

Women's Business Workshop



Summer Survival Guide

For Work at Home Moms

Resources, Tips, and Checklists to help you
get your work done while the kids have fun!

Written by Robin Walker
WomensBusinessWorkshop.com

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Survive and thrive this summer!

Gear up Mamas! They are coming home!

It is time to make your plan for this summer before you hear your first 'I'm Bored!'. All moms work in one way or another, whether you are building your own business, working for a company, or doing the important business of raising children. We have important things to do!

I love my children and I do love when they are home in the summer. The reality is, however, that we all need some routine, and some accountability to all stay sane. The bills keep coming in the summer and Mama has to work.

My goal for The Summer Survival Guide is to help you balance your work time with family summer fun, while keeping the kids happy and the household running smoothly!

Support • Resources • Community



Join us in our **EXCLUSIVE** facebook group, just for Survival Guide members.



Follow Women's Business Workshop on Pinterest for even more ideas!



Hang with us on Instagram
WomensBusinessWorkshop

I'm Robin and I've used my years of elementary teaching experience and 10 years of running my own business to create this workbook.



My husband works very long hours in the summer and it is up to me to keep the kids happy and occupied, while still find time to build my business.

This workbook is a compilation of all of the different ways I have balanced family and work over the past 10 years, with some new ideas mixed in.

I look forward to seeing you in our facebook support community! Join us at Women's Business Summer Survival Group.

Women's Business Workshop

Summer Activity List



Most moms I know need to get work done on a daily basis, whether it is building their business, organizing the household, or starting up a new side business. When kids come home for the summer, it is hard to juggle it all.

If your kids are school-age (kindergarten through high school) chances are that they can self entertain for at least part of the day. Sometimes they will naturally do this, and other times they may need some help. I have made up a huge list of activities that kids can do while you get your work done.

Every summer, I print out one list per child, and put it on their own clipboard. This becomes their 'Summer Clipboard'. We use it to hold any of the daily lists or their reading scavenger hunt. A clipboard is much harder to lose than a bunch of loose papers! Whenever the kids are bored or having trouble finding something to do, I refer them to their list. The kids can add their own ideas as well.

Most of the activities are things kids naturally do, the list just helps on those days when 'There is NOTHING to do Mom!!' They are also carefully chosen activities that should be able to be done independently by most school age children.

See the activity list on the next page. ==>

Work at Home Mom's Guide to

SchoolAgers Summer Activities

Checkoff each activity when you are done. Please clean up after each activity.

GET SMART

- Read a book
- Write a letter
- Do a puzzle
- Write a story
- Math flash cards
- Sink or float experiment
- Memorize a verse
- Mad Libs
- Make a Word Search
- Make a Board Game
- Write and sing a song
- Read a book under a tree
- Do a word search
- Research a person you admire
- Write a family newspaper
- Animal Report
- Create a menu
- Make a stop motion video

HELPING HAND

- Do a chore
- Random Act of Kindness
- Organize your closet
- Pray for someone
- Organize the kid DVDs
- Brush the dog/cat
- Call grandparents
- Find 3 toys to donate
- Make a thank you for the mail carrier
- Write a thank you
- Make a family snack

IMAGINE THAT

- Play dress up
- Blanket fort
- Make a treasure hunt
- Make a mask
- Doll salon
- Stuffed animal vet office
- FP 'Little People' village
- Play school
- Build an army guy fort
- Play restaurant
- Play library
- Stuffed animal zoo
- Set up dolls and take pictures
- Water tea party
- Cardboard box creations

GETTING CRAFTY

- Color a picture
- Paint with watercolors
- Bead jewelry
- Fabric markers on an old tshirt
- Playdough
- Draw a town for hot wheels cars
- Make a Bingo game
- Sew something
- Make a picture frame
- Make a sock puppet
- Design paper airplanes
- Make a comic book
- Make a Nerf gun target
- Picture with only stickers

PLAYTIME

- Kickball
- Obstacle Course
- Bike Wash
- Play basketball 'horse'
- Hot Wheels race
- Play a board game
- Remote control cars
- Magnet darts
- Tabletop Ping Pong
- Battleship
- Lego Challenge
- Bozo Buckets
- Paper airplane challenge
- Push-ups and sit-ups
- Trampoline
- Build a block tower

NATURE NUT

- Make a bird feeder
- Keep a bird log
- Paint sticks
- Paint rocks
- Water the garden
- Set up a tent in the yard
- Play army guys outside
- Collect and identify leaves
- Take pictures of nature
- Nature rubbings
- Weed the garden
- Sidewalk Chalk
- Make a bug house
- Find bugs for bug house
- Draw Nature

Find more resources for Work at Home Moms at

WomensBusinessWorkshop.com

Daily Checklists



Some summers we have had a daily checklist for the kids. It ranged from a morning list, the things they should do anyway (make their bed, brush teeth, pickup room) to more structured activities (read 20 minutes, do a chore, flash cards). I have included a couple different examples of these, for different age levels.

