

# Reinvent YOUR SUMMER!

**R3USSIR**  
Education Employment Estrie

Have you done  
your daily  
**family challenge?**

## THIS SUMMER, WE'RE PUTTING YOUR FAMILY TO THE TEST!

Each day, we'll give you a challenge on the Parent Estrie Facebook page. Follow the page for more information! You can also find all of the challenges on [ParentEstrie.com](http://ParentEstrie.com).

Want to track your accomplishments?  
Colour in the activities as you go.



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## Psssst...

If you don't have time to do some of the challenges, don't worry about it! The idea is to share quality time as a family all through the summer. You can also re-do a challenge you liked, push one to another day, skip some, or make new ones up! Anything goes!

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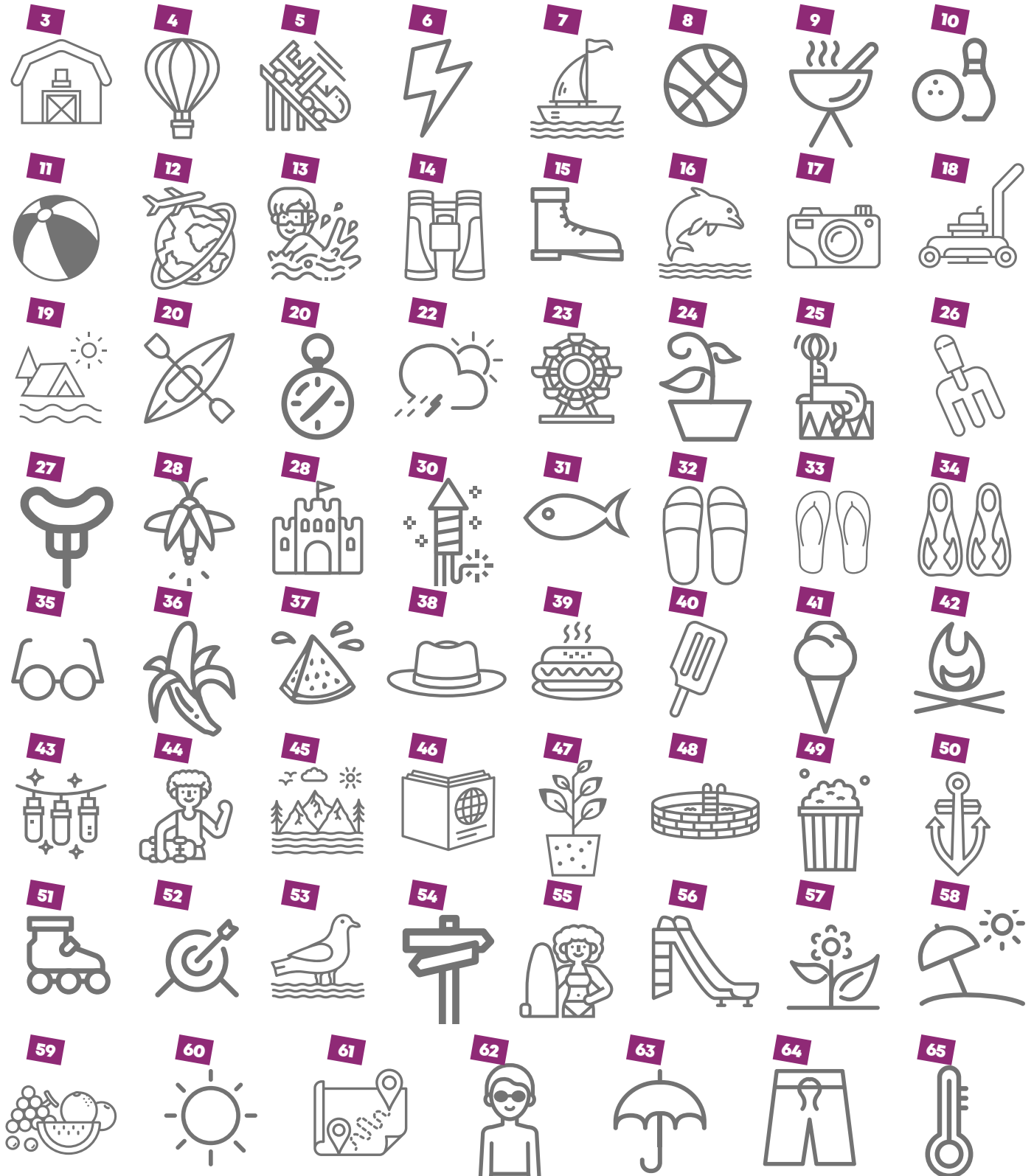
# Reinvent your summer!

