



THE
NEURODEVELOPMENTAL
COLLECTIVE

www.neurodevelopmentalcollective.com

My SUMMER — WORK PLAN —



✧ Pick one activity from each category each day. *You choose the order!* ✧

CATEGORIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
READ OR LISTEN							
MOVE YOUR BODY							
CREATE SOMETHING							
BRAIN CHALLENGE							
GET OUTSIDE							
HELP AT HOME							
CONNECT WITH SOMEONE							
QUIET TIME & REST							

... ⇒ Ideas to Choose From ⇐ ...



READ OR LISTEN

- Read a book
- Audiobook
- Lexia® (app)
- Epic! (app)
- Graphic novel or comic
- Listen to a podcast
- Magazine



MOVE YOUR BODY

- Go for a walk
- Dance or Just Dance 2
- Cosmic Kids Yoga
- Stretch or yoga
- Indoor obstacle course
- Active game (Simon Says, freeze dance)
- Trampoline or jumping jacks



CREATE SOMETHING

- Drawing (Art for Kids Hub)
- LEGO® build
- Craft or DIY project
- Bake or cook
- Write a story
- Build something
- Play music



BRAIN CHALLENGE

- Puzzle
- Math game
- Chess
- Any board game
- Card game
- Strategy game
- Logic game



GET OUTSIDE

- Nature walk on the patio
- Go for a walk around the neighborhood
- Look for clouds or birds
- Gardening in pots
- Chalk art on the driveway
- Water play outside
- Have a picnic outside



HELP AT HOME

- Help cook a meal
- Fold laundry
- Feed pets
- Organize toys/room
- Set or clear the table
- Water plants
- Take out recycling
- Sweep or vacuum



CONNECT WITH SOMEONE

- Call a grandparent or friend
- Play a game together
- Have a picnic (inside)
- Write a letter or card
- Plan a movie night
- Do something kind
- Chat with a family member



QUIET TIME & REST

- Read in a cozy spot
- Listen to music
- Coloring or doodling
- Sensory break (see examples)
- Journal or write
- Nap or rest

Mindfulness Resources



Sensory Break Examples

- Fidgets
- Weighted blanket
- Sensory bin
- Deep pressure (hugs/squeezes)
- Rocking
- Ball/seat cushion
- Movement break



MY SUMMER GOALS (EDITABLE)



NOTES / CUSTOM ACTIVITIES (EDITABLE)

♡ Be kind to yourself. Have fun. You've got this! ♡