



End of Summer Celebration

This year the transition from summer to the new school year may feel more daunting than ever before. As we prepare for the next chapter to begin, make a point to also celebrate the final days of summer.

Eileen McDargh, a resiliency expert, says that the act of celebrating can give our children an extra boost of energy and motivation to press on and tackle the next task. This summer has likely looked different than any other summer before it. There is a lot to reflect on, laugh about, and enjoy. Maybe it will help give your child the boost of energy to continue for the next round of COVID-19 changes.

Simple Celebration Ideas:

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| <input type="checkbox"/> Grill Out | <input type="checkbox"/> Scavenger Hunt/ Nature Walk | <input type="checkbox"/> Make your own Popsicles |
| <input type="checkbox"/> Go for Ice cream | <input type="checkbox"/> Visit a Farmers Market | <input type="checkbox"/> Take a Picnic |
| <input type="checkbox"/> Splash in the Pool | <input type="checkbox"/> Have a Home Spa Day | <input type="checkbox"/> Watch a Sunrise/ Sunset |
| <input type="checkbox"/> Set up the Sprinkler | <input type="checkbox"/> Take a Bike Ride | <input type="checkbox"/> Make Your Own Mask Party |
| <input type="checkbox"/> Water Balloon Fight | <input type="checkbox"/> Go Fishing | <input type="checkbox"/> Tie Dye |
| <input type="checkbox"/> Movie Night | <input type="checkbox"/> Visit a Lake | <input type="checkbox"/> Backyard Camping |
| <input type="checkbox"/> Take a Family Hike | | |

Strum Up Discussion:

Use these times of celebration to reflect on the summer and laugh as a family. What were some of your favorite family memories? What did you dread the most at the beginning of the summer? What did you miss this summer? Is there anything new you tried? What did you learn this summer?



**Use the [COVID-19 Summer Memories](https://shandyclinic.com/resources/end-of-summer-celebration/) sheet for some great conversation starters. (<https://shandyclinic.com/resources/end-of-summer-celebration/>)