Have you done your daily family challenge?



## Challenge #1: Ten minutes of reading every day

Help your child colour in one of the drawings below for every day that you read for 10 minutes or more. Watch this page come to life piece-by-piece!



1

### Ten minutes of reading every day

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Have you signed your child up for the [TD Summer Reading Club](#)?

2

### Vacation activity box

Ask your child to write down and present a list of the activities they want to do this summer. This will help you prepare for the infamous question: "I'm bored, what are we doing?" All you need to do is draw from the box whenever they ask. [Here are some activity ideas!](#)

3

### My 10 challenges of the week

Ask your child to make a list of 10 things they want to accomplish this week. For example: make a tent, pick up garbage, find 10 snails... Celebrate when things get done!

4

### Logbook

Have your little sailor keep a journal of the activities they most enjoyed doing every day. This will keep them writing daily. Quick tip: it's more important to focus on the ideas rather than the spelling. Why not make a rule for yourself...one correction a day, no more?

5

### Board game night

Play cards, a dice game, or a board game with your child. It's great for their memory and for the family spirit!

6

### Pride jar

At the start of vacation, have your child decorate a jar or container. In it, you'll put little objects (pasta, pebbles, shells, marbles, etc.) every time your child finishes one of these challenges or does something they're proud of. It's a great way to help them visualize progress!

7

### How's the weather?

When they first wake up, ask your child to predict the weather outside. Verify the guess with the help of a thermometer or your phone. Keep a list or mark a calendar of everything to reflect on throughout the summer!

8

### Target games

Aside from being really fun, target games are a great way to practice mental math with your child!

9

### Scrambled words

Write the letters of a word that your child knows in the wrong order and ask them to find and write the word correctly. For example: MUMSRE = Summer. Of course, they can also scramble words for you to solve! They'd love to watch you get stumped...

10

### Library visit

Visit a library or bookstore in your neighbourhood and play literature bingo with your child (activities available on [florilegeactivites.ca](http://florilegeactivites.ca)): Ages 2 and up, 6 and up, and 9 and up.

11

### Word search & crosswords

Do a crossword or word search with your child (doing it outside is even better!) [Word search to print](#) and [crossword to print](#).

12

### Reading the rules

When arriving at the pool, park, zoo... Make a point of stopping and asking your child to explain the rules that apply wherever you are.

13

### Old-fashioned letter writing

Any reason is a good reason to ask your child to get in touch with friends or family! Everyone loves receiving a letter. Encourage people close to your child to reply in the same format, or just to regularly keep in touch with them.

14

### Cooking as a family

Cook with your child! Get your recipes in order (even if you already know them by heart) and ask your child to:

- Find the ingredients;
- Read the steps to you;
- Cup, stir, and taste.

15

### Choral singing

Make a list of songs that your child enjoys and print out the lyrics. Take advantage of long car rides to sing together as a family! Examples: [nursery rhymes for children or parents](#).

16

### The sporty alphabet

On a sheet of paper, write out the letters of the alphabet and add a movement-based challenge for each one. Put the letters in a jar and pick one at random. Then, do the activity associated with the one you picked. Example: [sporty alphabet](#).

17

### What's missing?

Place 5 to 10 skill-appropriate words in front of your child. Ask them to read the words aloud and then, when their back is turned, remove one of the words at random and ask them to figure out which one is missing. This will help work both their memory and vocabulary. For the little ones: place figurines, pictures, letters, colours, toys, etc.

18

### Treasure hunt

in a book Why not bring reading time to life with a treasure hunt that takes place inside the books you already have? Example 1 | Example 2.

19

### Family photos

Before going out for a walk, ask your child to make a list of places or things that you could take photos of. During the walk, they can try to find those places and have the family pose for a photo. Example: Selfie scavenger hunt, by [Florilège d'activités](#).

20

### Getting ready for vacation!

Have your child participate in getting ready for vacation! Keep them by your side when you're checking out websites, print the itinerary and teach them how to read a map.

21

### Paper fortune tellers

Make a paper fortune teller (*coin-coin*) with your child that you can take out for some spontaneous play time. Examples (fr): Fortune tellers [for 5-8 year olds](#) | [for 9-12 year olds](#).

22

### Dice

Play dice with your child. Gelo will help them count! Examples: [Rules for dice games](#).

