

VitaMin



Vital health information in a minute

FIELD TRIPS FOR THE WHOLE FAMILY

Keep learning and stay active all summer long

School's out, and it's time for summer fun. Sometimes it's a challenge to get kids off the couch on those lazy days of summer, but it's worth it. The experiences they have on summer break can engage the mind, spark creativity and keep kids moving in healthy ways.

Educational

- › **Hunt for treasure.** Turn a trip to the science, history or art museum into a treasure hunt. Start by looking at a map of the museum and work together to find the oldest artifact, the biggest dinosaur skeleton or the coolest science experiment.
- › **Test-drive a career.** "When I grow up, I want to ..."
Follow your child's lead and plan a trip based on his or her interests:
 - Tour a fire station or check out community events with rescue vehicles on display.
 - Watch zookeepers feed animals at the zoo.
 - Check out a home improvement store for a closer look at construction jobs and materials.

Active

- › **Walk or run a 5K.** Check out family-friendly 5K races in your area. Some events include a "fun run" for younger children as well as activities for all ages.
- › **Try a new sport.** Learning a new sport can turn into a great bonding experience. Buy or rent the equipment you need (or borrow from a friend). Consider sports that your family can play together.

Creative

- › **Unleash imagination.** Participate in workshops that give you and your child the opportunity to dabble in the arts. Or, create something cool with your family:
 - Make your own puppet theater and put on a show.
 - Build musical instruments out of everyday items.
 - Check out books on cartoon drawing at the library and create your own comic strip.

Outdoors

- › **Visit natural lands and parks.** Experience the spectacular sights of parks in your state or region. Get kids involved in documenting their experiences by looking at maps, drawing sketches, and collecting rocks, shells or leaves.
- › **Go on a nature hunt.** Grab your binoculars and encourage your child to explore plants and animals right in your neighborhood. Keep a nature journal for bird watching, animal tracking and bug hunting.

As a parent, you're always juggling many responsibilities – and you don't have to do it all on your own. Learn more about community education programming and summer programs run by area schools or the YMCA.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.



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