



SUMMER TOOLKIT FOR PARENTS

Make Transitions Smooth and Enjoyable This Year



Principles for a Successful Summer Transition

Resources to support the transition from classroom to couch

Transitioning from the school year to summer can be a challenging time for children. By employing five thoughtful principles, parents can help make this shift smoother and more enjoyable.

Count It Down: Create a tangible countdown, such as a paper chain or sticker chart. This aids children in mentally preparing for the transition by providing a clear timeline.

🗑 7-Day Countdown to the Last Day of School 🔅

A transition tool to help kids ease into summer with structure, fun, and emotional support.

Day	Countdown Activity	Emotion Check-In (Circle One)	Notes from Today
Saturday	Start a paper chain for the week! Let your child help decorate and hang it.		
Sunday	Talk about summer plans during breakfast or dinner. Use visuals if possible.	© <u></u>	
Monday	Read a book about change, transitions, or summer adventures together.	€ • •	
Tuesday	Draw or color a picture of something your child is excited to do this summer.		
Wednesday	Help pack up school supplies and talk about favorite memories from this school year.	€ • •	
Thursday	Review a visual calendar or schedule of what summer will look like.	© <u></u>	
Friday	Celebrate with a special breakfast, PJ day, or mini "school's out" party!		

Preview Summer Plans 🚵 🥫

Whether it's camp, therapy sessions, vacations, or just lounging at home—talk about it ahead of time. Use photos, storyboards, or weekly calendars to preview what's coming. Even spontaneous activities can be framed within the structure of a schedule board that says "surprise fun activity!"

Wisual aids aren't just cute—they're powerful tools that help kids mentally rehearse what's ahead, reducing uncertainty and anxiety.

Summer Weekday Schedule Table (Example)

Time	Activity	Visual Support Ideas
8:00 AM	Wake Up & Breakfast	☀⊨⊜ (sun, bed, pancakes)
9:00 - 12:00 PM	Summer Camp (games, art, outdoo	⊕⊕ (paint, ball, tree)
12:00 – 1:00 PM	Lunch & Quiet Time	७ □♥ (apple, book, sleep emoji)
1:00 – 2:00 PM	Fun at Home (crafts, puzzles, or scr	ൂ് ≫ (puzzle, TV, scissors)
2:00 – 3:00 PM	Outside Play or Therapy	🏃 📏 🧠 (running, slide, brain/therap
3:00 - 6:00 PM	Free Play, Rest, or Transitions	风 E⇔ (game, books, car ride)
6:00 PM	Dinner	∭& (plate, spaghetti)
7:30 PM	Story Time & Bedtime Routine	(book, bath, bed)

Summer Weekday Schedule Table (Template)

Time	Activity	Visual Support Ideas