

Summer Fun and Learning

By Diane Trautman

Routines are important, especially as we try to pack more into our days. They help us keep order so we can accomplish the things that must be done. They're especially important for people who need greater structure to maintain their focus and attention. But routines can become too restrictive, leading us to limited self-perception and interaction with others.

You may think of yourself as having two left feet and thus avoid taking a dance class even though you love watching *Dancing with the Stars*. Or you may think that art lessons would be wasted on you because you don't seem to be the "creative" type.

It's one thing to decide that we don't like certain activities, but when we avoid them because we're afraid we'll fail and look the fool, we deprive ourselves of new adventures and learning opportunities. Children can get stuck in these ruts, too, and their hesitation to explore new pleasurable pursuits can translate into reluctance to engage in classroom learning.

We can help them open their minds and awaken their bodies, by enrolling them in recreational programs or private lessons that expand their horizons. Better still, we can get out there with them and try a new sport or hobby. Learning should be challenging and fun, not just another exercise we have to get through.

We wish you and your family an enjoyable summer full of new discoveries. Should the need arise, we can provide tutors to help your child successfully complete summer courses or prepare for the next school year.