We did not do the lists everyday, and I would not do them on the same day as centers probably, but they definitely helped keep a routine for the kids. They didn't have to hear me nagging them to do these things and usually they got done. These checklists are great on rainy days or after a stretch of 'everyone doing anything they want' days.

Below are a few options for a daily to-do list. See the sample printable list as well. You can use pictures for younger children. Even a 4 year old can pull up the covers to 'make' their bed. Even a 3 item list can be helpful!

Sample Ideas

Make your bed and straighten your room.

Read/Look at books for 20 minutes.

15 minutes of math practice (workbook, flash cards, online game, number tracing)

Do something nice for another family member (write them a note, make a surprise for them, make them a treat, share a toy, call a grandparent).

Do one chore from the chore list

Pick up and put away 5 things from around the house (even if they are not yours)

You can also customize for your child's interest (daily devotional, practice your instrument, typing, sport skill). I would also add things depending on our schedule - draw Grammie a birthday picture, choose 3 toys to pack for our upcoming trip, clean up the fort from this weekend, etc).

There is a blank checklist included so you can create your own, if the samples don't work for your family.

Sample 1 (page 5) is for primary grades.

Sample 2 (page 6) is for lower elementary grades.

Sample 3 (page 7) is for upper elementary/middle school grades.

Daily Checklist for:

Check off each picture when complete.



Make your bed



Read 3 books



Put away 5 toys



Draw a picture for _____



Extra: _____



Daily Checklist for:

Check off each item when completed.

READING: Read 2 easy readers _____



Read 2 picture books _____

Practice sight words _____

PHYSICAL EXERCISE: Circle 4 to do.



-jumping jacks

-stretching

-run stairs

-sit-ups, push-ups

-balancing on one foot

-mini trampoline

-hoola hoop

-stilts

WRITING: Circle 1 to do:



-A note to _____

- A letter

- A word list

-A story

-A to-do list

-Practice your name

HOME: Do 2 jobs. Circle 2.



- sweep kitchen

- give pets water

- clean table

- wash 4 windows

- pick up 10 things

- bring down laundry

MATH PRACTICE: Circle 2.



-flash cards

-playing math bingo

- make a number line

-math sheets in your workbook

-Roll dice and add numbers

WORKBOOK: Do 3 pages.



I did pages _____, _____, _____

***LAST* EXTRA:** Pick an activity from the summer list
(that you can do by yourself).

I did: _____



Daily Checklist for:



Complete each item and check off when finished.

READING: Read for 20 minutes (or longer) in a quiet place.

PHYSICAL EXERCISE: Do physical activity for 10 minutes.

- | | | |
|--------------------|------------------------|---------------------|
| -jumping jacks | -stretching | -run stairs |
| -sit-ups, push-ups | -balancing on one foot | -juggle soccer ball |
| -trampoline | -hoola hoop | -bump vball |

WRITING: Write a page in your journal or do a devotional (write about whatever you want, write a story, write about what happened yesterday, write a letter, write to a company, write a note to Dad or a relative)

- At least 10 sentences
- After writing, go back and check spelling and punctuation

I wrote: _____

HOME: Do 2 jobs from the chore list.

Job 1: _____ Job 2: _____

MATH PRACTICE: Spend 10 minutes practicing math.

- | | | |
|-------------------------------|------------------|------------------------------|
| -flash cards | -play math bingo | -make a worksheet and answer |
| -math sheets in your workbook | | key for your sibling |
| -math game | | -Work on equations |

Start time: _____ End time: _____

WORKBOOK: Choose 2 pages to do in your workbook

I did pages _____ and _____

***LAST* EXTRA:** Pick an activity from the summer activity list
(that you can do by yourself).

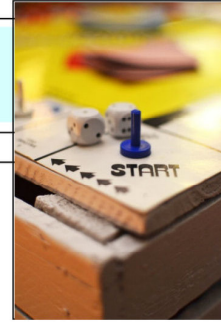
I did: _____

Daily Checklist for:

Check off each item when complete.



Summer Centers



When my kids were too young to stay occupied on their own, and I couldn't afford a babysitter, I set up centers for them to rotate through while I worked from home. I got the idea from the blog Hive and Nest, and tweaked it a little to fit our kids. I made up a printable for each child so they knew where to be and what they should be doing.

Here are my tips and suggestions if you want to try this at home!

Come up with a list of centers that all of your children can do on their own without help from you (or just use the printable on the next page). Gather supplies and designate a location for each center. They can be located anywhere in the house (basement, bedroom, kitchen counter, dining table). Keep the centers far enough away from each other so kids are not as likely to argue or bother each other. You can stock the centers with supplies from around the house or get some cheap additions at Dollar Tree or garage sales.

