

# How to Combat Spring Fever at Home

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Well, you survived spring break with vacations, play dates, and some much-needed down time. Now, how will the family cope with the end of the year in sight but feeling further away these days than it did in January? The adult version is similar to running a half marathon and making it through mile 9, 10, and 11. You see the end but those last 2.1 miles feel like forever.

## Tips to Overcome Spring Fever



This time of year is long for the students as well. Here are some easy tips for surviving the home stretch:

Days are longer now that we turned our clocks back.

Consider taking evening walks after dinner.

Allow your young person to bring a friend on a walk. Include a trip to the local ice cream shop if it's in walking distance from your house. Mixing exercise with a fun treat is a win-win for spending time together.

Alternatively, explore nature right in your own front/backyard. Challenge your curious crew to a timed data collection exhibition. For this activity, you will need a clipboard, pencil, paper, and a medium sized cardboard box with bottom cut out. Have the children select an area of interest in the yard. Once an area is determined they place their box down on the ground to determine how many living and non-living things they can count within the perimeter of the box. Set a 10-minute limit to the data collection process. There are a couple of ways to collect the data. They can tally under the categories or draw a sketch of the different types of items they saw and record a number total. In addition, children could record observations such as wind speed, dampness, location and proximity to water. I recommend groups of 2-3 for maximum collaboration. Bring everyone back inside and discuss the data collected.

Another strategy that will help combat spring fever is by having breakfast for dinner. Include the kids in the cooking experience rather than preparing the meal yourself. Giving them a taste of responsibility is exciting. Turning the expected into the unexpected is the key to survival.

Welcome spring days!

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