

Is School out and Chaos in, Try Feng Shui

By Pat Heydlauff

Just about the time adults think they have their children's school year schedule figured out summer vacation begins and chaos sets in. Transitional times are always more hectic and difficult for parents, grandparents or care givers when children's schedules are interrupted or dramatically changed. This transition is equally difficult for children and adults but must be dealt with quickly so as to provide a peaceful transitional bridge for everyone involved.

Is there such a peaceful bridge? Can you successfully transition from the solidly set school year schedule to either no schedule or a limited summer vacation schedule? With a little planning and the use of some basic Feng Shui energy shifts, the answer is a definite yes.

Ideally planning for this transition should have taken place at least one month or more before school ended. However, it is never too late to begin even if your children officially ended their school year two or more weeks ago. The first energy shift that needs to take place is with the adults. Adults need to create a new summer schedule for their children as soon as possible and stick to it. Children thrive on schedules and the daily knowing of what is ahead. It's the lack of a schedule that allows the peaceful school year energy shift to the chaotic summer schedule.

Step one is creating that new summer schedule. It will take some planning on the part of the parents and adults along with a realization that they will have less personal time for self or for little ones still at home during the summer unless they plan carefully. Summer should be filled to the brim with scheduled activities like summer camps, Bible School and swimming lessons, etc. Into the same category should go similar events like summer school to help a child learn to read better, catch up on mathematics or whatever

educational skills need sharpening to help them in their new school year ahead. This is a must for all children that are having learning difficulty with a specific subject in school. For these children at least one hour per day must be dedicated to improving their skills in their specific difficult subject. It's all about having a set schedule for the children in the summer just like during the school year. The difference is that the parents and other adults set the summer vacation schedule not the school systems.

Step two requires setting a schedule for home activities as well. Children should not spend all day every day in unplanned and even un-supervised activities. Rising and going to sleep schedules should be maintained just as during the school year as well as their personal hygiene activities and household chores. Two hours per day should be put aside to give them total free time to play. The remainder of their day should be structured just as their school year schedule. All children should have quiet time set aside daily to read and write. There should also be a physically active time at a playground, a park, a pool or a gym for children to release all of their pent up activities. If you do not have some of these activities available in your neighborhood check with your local city recreation department for all of the events they have scheduled for the summer.

The more scheduled and structured your children's activities are for the summer months the happier they will be and the more peaceful the energy will be in your surroundings and your home environment. Invest in coloring books, crayons, drawing pencils, watercolor paints, sheets of paper, books to read and schedule peaceful summer energy for you and your children. When the planned time is up for a certain scheduled event such as reading or art, make the children shift energy and move on into the next scheduled event. Do not let them change your schedule. The adult is in control here and makes the rules. Children respond very positively to schedules and rules but the moment an adult gives in to the child's wishes, the adult has shifted the rules and allowed chaos to set in once again.

All you need to remember is that an energy shift from a school schedule to a summer vacation with no schedule is a sure formula for chaos to move into your home. Get your

creative juices going and have a calendar nearby so you can create a peace filled summer vacation schedule that provides you some much needed personal time and the children that much needed structured schedule to follow.

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Pat Heydlauff is a Feng Shui consultant, artist, public speaker and columnist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. Her unique artistic style and love for balance and harmony in her life has led her to conceptualize and create numerous Feng Shui presentations along with stunning art work based on the science of energy by design. Her Decorative and Fine Art can be viewed on her website. For Feng Shui consultations, speaking engagements and energy design work in the home or office call her now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

Pat Heydlauff

Speaker, Author, Artist

"Everything you say, think and do matters."

Energy Design

580 Scrubjay Lane

Jupiter, FL 33458

www.energy-by-design.com

561 799-3443 - telephone

561 745-3871 - fax