inevitable conflicts?**



*This is
you!*

*That's
me!*

Assuming that there will
be conflicts, how about
trying to work on
something together?

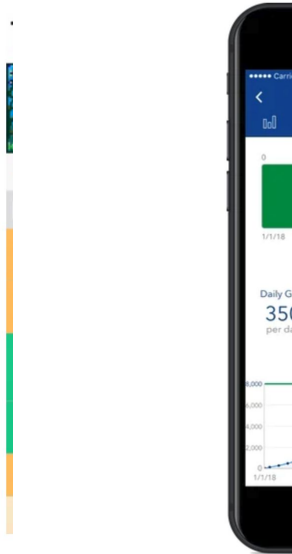
**Each of you identify, one
or two habits you'd like to
change this summer.**

Explain the compounding effects of, small actions that are repeated.

**Track your progress, and
make a game out of it.**

There are a bunch of, fun habit tracking apps.

Habitica



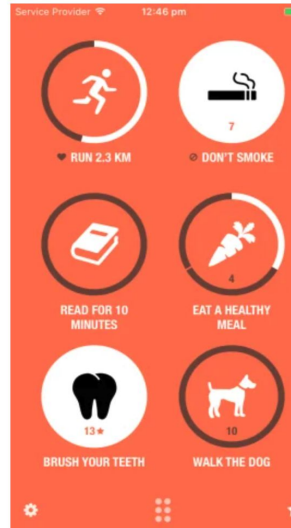
Available on: iOS, Andr

Strides



Available on: iOS, Web

Streaks



Available on: iOS

Habitshare



Available on: iOS, Android

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STRUCTURING A SUCCESSFUL SUMMER

START A CONVERSATION
AROUND THE ELEMENTS
OF A FULFILLING
SUMMER.

CREATE A SHARED
DOCUMENT FOR
BRAINSTORMING IDEAS.

PRIORITIZE YOUR IDEAS
SO THERE'S ROOM FOR
CHANGE

CREATE A FRIENDLY
COMPETITION AROUND
A POINT OF CONFLICT

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