

Spring Break Survival

Strategies for Families

School breaks can disrupt routines that children rely on. Planning ahead and keeping a few predictable activities each day can help children stay regulated while still enjoying time off.

1. Keep a Simple Daily Routine

- Wake up and go to bed around the usual time
- Create a visual schedule for the day
- Include meals, playtime, and quiet time
- Preview the plan each morning

2. Plan One Activity Each Day

- Visit a park or playground
- Take a short nature walk
- Have a backyard picnic
- Try a simple craft activity
- Invite a friend for a short playdate

3. Balance Energy Levels

- Alternate active play with calm activities
- Follow outdoor play with quiet reading
- Offer sensory breaks when needed
- Allow downtime between activities

4. Prepare for Changes

- Talk about upcoming plans ahead of time
- Show pictures of new places if possible
- Explain who will be there and what will happen
- Practice flexibility if plans change

5. Celebrate Small Wins

- Trying a new activity
- Waiting for a turn
- Helping clean up toys
- Following the daily schedule

