



Parent Advisory Group

June 28, 2022

Free and Low Cost Activities to do in the Summer



Our goal is to provide resources for events and activities to do for Parents and Children during the Summertime in San Diego

We will provide information to you based on your county for the summer months



Benefits of Summer Enrichment Activities



Promotes cognitive development

- Less brain stimulation during the summer can lead to kids being behind when school restarts, some up to 3 months of basic skills
- Make summer learning fun with games & activities

Reinforce social skills

- In school, kids have loads of opportunities to socialize
- Create outings that encourage kids to socialize with other kids and reduce screen time; screen time will cure boredom but will not benefit social skills

Encourage physical activity

- Researchers have proven kids need to be moving and stay active
- Making it fun is key: dance parties, parks/playgrounds, riding bikes, etc

****www.Todayslifeonline.com**

7 Best Ways to keep kids off electronics over the summer

- Set a time when they are allowed to start using devices
- Keep them in common areas of the home when on devices
- Set hours kids can be on their devices
- Schedule a time limit in the device
- Get them to play with anything else
- Make them earn it by doing a chore or set of chores before allowing devices
- Make sure they get permission to be on the device prior to using it

**www.socialmum.com

10 At-home summer activities (free/low cost)

- Summer reading program either on your own or with your library
- Plan a nature scavenger hunt
- Use free online printable activities to make summer learning fun
- Take a local field trip
- Journal/write daily
- Start a garden (size of the garden doesn't matter)
- Cook & bake with your child
- Learn new words: Create a word of the day activity
- Play board games
- Practice everyday ways to teach math (pizza slices as fractions, open milk container as percentages, etc)

www.waterford.org

Self Care

Adults and Children alike need and deserve self care

Don't forget to allow yourself to do activities that you enjoy too.

Its hard to take care of others when you don't take care of yourself



Self Care

While there are many different self-care strategies for parents, it's important to experiment with them to figure out which strategies work best for you.

1. Meditate by using the [calm.com](https://www.calm.com) app
2. Spend Time in Nature even if it is your own backyard or a stroll in the park
3. Listen to Music that you enjoy
4. Join a Book Club or visit your local library. You can even download a free app called Libby that connects your phone to library books that you can download for free to your phone!
5. Go for a Walk in your neighborhood. Studies show walking for even 15 minutes a day can improve your mood, cardiovascular health and decrease likelihood of developing type 2 diabetes
6. Write in a Gratitude Journal. Studies show that showing gratitude can make you happier
7. Engage Your Senses. Grounding can help children as well as adults
8. Carve out Time to Be Alone. Reset yourself so you can be present for others and for yourself

Transportation



SANDAG


Youth Opportunity Pass

18 and under ride free
with PRONTO!

MTS **NORTH COUNTY
TRANSIT DISTRICT**

PRONTO

Youth Ride Free with PRONTO

- All riders 18 & under will be able to ride MTS and [North County Transit District](#) (NCTD) services for FREE with a Youth PRONTO app account, or a Youth PRONTO card. The [Youth Opportunity Pass](#) is a pilot program, sponsored by the San Diego Association of Governments (SANDAG) and County of San Diego, through June 30, 2023.
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Transportation

To be eligible for the Youth Opportunity Pass, riders 18 & under must have a Youth PRONTO app account, or a PRONTO Youth card, and travel with proof of eligibility. (Kids 5 & under ride MTS and NCTD free at all times, and don't need a card or proof of eligibility.)

- Download the PRONTO app on your [Apple](#) or [Android](#) device.
- Create a virtual card.
- Convert your card to a [Youth account online](#), over the phone (619-595-5636) or in -person (MTS Transit Store, NCTD Customer Service Centers). (Accounts converted online will be processed the next business day.)



Farmers Markets

- Introduce your child to different and new fresh foods
- Many Farmers markets accept EBT
- All Farmer's Markets are free to attend
- There is a Farmers market open every day of the week in different areas of San Diego county
- <https://www.sdfarmbureau.org/farmers-market/>



Car Shows



San Diego hosts a number of Summer Car Shows throughout the county

All are free and open to the public

It is a great way to enjoy beauties of the past in the open air

Free Summer Concerts

San Diego's Free Summer Concerts 2022

Start the summer on a high note! Here are outdoor gigs and free summer concerts happening throughout San Diego County in 2022.

<https://www.sandiegofamily.com/things-to-do/seasonal-happenings/san-diego-summer-concerts>



Enjoy a trip to your local park



There are more than 340 parks in San Diego to enjoy, each with its own unique flair

Pack a lunch, grab your roller skates, ride on over in a bike and enjoy the outdoors

Free Movies in the Parks

Summer Movies in the Park in San Diego is a way for the parks to give back to the communities

Movies begin after dusk and it is free and open to the public.

Check the schedule online to see when a Movie is coming to a park near you!

Free and Fabulous Family Fun in Your Neighborhood.

Summer Movies in the Park is a perfect chance to relax and enjoy a safe and special night under the stars



San Diego Beaches



Take a trip to the coast with your family to soak up the sun and enjoy nature at it's finest. There are 31 beaches to choose from on San Diego's coastline, so take a trip and make some memories!



Balboa Park Residents Free Days

Park museums offer free general admission on a rotating basis throughout each month to **residents** of the City and County of San Diego, and to **active military** personnel and their dependents.

Due to large crowds and for visitor safety, access for organized groups and strollers may be restricted.

All you need to get in is a photographic ID with your address.

<https://www.balboapark.org/residents-free>



July 4th Fireworks Celebrations



You can find San Diego Fireworks on July 4th all over the county for Independence day.

Celebrate July 4th with the best parades, picnics and celebrations in San Diego county.

<https://www.sandiego.org/campaigns/summer-in-san-diego/4th-of-july.aspx>



Old Town

Visit one of San Diego's most popular destinations, Old Town.

Located within walking distance of a major transit center, you can choose to walk to most restaurants, hotels and shops in Old Town. When you want to venture out there is the trolley, buses, trains and taxis all available on site. There is also plenty of free parking throughout Old Town.

Old Town has over 30 restaurants, most with great outdoor dining, and a quaint atmosphere plus there are more than 75 unique places to shop. This historic area is situated next to the State Park with 32 historic sites and shops.

4002 Wallace St **San Diego**, CA 92110

