**Sunday**

1. Encourage your teen to write a letter to a teacher or coach who has been a positive influence.

2. Ask your teen what assignments from this past school year she thinks she'll remember five years from today.

3. Today, talk to your teen as if you would to a friend or co-worker. How does he respond?

4. Will your teen apply for a summer job? Have her ask teachers and others now for permission to list them as references.

5. Don’t pay your teen for regular chores. Helping out around the home is every family member’s responsibility.

6. Plan a special activity to celebrate the end of the school year. Ask your teen what he’d like to do.

7. Take a walk with your teen. If possible, leave your phone at home and enjoy some time unplugged.

8. Discuss a controversial issue with your teen. Ask, “What do you think?”

9. Ask your teen to guess which ingredients or vitamins are in a food. Then check the label.

10. Does your teen have a summer reading list? Post it and have her check off books as she finishes reading them.

11. Teens still need routines during the summer. Talk with your teen about how he will spend his time.

12. Help your teen review and update her résumé. It will help if she wants a summer job.


14. Challenge your teen to do a secret good deed for a friend or neighbor.

15. Ask your teen to think about the snacks she eats. Could she make some healthier choices?

16. Read an editorial with your teen. Tell him if you agree with the opinions stated. Ask what he thinks.

17. Are you away from home during the day? Talk with your teen about the house rules.

18. Decide on some educational goals your whole family can pursue this summer.

19. Make up trivia questions about your family. Quiz one another at the dinner table.

20. Make sure your teen does some kind of exercise every day this summer.

21. Suggest your teen start a scrapbook to document highlights of summer vacation.

22. Give your teen love and attention without making her the center of attention all of the time.

23. Help your teen realize that he doesn’t need to have the latest electronic gadget to be happy.

24. See if you can find someone in a career field that interests your teen. Could she visit this person at work?

25. Ask your teen to solve silly math problems, such as “How many hours until the first day of school?”

26. Let your teen help you make a family chore chart. Everyone can check off jobs as they complete them.

27. Let your teen be your tour guide this summer. Have him plan low-cost family outings.

28. Memorize something with your teen today. Try a short poem or a quotation.

29. Notice and talk about the good qualities of your teen’s friends.

30. Talk about integrity and why it is so important. Find examples of people who demonstrate integrity.

31. Talk about integrity and why it is so important. Find examples of people who demonstrate integrity.

---

June 2020 © 2020 The Parent Institute®, a division of PaperClip Media, Inc. May be reproduced only as licensed by Parents Still make the difference!® High School Edition newsletter. 1-800-756-5525