



summer break manifesto

Each day is an opportunity for a new

adventure!



It's also ok to be bored!

I can read a book or go for a walk.

I will be

PATIENT with myself

when things don't go as planned. It's okay to have tough days.

I will try new activities and

DISCOVER

new talents within myself.

If feel scared, I will remind myself that I am brave and I can do hard things!

I will remind myself that spending time in nature makes me feel good!



When I am in a funk, I will go outside and get some fresh air.



I will treat everyone with

KINDNESS & RESPECT

When I feel upset, I take a break to calm down before responding.

I will remember that

it's okay to make ~~mits~~ mistakes.

They help me learn.



I will stay

CURIOUS

and keep learning.

I focus on the good things.

When I am feeling negative

I can write down three things

I am *grateful* for.



I will remember to stay active for a healthy body and mind.



Most importantly, this summer:

I will have fun and

be myself!

