

Getting creative with summer fun



As the weather warms up, many families are ready to get outside and enjoy summer. COVID-19 may have changed family vacations and other summer plans, but families can still relax and have some fun in the sun.

Summer camps

In a normal year, 20 million kids, teens and adults visit overnight and day camps.¹ Although this may not be a normal year, some camps plan to open for the season, while following state and local guidance.

The American Camp Association and YMCA released detailed [guidelines](#) and best practices to keep kids safe during camp. The guidelines cover everything from pool safety and food service to non-contact activities and health screenings.²



In a normal year,
20 million
kids, teens and adults visit
overnight and day camps.¹

Virtual camps

Families that might not feel comfortable with day or overnight camps can find virtual camps online. Though virtual camps rely on staying mostly indoors and connected to a computer, they may help stimulate young minds.

STEM camps can help kids of all ages learn and develop new skills this summer.³ Parents may also find music, art, cooking and other specialty camps work well in a virtual setting. Local libraries often offer virtual book clubs, interactive readings, art shows and other family activities.

Getting back outside

While virtual camps help keep the mind active, spending time outdoors can help kids feel better physically and mentally.⁴ Families can go on nature walks in parks around their neighborhoods or even state and national parks, as they start to reopen as long as they follow local social distancing guidelines.

Families can plan fun outdoor activities for those who want to stay closer to home.

- Play hide-and-seek, soccer or kickball
- Create an outdoor obstacle course
- Exercise or ride bikes and scooters
- Make sidewalk chalk art
- Jump rope or hula hoop
- Plant a garden

When the inevitable rainstorm blows through, families can continue the games inside.

- Play board games
- Put together a puzzle
- Make a scrapbook
- Create arts and crafts
- Cook something new
- Set up a virtual play date or video chat with friends and family

However you plan to enjoy summer this year, all of us at Lincoln Financial wish you a safe and happy summer.

Lincoln Financial Group is the marketing name for Lincoln National Corporation and its affiliates.

Affiliates are separately responsible for their own financial and contractual obligations.

[LincolnFinancial.com](https://www.lincolnfinancial.com)



¹American Camp Association, Camp Operations Guide Summer 2020, <https://www.acacamps.org/resource-library/coronavirus/camp-business/camp-operations-guide-summer-2020>

²American Camp Association, Camp Operations Guide Summer 2020, <https://www.acacamps.org/resource-library/coronavirus/camp-business/camp-operations-guide-summer-2020>

³Summer Camp Hub, 15 Best STEM Summer Camps for Your Child 2020, <https://summercampclub.com/best-stem-summer-camps/>

⁴HealthyChildren.org, Getting Children and Teens Outside While Social Distancing for COVID-19, <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Getting-Children-Outside.aspx>

For public use.

Lincoln Financial Group is the marketing name for Lincoln National Corporation and its affiliates, including The Lincoln National Life Insurance Company, Fort Wayne, IN, Lincoln Life & Annuity Company of New York, Syracuse, NY, and Lincoln Life Assurance Company of Boston, Dover, NH. The Lincoln National Life Insurance Company does not solicit business in New York, nor is it licensed to do so. Affiliates are separately responsible for their own financial and contractual obligations.