

Give Your Kids a Healthy and Active Summer

After an unprecedented and challenging year, there are many ways families can keep their children moving and learning this summer using foundational principles in the Whole School, Whole Community, Whole Child (WSCC) model.

Parents play an important role in helping their children prepare mentally, physically, and emotionally for the upcoming school year. Here are some ways you can give your child a healthy and active summer through activities that make them feel safe, healthy, engaged, supported, and challenged.



The WSCC model is CDC's framework for school health where families are committed to actively supporting their child's learning and development in and out of school.

Keep Your Children **Safe** This Summer

Physical Activity

- Water activities, like swimming and canoeing, are a fun way to stay cool. [Check out these tips to enjoy the water safely.](#)
- Meditation breaks and exercises suitable for kids' minds and bodies can help cope with stress in healthy ways. [Learn more about ways to unwind.](#)

Nutrition

- Want to try a new recipe? Be safe while doing so! Teach your child the basics of [food safety](#) and [handwashing](#).

Social Emotional Learning

- Social and emotional learning starts at home. Check out a [video and other resources](#) to learn more.



Keep Your Children **Healthy** This Summer

Physical Activity

- Help your kids and teens [get 60 minutes of physical activity](#) every day! Check for free or low-cost sports camps at their school or the local rec center—or get active by walking, biking, or roller skating as a family during your summer vacation.
- Play fitness bingo or other creative games when you're with a group of friends for fun ways to pass time while also getting your bodies moving.
- After a fun day of play, help your child wind down and get a good night's sleep. Find out [how much sleep](#) your child needs.

Nutrition

- Getting enough water every day is important for your child's health. Help your [child choose water over sugary drinks](#).
- Stay energized by trying these [healthy eating ideas](#).
- [School meals are free](#) for all kids this summer! Check your school's or school district's website for more information.

Social Emotional Learning

- Dancing to music from other countries and languages can strengthen the ability to empathize with others from diverse backgrounds and cultures. Try dancing, for example, to [hits from around the world](#) or other multicultural music options.
- Try [summer activities](#), for example, that can help continue teaching social and emotional learning.

Enjoy summer activities safer when you are fully vaccinated!

Help protect your whole family by getting yourself and your children 12 years and older vaccinated against COVID-19.



Keep Your Children **Engaged** This Summer

Physical Activity

- Try using this [Family Nature Club Toolkit](#) or something similar to help you plan and share outdoor experiences with like-minded friends and families who are yearning for “more green, less screen.”
- When devices are being used, [motivate children to get active](#) on commercial breaks or in between shows.
- Monitor overall media use together as a family and see if you can meet the [Physical Activity Guidelines for Americans](#).



Nutrition

- Download the [Dining Decisions mobile app](#) on your phone or tablet to help your kids make healthy food choices at home or on the go.
- Here are some [online games and activities](#) for your child to play, assorted by grade level. These activities encourage curiosity and promote healthy eating habits.
- Check out [USDA's eating plan](#) to help balance healthy meals for you and your family.

Social Emotional Learning

- Try [planting a garden](#) or volunteering at a community garden as a family. This can help foster teamwork and strengthen relationships.

Keep Your Children **Supported** This Summer

Physical Activity

- Are the kids stuck in the house on a rainy day? [Watch this video](#) for tips to help your kids get physical activity when they can't go outside.

Nutrition

- Try making a [new recipe together](#) with a fruit or veggie your child likes. It's a great way to bond and encourage cooking habits in the home.
- Family members can [eat similarly nutritious meals](#) as the child to encourage healthy eating habits.

Social Emotional Learning

- Strengthen your family relationships and support kids and teens in making responsible choices with these [positive parenting tips](#).
- Arts and crafts are a great way for your child to make connections between feelings and creativity. See [this guide](#) for 15 art lessons you can use in the home to support your child socially and emotionally.

Keep Your Children **Challenged** This Summer

Physical Activity

- Learn a new [dance move or try a new sport](#) with friends—trying something new can be fun and rewarding.
- Make getting more physical activity and exercise a family challenge using resources like [family activity points](#), for example.

Nutrition

- Try a new fruit or vegetable. Ask for your child's opinion or simply introduce a new fruit or vegetable in the kitchen. Try this [Kids Food Critic activity](#) to make exploring new foods more exciting.

Social Emotional Learning

- Camps provide opportunities for children to try new activities, develop relationship and social skills, and be physically active. Visit your county's parks and recreation website or stop by a local center for information on free summer sessions near you.
- CDC has COVID-19 guidance for [how camps can maintain health and safety](#).



For more information, visit www.cdc.gov/healthyschools.