



## Keep the ball rolling

When it's too face-meltingly hot outdoors for kids to shoot hoops or even practice catch, keep the ball in play with Kids Bowl Free: it offers **two free games of bowling every day, all summer long**. The family-friendly program takes place in more than 850 bowling centers across the country (most of which are—*ahh*—air-conditioned). Check for a bowling alley near you on the state-by-state guide at [kidsbowlfree.com](http://kidsbowlfree.com), then register online for vouchers. Most programs wrap up in August or September, so get on the ball.

## Plan a relationtrip

Make a family trip a bond-building experience by getting kids involved from the get-go. Jeff Siegel, author of *RelationTrips* (Two for the Road, Inc., 2011), suggests **choosing a theme for the trip based on a common interest or theme** (ice cream! dinosaurs! baseball!) and then developing a catchy name or logo to include on itineraries, ticket envelopes, or scrapbooks. "Planning builds anticipation long before your family leaves," says Siegel. "The destination is irrelevant; it's the journey that's important."

# 3,500

the number of species of pesky mosquitoes found worldwide. Cover up!

## Bug bites, begone

Camping, fishing, gardening—it's all good outdoor fun until someone gets bit by a mosquito, wasp, or bee. This year, put down the ice cube and calm that whopper of a sting with heat. The Therapik, a handheld tool approved by the FDA, **neutralizes itching or pain with 20–30 seconds of concentrated heat**. Increased temperature to the bite deactivates the venom (most insect venom is thermolabile, or heat-sensitive) and cuts down on swelling. \$13; [therapik.com](http://therapik.com)



## Step it up

Not since *Mary Poppins* and the catchy tune "Step in Time" have we been so impressed with a step-counting activity. But **GeoPalz kid-friendly, adorably cute pedometers, matched with a rewards-based online game, turn the task of measuring physical activity into sheer fun**. Pick a GeoPal with your children, hook it on their shorts, and turn them loose to walk or run. Track their points online to win fitness prizes including Frisbees and soccer balls. \$20 each, [geopalz.com](http://geopalz.com)

## Dollars and sense

If your parents doled out a \$5 weekly allowance to you in the 1970s, use that as a guide to offer your children the same—adjusted for inflation. **ThreeJars free online allowance adjustor calculates the current value of your childhood handout** (for example, \$5 in 1975 equals \$10.94 today), plus makes a recommendation based on your child's age; [threejars.com](http://threejars.com) ■