23

### Your best jokes

Curate a list of the best jokes your child loves telling. You could buy a joke book that they can use to prepare and put on a mini comedy show to get the whole family laughing. This is a great activity to do around a campfire!

24

### Spelling Bee at the beach

Take advantage of your trip to the beach to play with words in the sand. Other mediums also fit this game well (e.g. fogged-up mirrors, Jell-O, etc.).

25

### Charades

Teach your child to play word charades. Example:

- My first syllable is the thing our eyes do (see);
- My second syllable is something you use to cut wood (saw);
- The whole word is something that goes up and down! (seesaw).

26

### Scavenger hunt

Add this game to any outing by asking your child to find certain objects. There are many examples (fr) on the [florilegeactivites.ca](http://florilegeactivites.ca) website.

27

### Container storytelling

Find 3 jars or containers and identify them as follows: people, places, and things. Ask your child to write the names of 10 people they like, 10 places they'd like to visit, and 10 things they like to play with. Put those words or phrases in the correct jars. Then, draw one paper from each jar and ask your child to tell a story using them! They can even illustrate the story when you're done.

28

### Travel game

Take advantage of a road trip and ask your child to play I-Spy or another observation game. Your child will love asking you to spot things, too, and they'll be more engaged if you slip up from time to time. For example: find things that are yellow; find things that start with a certain letter or sound; etc.

29

### It rhymes with...

Have fun with funny rhymes. Ask your child to come up with 10 words that rhyme with...

30

### Les Débrouillards

Even if you're not a subscriber, you still have access to the [Debrouillards website](#) (fr) which is full of great ideas and fun activities.

31

## Yoga by numbers or letters

Draw a letter at random and have your child strike a yoga pose shaped like that letter. Example: Let's [make an alphabet](#).

32

Word of the day

Pick a word and give your child the task of using it 4 times in the next hour. For example: "This **heatwave** is lasting a long time; during **heatwaves** we go to the pool..." There are even apps that you can install on your phone for this.

33

## A new way to play hopscotch

Draw a hopscotch game like usual. Prepare one or a few short texts, depending on your child's skill level, and add special constraints in some of the squares. Examples:

Read a sentence or paragraph...

- While whispering in someone's ear
- While holding a crayon in your mouth
- While singing or crying
- With the voice of a little kid, a witch, a robot, etc.
- As if you were an animal (cat, mouse, horse, etc.).

34

## Video chat storytelling

Have your child read or tell a story over video chat to someone they love.

35

## Read like a...

Encourage your child to read some of their book like...a robot, a giant, a witch... Create an audio library by recording them reading in these voices.

36

## How far away is that?

Ask your child to estimate how many steps it is between that tree and the swings, or even how many tissue boxes could fit between the TV and the couch...

Find out the answer together and validate it all with actual measurements from a measuring tape, but don't forget to use everyday objects too like a straw, shoes, branches, etc.

37

## Secret language

Learn sign language as a family. Put this [poster up](#) in clear view and ask your child to sign different words or even little messages for you. Who knows, it could even come in handy! For those who prefer the spy version of this: [morse code](#).

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## Homemade catalogue

Take 7 pieces of paper and fold them into a booklet. Keep one page clear for the cover and write a letter on each page after that. Ask your child to cut out words from flyers and magazines that start with the same letter as the one on the page.

Variants: ask your child to draw a picture filled with words that start with the letter in question, or to make a list of them, or even to write a story to tell.

39

### Hide-and-seek

with a toy Hide a stuffed animal or other toy and leave your child written clues. [Example](#): “I am in a very cold place” (fridge).

40

### Bicycle safari photoshoot

Organize a little photo scavenger hunt. Locate objects in your environment and write down clues to them. Your child must find the objects and take photos of them. Head over to [florilegeactivites.ca](http://florilegeactivites.ca) and download the activity “*Cherche et trouve en vélo en ville*”.

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### Trivia scavenger hunt

Scavenger hunts are activities that encourage young people to be inquisitive and to learn about a subject or to test their own knowledge all while getting active. All you need to do is hide the written questions in their environment and ask them to find them and provide you with the answers. You can find several examples over at [florilegeactivites.ca](http://florilegeactivites.ca).

42

### Silly stories

There are many options here:

- Read a story your child already knows, but change all the character names to people your child knows and loves.
- When reading to your child, replace key words in the story with funny ones (e.g. popsicle). Your child is tasked with giving you the silly word, but it has to work in the sentence. Example: “Cinderella steps into her popsicle (carriage).”
- Read a story but replace every “O” sound with “OU”, etc.

