

Spring Fever

The sun is shining, birds are chirping, and we are closer to summer! Not only do we feel this, but so do the children. Some children will be able to stay motivated during the next couple of weeks, while others may just need a few more reminders than usual. How can we help them, you may ask? I have come across a few great pointers and reminders:

1. Being a good role model

As it gets warmer, we may also want to say to ourselves, "I will do this later". Our children can see this kind of attitude in us. If we, as adults, remain motivated, goal-oriented, and have a positive mindset, they will take that upon themselves as well. For example: "Make a pact: when you both finish your work or your chores, you'll do something fun together outside" (Kay).

2. Reviewing rules and expectations

On the way to school or before bedtime. It could be a lot to constantly review rules and expectations on a day-to-day basis, especially with our children. We do not want them to feel that we do not have trust in them, or we do not want them to feel like we always think they are doing something wrong. The key is the way you discuss rules and expectations. Watch the tone of your voice during these conversations, your body language, and then their body language.

"Remind children what you expect - and what they can expect. (You can even write it down and put it in a central spot.) When they're done with chores, they can go out and play. Once they've read for 30 minutes, they can watch tv. Being clear about expectations can help kids focus on their work and get it done" (Kay).

3. Sticking to routines

As a school counselor, I can say that I find that routines do help. Of course, I understand that they can not be followed hour by hour, day by day. But a good, solid routine builds great skills, understanding, and excellent communication between you and your child. A solid wake-up routine and bedtime routine can create a good foundation for the overall development of your child.

"Make a list of the non-negotiables and stick to them. Try using picture schedules to help kids remember their routines" (Kay).

4. Encourage physical exercise

Going for a 15-minute walk after dinner could really support healthy communication between you and your child. I know that if a 15 minute walk after dinner is incorporated into the routine, it can build the social skills between you and your child that maybe you are looking for. It will build your relationship with them. But if a 15-minute walk can not be incorporated, you can encourage the

children to go for a run, ride a bike, play with the other neighbor children, or simply play outside.

5. Keep school at the top of the list

Although there are a couple of weeks left of school, it is important to emphasize the importance of finishing off strong, understanding the material, and encouraging the children to be their best self. The children may be very excited about their after-school activities, but it is important to stress the importance that school comes before the after-school activities (sports, arts, and friendships). Schools build strong academic and social skills to set the children up for their future.

“For many kids, school seems less important in spring time. After all, which would you rather do if you were a kid? Math worksheets or sidewalk art? Keep reminding kids that even though it's nice out, school is still a session and they need to make it a priority” (Kay).

6. Leave room for exceptions

Yes, things will not go perfectly every day, and that's ok. We all thrive when things get a little shaken up because it reminds us of what we need to focus on. If rules are broken or things are not being done in a timely manner, talking about it instead of showing frustration and anger could really create a meaningful connection between you and your children.

“If it means you have to give an extra reminder when it's time to come in and get ready for bed, don't worry. Compromises every now and then won't affect their overall ability to focus. And it might make them more motivated to do the things they have to” (Kay).

Spring fever is normal. We all love it, and it is a great reminder that the school year is almost finished, but it also reminds us that the hard work of this school year is also paying off. All of the morning drives, positive moments, hard conversations, and reviews of report cards and goals are one more year under your belt. With the following pointers, you can make it to the finish line and continue fostering our future leaders!

Sincerely,
Mrs. Grijalva

References

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