



manatee

self-care

SUMMER

workbook





# 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!**

# SUMMER BREAK BINGO

finish a  
book

play an  
instrument

write down 5  
things i like  
about myself

dance to  
your  
favorite  
song

write a  
poem

spend  
time with  
a friend

play a  
board  
game

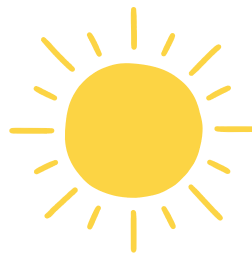
make a  
collage

scavenger  
hunt

make  
popsicles

play  
outside

make a  
new  
playlist



write a  
story

chalk art

go to the  
pool

make a  
vision  
board

complete an  
art project  
of your  
choosing

learn a  
new  
recipe

complete  
a puzzle

make  
jewelry or  
accessories

have a  
picnic

do a  
meditation

make a  
card for  
someone

help with  
chores

# JOURNAL PROMPT

Use the prompt to write, draw, and express your thoughts and feelings!

This summer, I'm looking forward to...



JUST BE  
YOURSELF

# JOURNAL PROMPT

Use the prompt to write, draw, and express your thoughts and feelings!

**What's one thing you'd like to try or learn this summer break?**

# SCAVENGER HUNT

When you're feeling down or like you're in a funk, step outside and challenge yourself to a scavenger hunt!

Can you find all of the things on this list?

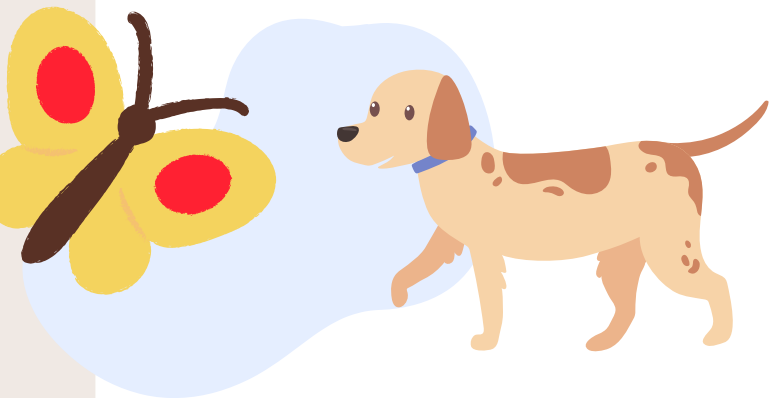
## Nature Finds

- An interesting-looking rock
- A flower in your favorite color
- A leaf that's bigger than your hand
- Something yellow like the sun



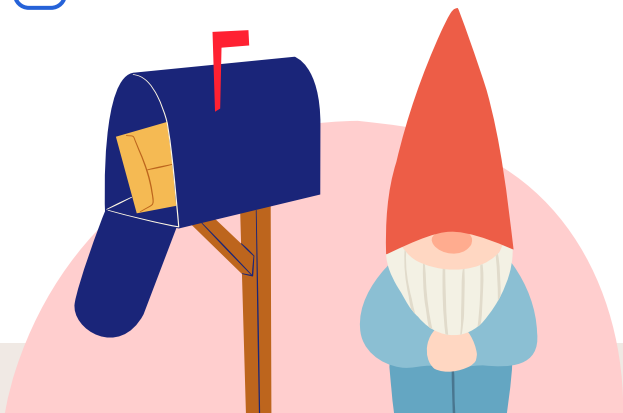
## Animal Encounters

- A dog on a walk
- A butterfly or dragonfly
- A squirrel
- A bird singing



## Neighborhood Nods

- A mailbox with its flag up
- A garden gnome or lawn decoration
- A sidewalk chalk drawing
- A house with a brightly-colored door



