

# Tips for Thriving in Third



## Routines

Kids don't need a strict school schedule, but they do benefit from a predictable rhythm to their day.

Builds Security and Confidence: When kids know what to expect (wake up, meals, reading time, play), they feel more in control.

Manage emotions better-Transition back to school more easily

Prevents the Summer Slide: Without routines, academic skills (reading, writing, math) can slip. A simple daily structure that includes: 15–20 minutes of reading, A little writing or math

Supports Healthy Habits: Consistent routines help maintain: sleep schedules (huge for focus and mood), regular meals, balanced activity vs. rest

### Simple Example Daily Rhythm

Morning: Time with Jesus, reading, and learning activities

Midday: outing, play, or errands

Afternoon: Creative play

Evening: family time and reading

Limit screen time to increase creativity, exploration, and problem-solving

Students should have responsibilities at home; being a helpful member of the family builds ownership and a work ethic

## Get out in the Community

Libraries, parks, museums, zoos, farmers markets

## Math

Grocery Store Math Mission: Give your child a small budget (like \$10) and a list. Have them: Add prices as they go, Compare costs (which is cheaper?), Estimate the total before checkout

Cooking & Baking Together: Let your child measure ingredients and adjust recipes, Double or halve a recipe, Read measuring cups and spoons

"Store" at Home: Set up a mini shop with toys or snacks: Label prices, Use coins/bills to "buy" and "sell", Practice making change

Multiplication Arrays with Objects: Use LEGO, buttons, or snacks: Make rows and columns (e.g., 3 rows of 4), Count total and write equations


Daily Word Problem Challenge: Make up simple real-life problems: "We have 12 cookies and 3 people. How many each?" Encourage drawing or acting it out

Backyard Measuring Fun: Use a ruler or tape measure: Measure plants, toys, or jump distances, Compare lengths

Graph Your Summer: Track something daily: Weather, steps, reading minutes and turn into a bar graph

Time Detective: Read analog clocks, Plan daily schedules, Track how long activities take

Outdoor Math Toss: Write multiplication equations in chalk: Toss a beanbag and solve what it lands on



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## Boredom is Good

It might feel uncomfortable, but boredom is where some of the best growth happens.

Being bored encourages creativity (I'll invent something!), imagination (storytelling, pretend play), and independence (finding something to do without being told)

If kids are always entertained (especially by screens), they don't get the chance to think for themselves or develop initiative

A bored child might build a fort, write a story, create a game, or explore outside

## Spiritual Disciplines

Make church a priority

Pray as a family each night

Read scripture and choose verses to memorize as a family

Find practical ways to serve others in your community

Be mindful of what you allow into your heart and mind

## Reading

Family Read-Aloud Time: Take turns reading pages or characters, Pause to ask: "What just happened?" or "What do you think will happen next?"

Reading Picnic Days: Bring books outside (park, backyard, blanket) Pair reading with snacks and discussion

Bedtime Retell Routine: After reading, have your child retell the story: Beginning, middle, end, Favorite part and why

Story Mapping with Art: Draw the setting, characters, problem, and solution, Use crayons, markers, or craft supplies

Be the Character Acting: Act out scenes from a story, Ask: "How does this character feel?"

## Writing

Book Journal: write about each book, favorite character, new words, rating (1-5 stars)

Letter to a Character: Write a note to a character, ask questions or give advice

Sentence Builder: Give 3-5 words and create a sentence, expand it by adding details

Be the teacher: Write an incorrect sentence: "i goed to the park" have your child fix it

Weekend Stories: Write 3-5 sentences about a weekend event, beginning, middle, end

