



manatee

self-care

SUMMER

for teens





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 stay

CURIOUS

and keep learning.

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

I focus on the good things.

When I am feeling negative I can write down three things I am *grateful* for.



Most importantly, this summer:

I will have fun and **be myself!**



summer break



bucket list



- Go to the pool
- Go to a free concert
- Watch a movie outdoors
- Get ice cream or frozen yogurt
- Go on a hike
- Visit a museum
- Visit a zoo
- Visit an aquarium
- Read a book
- Go berry-picking
- Have a sleepover
- Do a DIY Spa Day
- Go stargazing
- Volunteer at a charity
- Go to a local festival or fair
- Go to a thrift shop
- See fireworks
- Play sports outside
- Go on a picnic
- Bake desserts
- Learn a new recipe
- Learn a new craft or hobby
- Watch a sunset
- Make a scrapbook
- Go to the mall
- Try a new restaurant
- Visit a farm
- Visit a new city
- Play mini-golf
- Go camping
- Make bracelets
- Visit a lake
- Visit a garden
- Go on a bike ride
- Go to the beach
- Write a letter to a friend who's away
- Help a neighbor
- Redecorate my room
- Go bowling
- Complete a puzzle
- Delete an app from my phone
- Play board games
- Donate old clothes
- Have a screen-free day (or more!)
- Make a smoothie
- Try a new hairstyle
- Movie marathon
- Watch a new show
- Make a vision board for the next school year
- Get boba tea
- Make s'mores
- Visit a farmers' market
- Start a savings account
- Go to a sports game
- Do a DIY project
- Learn a new card game
- Call my grandparents
- Do some gardening
- Visit the library



mindfulness for the summer

Summer break is a great time to build better habits! Working a mindfulness practice into your daily routine helps you feel less stress and anxiety, and helps you work through overwhelming emotions more easily. Use these exercises and activities as a starting point!

Low effort, quick exercises:



Deep breathing

Inhale deeply, hold your breath, and exhale on counts of four seconds each.



Body scan

Get comfy, close your eyes, and notice what you feel throughout your body from head to toe.



5-4-3-2-1 exercise

5 things you can see
4 things you can hear
3 things you can feel
2 things you can smell
1 thing you can taste.

Mid/high effort activities:



Mindful listening

Put one of your playlists on and write down how it makes you feel and why as you listen.



Journaling

Write about your dream day, or about anything at all.



Take a walk outside

Reconnect with nature by taking a walk outside.



Go screen-less

Put your devices away and take time to read, draw, or write instead.



Write a gratitude letter

Write a letter to a family member or friend; express your gratitude for them!





Things To Do This Summer

(instead of being on your phone)



Delete some apps

Are there any apps on your phone that you don't feel like you get anything out of? Delete them!



Go on a daily screen-free walk

Leave your phone behind while you take a walk around the neighborhood everyday.



Try yoga

Yoga is a great, low-key way to work some exercise into your day. Try a class or look up videos online to get started.



Hang out with your friends IRL

Reach out to your friends who are around for the summer and plan outings with them! Go on walks or to the park together, get ice cream or smoothies, or check out any interesting events or activities are happening locally, like festivals, fairs, or concerts!

Want something more low-key? Invite them over for a crafting session, bake treats together, or play board games.



Pick up a sport

Interested in trying out a new sport or getting back into one? Summer break is the perfect time to do exactly that!



Pick up a craft hobby

Instead of holding your phone, get your hands working with a new crafting hobby like crochet or building models.



Get creative

Summer is also a great time to get inspired and creative. Pick up a sketchbook and draw, paint, or whatever you like!



Volunteer

Do you have a cause that you feel passionate about? See if there are organizations you can give your time to!



Get in the kitchen

Use the summer break as a chance to find and learn new recipes for meals or treats!



Read more

Check your local library for summer reading lists or book clubs that might interest you.



summer journaling prompts

Here are some summertime prompts for your journal!
Don't have one? Summer break is the perfect time to start!

Reflection

- What does summer mean to you right now, and how has that changed since you were little?
- What's one lesson you've learned so far this year that you want to carry into summer break?
- Describe a summer memory that still makes you smile. Why is it special?
- What are three things you want to feel more of this summer? How can you create those feelings?
- What's something you want to leave behind from the school year?



Mindfulness & growth

- Write a letter to your future self at the end of summer.
- What's one habit or mindset you want to work on?
- What's one way you can take better care of yourself?
- List five things that help you reset when you're feeling overwhelmed.

Goal-setting & planning

- What's one thing you want to accomplish before summer ends? Why?
- Who inspires you? What can you learn from them this summer?
- What do you want to feel proud of when summer is over?
- How do you want to show up for yourself and others this summer?
- What kind of energy or vibe do you want to bring into each day?





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