

about how kids can advocate for themselves. Taylor is also on board with the traveling family idea. "Providing kids with new experiences gives them a context for formal learning."

Limit screen use. A little Netflix or Xbox might be okay, if the nature of the show or game is constructive or instructive. Taylor cautions, "Screen time is very stimulating. Kids quickly become used to external stimulation from a device, rather than discovering internal ways to stimulate themselves. They get accustomed to not doing anything active as they wait for their environment to stimulate them." Screen alternatives are a deck of cards (Crazy 8's anyone?) and board games.

Do some good. Volunteering shouldn't just be about satisfying a school's community service requirement. "The whole idea is to give of yourself and see that you play a role in the broad human community," says Taylor.

The PACE Center girls, says McQueen, go to a nursing home on a monthly basis. "We want them to take ownership of what they have to offer this world."

Get their hands dirty. McQueen thinks parents can try something based on the PACE Seeds of Change program. "It's essentially a gardening group," she says. "Kids research and build their own garden. They toil, pull weeds, and learn about calm."

HIGH SCHOOLERS

Campus hop. "We spend a lot of time at the local colleges and universities," says McQueen. "These trips motivate our girls to get their high school diploma by seeing what

Providing kids with new experiences gives them context for formal learning.

Edward C. Taylor, licensed psychologist

their future could look like, not just talking about it."

Prioritize family. Not all teen outings have to be educational or forward thinking, says McQueen. There's great value in watching a baseball game and spending family time together. Find something fun to do together as a way to say, "You've been working hard. Keep it up." Focus on the efforts teens make to improve their academics. "High schoolers still need parental encouragement to increase their self-esteem." When you celebrate small successes, kids want to start having more of them because they feel good.

Make smart summer plans. "Try to get your students involved in learning opportunities over the summer," recommends Taylor. Even if kids seem totally brain-fried, you don't want them to kick back and do nothing for several weeks. Taylor concludes, "You want them stretching themselves with some sort of personal, intellectual, or creative challenge." *

Thaw-some

If you have kids, you've likely heard "Let It Go," the hit song from Disney's animated smash *Frozen*, more times than you care to admit. But kids have yet to tire of the music from the highest-grossing animated film of all time and, with the recent announcement of *Frozen 2*, there are likely more, er, catchy tunes to come. The sequel's release date hasn't yet been announced but this month, First Coast kids can relive the music of the original film during the **Jacksonville Children's Chorus Frozen sing-a-long** to coincide with the One Spark festival. Shows take place April 9-11 (times vary) at Snyder Memorial Church, 22 N. Laura St. The events are free and open to the public and guests are encouraged to wear costumes. The Children's Chorus is a featured Creator in the crowdfunding festival and aims to raise funds to beautify the area near its Downtown headquarters.

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