

Dear Counselling Corner:

We are thinking about summer vacation and are looking for holiday destination ideas in our local community and in other parts of BC. We are on a budget and are wondering if you may have some ideas which are fun, and educational? Thanks!

Summer Plans

Dear Summer:

We are certainly lucky to live where we do!

Here are some low-cost summer ideas:

- Be a tourist in our greater community! See: <https://healthyfamilyliving.com/low-cost-free-summer-activities-in-metro-vancouver/>
- Go camping! See: <https://bcparks.ca/reserve/>
- Check out local attractions in the Greater Vancouver area: <https://www.mustdocanada.com/things-to-do-in-vancouver/>
- Go walking or hiking in some of our gorgeous forests and local parks. <https://www.explore-mag.com/15-Easy-family-friendly-hiking-trails-near-Vancouver-BC>
- You may decide to go on a driving holiday. I encourage you to check out this site for updated information: <https://www.hellobc.com/travel-ideas/road-trips/>
- Or you may wish to stay home and do some fun things. Often, my children loved just doing fun things at home instead of going out. See: <https://happyhooligans.ca/fun-things-kids-do-at-home-this-summer/>

Slowing down and spending time doing things we enjoy this summer, such as time with our family and friends, can make a very positive difference in our lives by reducing stress and supporting our mental and physical wellness.

The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

Harriette Chang
School Counsellor