# JOURNAL PROMPT

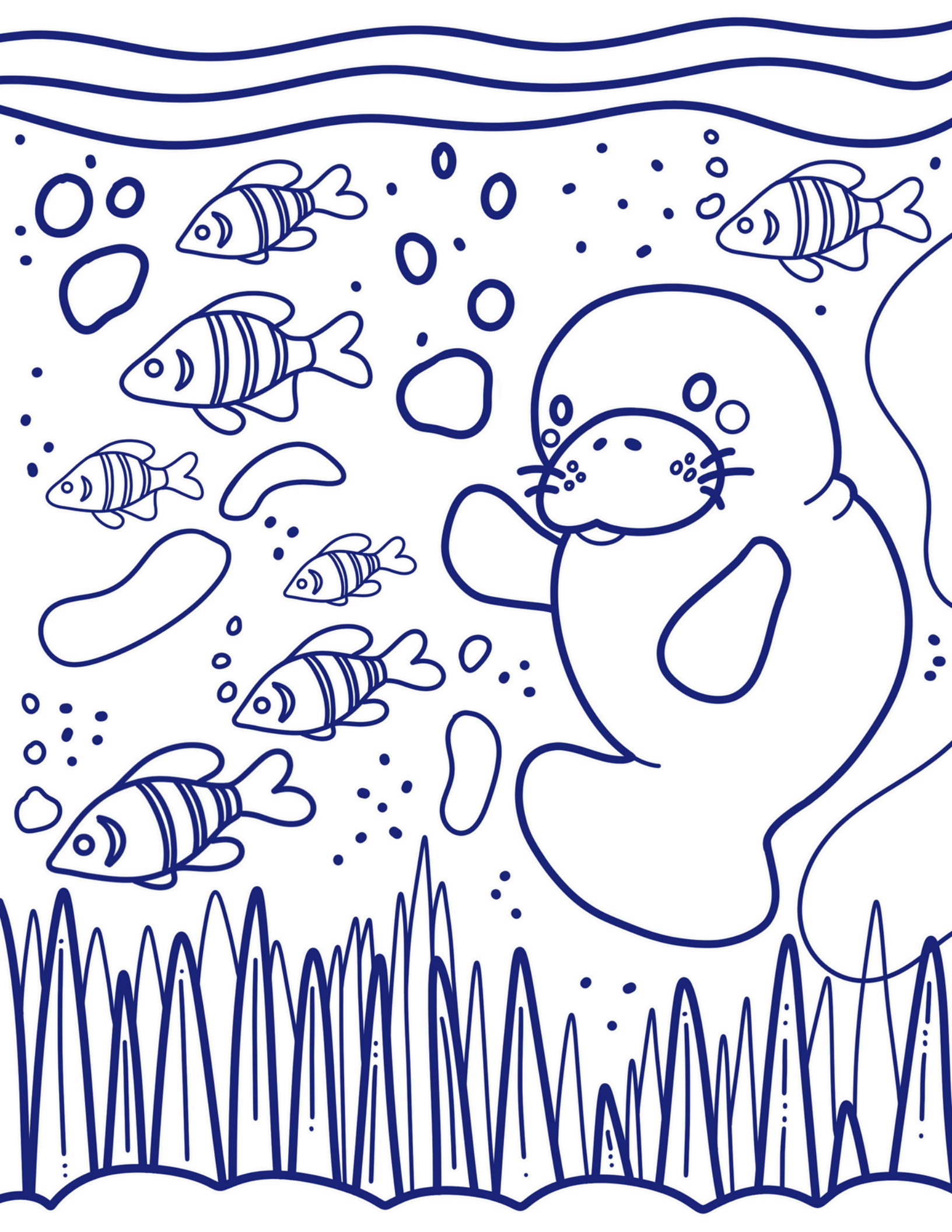
Use the prompt to write, draw, and express your thoughts and feelings!

**Describe your perfect summer day.  
What makes it special?**

# JOURNAL PROMPT

Use the prompt to write, draw, and express your thoughts and feelings!

**Draw or describe your dream summer adventure!**



# JOURNAL PROMPT

Use the prompt to write, draw, and express your thoughts and feelings!

List five things that you're thankful for this summer.



SUMMER  
IS FOR  
GROWING

# JOURNAL PROMPT

Use the prompt to write, draw, and express your thoughts and feelings!

**What's something new you've noticed in the world around you this summer?**



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[getmanatee.com](http://getmanatee.com)