43

### Secret messages

Leave a coded message in your child’s bedroom for them to decipher. They will probably also enjoy giving you a coded message, too. [Examples and tips](#) for making them.

44

### Cereal

While not very nutritious, cereals that are shaped like letters are a goldmine for helping your child read and write.

45

### What are we eating?

Make your grocery list with your child. Ask them to write down what’s missing for one of the recipes they enjoy most.

Tips based on their age:

- Use flyers and ask them to cut-out the food items they want.

46

### Crafty gifts

Ask your child to make gifts in the form of crafts for grandparents, aunts and uncles, friends, etc. Here are some ideas: [Top 20 insect crafts](#) | [Educatout.com](http://Educatout.com) crafts

47

### My school supplies

Ask your child to come with you when shopping for school supplies and to read what’s needed from the list. Ask them to set a budget and try to stick to it.



48

### Making my school supplies mine

Beyond just writing their name, why not personalize school supplies with some fun drawings or stickers to make them even more beautiful? Take advantage of this time together to discuss back-to-school. Do they have any questions? Concerns?

49

### Don't make the monster angry

Draw a blank line for each letter in a word you have in mind. Ask your child to start guessing letters. If they guess correctly, write the letter where it belongs in the word. For every guess wrong, draw a part of a monster (head, eyes, body, mouth, arms, legs, etc.). Their goal is to guess the word before the monster is finished!

50

### Paper airplanes

Throw some paper airplanes! Estimate and then measure the distance they travel. Use non-conventional units for the measurements (sticks, straws, books, mittens, etc.)

51

### Posters

Have your child prepare a presentation for you using posters: an overview of their favourite characters, books, foods, friends, etc. This is a great opportunity to chat about their interests!

52

### Playing optometrist

Draw letters in various shapes and sizes and ask your child to read them to 'test their eyes'. They would love it if you have a magnifying glass or fake glasses to lean into the theme!

53

### My audiobook library

Allow your child to record their favourite books for listening in the bath, on a road trip, etc. Encourage them to listen to french audiobooks on [Radio-Canada's website](#) or explore [LibriVox](#) by theme.

54

### Whacky questions

Come up with a list of silly questions, or ones that directly relate to your child's interests. For example: "Do you think penguins get cold feet?", "Do alligators get cavities?". Try to find the answers together online or at the library. What's important isn't getting the right answer, but learning how to discover that information yourself.

55

### What's on the menu? (school edition)

Prepare a list of snacks for the school lunch box that your child will bring with them in the Fall. For the little ones, have them cut out the snacks that look most appetizing from flyers.

56

### Tongue twisters

Beyond making everyone laugh, tongue twisters are a great way to get your child reading and to practice memorization. [Examples](#)

57

### What would \_\_\_\_ do?

Trying to occupy your child while waiting for something? Try asking them: "What would \_\_\_\_ do if he or she were here?" or "How would \_\_\_\_ do...". Examples: "What would the Big Bad Wolf do if he was at the grocery store?" or "What would Moana do at the park?"

58

### Backwards words

Write words backwards and ask your child to read them. Let them take a turn, too!

59

### Tic-tac-toe by words

Does your child know how to play tic-tac-toe? To add some variety, ask them to spell a common word, like the name of a friend, before playing their turn. Of course, you should do the same on your turn with words they suggest. Remember that children love when we make mistakes from time to time and, what's more, they'll be more attentive if we do.

60

### An organized family

Make a visual schedule or set up a family planner. Not only will this save you time, it will also help keep your child safe. [Examples](#).

61

### My schoolwork corner

Set up a specific spot for schoolwork. A cozy corner, pleasant and well-organized, will help your child get to work.

62

### Kind words for the school staff

Encourage your child to write nice little messages or make drawings for the school staff: daycare technicians, teachers, secretaries, administrators, etc. This is a great way to get them talking about the people they meet at school.

63

### Pride jar

Take the time to read and celebrate the things your child accomplished this summer. Why not continue this great habit all throughout the year? It's a great opportunity to start discussions about their life and to follow their progress.

64

### Notes for the lunchbox

Take the time to regularly slip a note into your child's lunch box or backpack. This is a great way to stay in touch and make them feel secure. [Examples](#).

65

### Time to celebrate!

Celebrate everything you've done to support your child's discoveries in reading and writing! Count the number of challenges you completed this summer and congratulate yourselves on the time you invested to play and enjoy time with your child stress-free.