

# Counselor's Corner

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## Summer Boredom Busters

Yes, it does seem a bit early to be discussing summer, but I am a planner, and I'm sure that many of you are, too, and some of these summer opportunities fill up fast, so let's get to it.

The Oklahoma State Regents for Higher Education offer Summer Academies in STEM for all current 7th and 8th grade students. They are FREE and take place on college campuses all over the state of Oklahoma. If you are interested, go to [https://www.okcollegestart.org/High\\_School\\_Planning/Summer\\_academies/summer\\_academies.aspx](https://www.okcollegestart.org/High_School_Planning/Summer_academies/summer_academies.aspx) or email [cbeam@osrhe.edu](mailto:cbeam@osrhe.edu).

Francis Tuttle Technology Center in OKC offers Summer Quest for students ages 11-14. Summer Quest is offered in three weekly sessions June 5-23; there will be both on-campus and virtual classes offered. There is a small fee for these classes, but the offerings include baking, construction, robotics, art, babysitting, and many more. Classes fill up quickly, so don't delay. Go to <https://www.francistuttle.edu/campus-events/summer-quest> to sign up or receive more information.

If staying at home is more your style, then enjoy some of these great summer activity suggestions: camp out in the back yard, play in the sprinkler, have a family movie night, create a new sandwich, make mud pies, track the moon phases, build a bird house, plant a small garden, make popsicles, fly kites, have a friend cookout, play hopscotch, make paper airplanes, have a water fight, wash the family car, make salsa, catch bugs, do a treasure hunt, have a daytime pajama party.

The key to busting summer boredom is to have a plan, and the best plan will not include excessive lengths of time on personal electronic devices. Children will be healthier and happier if they spend more time creating and interacting face-to-face, so challenge the middle schooler in your family to put down that cell phone/iPad/Chromebook and join in the fun.