On each child's chart, I put a star next to their starting center. This varies for each child. Then they just go to the next center on the list and rotate through (so two children are not at the same center).

Get a timer, or have an older child in charge of timing out each center. When the timer goes off, the kids clean up their center and then move to the next station on their list. I usually did 20 minutes each, but it depends on the age and attention span of your children. I did not let children leave centers early or go out of order.

Here are some center suggestions, but feel free to use what interests your family. You can always change up the centers each month to keep them engaging.

Art Studio: Art supplies, pipecleaners, paper plates, construction paper, stamps

Reading Spot: My kids loved when the reading spot was on the back deck, and I could still see them from my workstation. They brought their own books.

Puzzles and Games: Puzzles, Magnet Books, Educational Games

Computer/iPad time: Typing practice, games on an ipad, free screen time

Math Center: Each child has a workbook that is at their level, flash cards, math games, dice, Math24

Sports Center: We had this in our garage, but it could be in a basement or outside as well. We have a Little Tykes basketball hoop, hoola hoop, mini trampoline, scooter

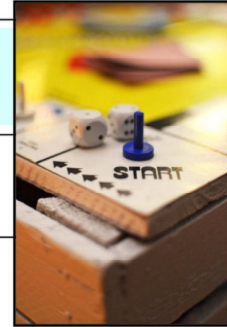
Snack Time: Kids can make themselves a snack in the kitchen and eat during the center time.

Music Studio: Practice your instrument, music note worksheets, keyboard

Imagination Station: Dress up, play store or school, pretend post office

Bedroom Clean Up: Kids clean up their room during this center. If their room is clean, they can have free play time in their room.

Centers List for:



Go to the centers in the order listed. Have fun!

ART ZONE



Use the arts and craft supplies provided to make anything you want!
Be sure to CLEAN UP after you create.

MEDIA TIME



Your choice of screen: _____
Please follow our family media rules.

SPORTS CENTER



Get your energy out in the sports center. Be respectful of others and your noise level.

READING SPOT



Grab some books and head to the Reading Spot.

SNACK TIME



Make a quick and easy snack to enjoy.
CLEAN UP when you are finished. If you finish early, empty the dishwasher or clean off the counters.

PUZZLES AND GAMES



Be sure to put back all the pieces when you are done.

Kids in the Kitchen



How many times throughout the summer do you hear, 'I'm hungry! What's for lunch!?' Maybe you were right in the middle of writing a great paragraph, or elbows deep into creating a project.

Sometimes when we stop working abruptly, it is hard to get back into the flow later. My Kids in the Kitchen system helps kids to be in charge of their lunches and snacks throughout the summer. For school age kids this is totally doable! And this helps you to have less interruptions while working.

Like a lot of new skills, if your child is not used to preparing meals, this will take some guidance. Start with baby steps. Breakfast or snacks are great to start with. Practice one snack a day together, while slowly letting the child do more and more of the prep and cleanup. As they learn to do more advanced foods (involving the microwave or oven) be sure to discuss safety rules, what is off limits, and 'what-ifs'.

Meal prep and cooking are important life skills. Kids feel such a sense of accomplishment when they can make their own meals. Now if only we could transfer that to cleanup! I have included a cleanup checklist that you can post in your kitchen (it is in the resource section at the end of this workbook). You can print it, fold it in half like a 'tent' sign, or add your own steps on the smaller half. Their cleanup may not be perfect, but they are learning in the process!

The checklists on the next few pages are just suggestions. Your family may have their own favorites or special food options. You could also add a list of breakfast options.

If you need more easy snack and lunch ideas, subscribe to our weekly emails! You will receive a themed activity and shopping list for the upcoming week.

Go to WomensBusinessWorkshop.com for more information.

Kids in the Kitchen

Meals and snacks that most kids can make on their own this summer!

Salad Bar

Sub sandwiches

Microwave quesadillas

Apples and Peanut Butter

Bananas and Peanut Butter

Lunch Meat Wrap

Bagels and Cream Cheese

Black Bean Tacos

Cheese and Crackers

Veggies and Hummus

Nachos

Soup and crackers

PB & J

Hot Dogs

Smoothies

Fruit Salad

Yogurt Parfaits

Leftovers

Bagel Pizzas

Easy Mac

My ideas for next time!

Kids in the Kitchen



NACHOS



BAGEL PIZZA



SOUP



BEAN TACOS



PB & J



COLD CUT WRAP



SALAD



SUB SANDWICH



EASY MAC



CHEESE & CRACKERS



HOT DOG



MICRO QUESADILLA



LEFTOVERS



BAGEL &
CREAM CHEESE

Lunch