

# *SUMMER SELF-CARE GUIDE*

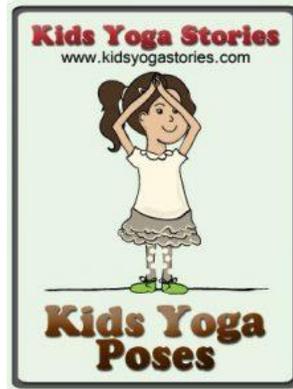


Here is your summer guide to taking care of yourself and family. We have compiled resources and activities for you and your students to do that will help de-stress, calm the mind, and keep you feeling grounded.



# ACTIVITIES FOR KIDS

## Yoga



<https://www.kidsyogastories.com/kids-yoga-poses/>

This website has a free list and diagram of yoga poses for children. Yoga is a great way for young minds to relax and self-regulate. This website also has free downloads and yoga cards that have the poses on them to print! Make a board with the yoga cards, put on music, and have a nice yoga session with the whole family!

## Mindfulness Art Activity



### ★ Materials

- Card stock or plain white paper
- Pencils
- Markers
- Watercolors or colored pencils

### ★ Directions

- Place one hand on the paper and press hand into the surface. Have them notice where on their hand they notice pressure and how the paper feels under the hands.

- Trace hands with a pencil. Encourage them to notice how the pencil feels along their fingers
- Ask “What emotion are you feeling right now in this moment? Where in your body do you feel that emotion? Can you connect this area to your hand?”
- Now have them draw inside the outlined hands to show their emotions
- Once they are done drawing, it is time to paint or color what they drew!
- Have them share with you what they drew and why

*\*Visit [counselorkeri.com](http://counselorkeri.com) for more mindfulness art activities!*

### **Make your own calm down jar/bottle**



#### **★ Materials**

- Empty water bottle or jar
- Clear liquid softsoap or Elmer’s washable clear glue
- Glitter
- Food-coloring
- Mixing bowl (preferably one with a pouring spout)
- Whisk
- Hot water

#### **★ Directions**

- Pour Elmer’s clear glue or liquid soap and hot water into the mixing bowl, along with some food coloring, and glitter. If using glue, the proportions should be 20% glue, 80% water, and as much glitter as desired. If using liquid soap, it should be 50% soap, 50% water.
- Now mix with the whisk. When everything is blended, mix vigorously then pour right away into the water bottle.
- The last stir helps get the glitter to transfer to the water bottle instead of settling in the mixing bowl.
- Add a bit more hot water to the mixing bowl if there is some that is stuck.
- Clean the residual glitter out with a paper towel before rinsing and cleaning it out.
- Let it cool without the lid. Once it has cooled, put the lid back on and secure it with hot glue or super glue.

- Shake it up and let it work its calming magic!

### Make your own stress balls



*Play Dough Stress Ball:*

★ **Materials**

- Two balloons
- Play dough (any color)

★ **Directions**

- Cut the tip off of the balloons
- Roll the play dough into a snake and push it into one balloon
- Place second balloon around the first one
- Your play dough stress ball is ready to use!

*Flour or Rice Stress Ball:*

★ **Materials**

- Two balloons
- Plastic sandwich baggie
- Flour or rice

★ **Directions**

- Cut the tip off of the balloons
- Put the flour or rice in the sandwich bag and twist the top
- Put the sandwich bag of flour or rice in one balloon
- Then place second balloon around the first one
- Your stress ball is ready to use!

# SELF-CALMING EXERCISES/RESOURCES



## Virtual calming rooms

<https://www.district196.org/about/calm-room>

On this website, you can enjoy virtual calming rooms, such as relaxing music and sounds, the beach, live cameras to view different animal habitats such as polar bears, penguins, tropical reefs, and so much more!

## Ground yourself in 5...4...3...2...1

*Deep breath in...*

- Name 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell or like the smell of
- 1 thing you can taste or like the taste of

## Belly breathing

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

# FREE DOWNLOADS/ACTIVITY IDEAS



## Teachers Pay Teachers

<https://www.teacherspayteachers.com/>

You do not have to be a teacher to create a free account on this amazing website. Although some downloads and activities cost money, there are plenty that are free for you to use! Explore everything TPT has to offer.

## Mrs. Bell - The Crafty Counselor

<https://mrsbellthecraftycounselor.com/>

This website was created by Seminole County Public School's very own Ashley Bell, Midway Elementary's school counselor. She has compiled many activities for your whole family to enjoy doing together. On her website, she also has a section of free downloads for teachers and parents:

<https://www.teacherspayteachers.com/Store/Mrs-Bell-The-Crafty-Counselor/Price-Range/Free>

Enjoy seeing what this great website has to offer!

## Lessons for Social Emotional Learning

<https://www.lessonsforSEL.com/video-resources>

While students are home for the summer, it may be beneficial to continue their social-emotional learning. This website has free 6-minute videos to help students improve their social and emotional skills, such as naming emotions, making decisions, and building relationships. Check it out!

## Mandala Builder

Create and download your own mandala with this link from therapistaid.com. It lasts for 3 weeks or 50 uses from when you first access it. Coloring these mandalas help students destress and improve their fine motor skills. It is also a great calming activity for adults! Visit the website linked below and enter the code to access the Mandala Builder activity.

- Website: <https://www.TherapistAid.com/activity>
- Code: 85S43