

Four Free and Easy Tips for Summer Learning

Overall, children experience an average summer learning loss across reading and mathematics of about one month according to Duke University research and our data at Earl Boyles School.

The thing is, kids don't have to lose over the summer! In fact, you can encourage your child to have a summer of fun *and* learning with these five free and easy things to do. Try them out!

1. Read Every Day

The Research: Research shows that specific areas of the brain are affected when young children have reading exposure at home from an early age. These areas are critical for a child's language development, concentration and interest in further learning. Reading helps develop creativity, imagination and empathy ([Bonfiglio, 2017](#)).

Suggestions: Take your kids to the library often and let them choose which books to check out. Listen to books on tape. * Take turns reading to each other. Allow your kids to stay up a half hour later at night as long as they're reading.

2. Use Math Every Day

The Research: The largest summer learning losses for all children occur in mathematical computation, an average of 2.6 months (Cooper, 1996).

Suggestions: Practice the multiplication tables by making each point in a family game worth 7 points (or 8 or 9). Ask your kids to make change at the drive-thru. Show your child how to go to [Khan Academy](#) to play math games. Make up math word problems in the car and at the dinner table.

3. Get Outside and Play

The Research: Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior ([American Academy of Pediatrics, 2017](#)).

Suggestions: Find ways to ensure your child is active for 60 minutes each day. Have him or her walk the neighbor's dog, go swimming, play frisbee or soccer, take walks, or go for family bike rides. Look for safe, fun ways to play outside together year-round. Look up "[Free Summer Activities](#)" and [PDX Parent](#) for more ideas.

4. Do a Good Deed

The Research: Students learn better and "act out" less when they engage in activities to aid in their social-emotional development, such as community service ([The Collaborative for Academic Social and Emotional Learning, 2018](#)).

Suggestions: Encourage your child to help out neighbors or friends. He or she can volunteer with a local group or complete a service learning project. Suggest that your child set aside part of his allowance for charity.