

# Counseling Connection

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# Summer

## Summer Is Upon Us

We are all excited about summer, as our Monarch students have completed another amazing year and we are very proud of their success! Students and families will now get a chance to regroup and reset, but most importantly... RELAX.

During the summer it's important for students to enjoy themselves and connect with friends and family. Students can spend time outside exploring, discovering, and learning about their environment. Students can also be creative by engaging in art activities.

Summer is also an excellent time to read for enjoyment (extra reading builds the mind) and practice math skills while cooking or collecting seashells. This will help students feel confident upon returning to school in the fall.

I wish you all a memory-filled summer break!

*Mrs. Spoon*

**Mental Health  
Concierge**

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**Community  
Resources**

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# YOUR SUMMER BUCKET LIST FOR THE WHOLE FAMILY



## Healthy Family Activities

### Adventure

- Take a day trip
- Build a fort
- Bike ride (in new neighborhood)
- Penny hike (heads go right, tails go left)

### Kitchen Fun

- Make smoothies
- Cook together
- Bake a new cookie
- Make juice popsicles
- Make homemade lemonade

### Outdoors

- Camp out in backyard
- Go to park playground
- Play kickball
- Family car washing
- Go for a hike

### Nature Fun

- Plant a garden
- Go for a walk in nature
- Take pics of nature
- A nature scavenger
- Cloud watch, and guess what you see



### Artistic Fun

- Paint, draw & create
- Family dance party
- Kids put on a show
- Sidewalk chalk-time
- Paint kindness rocks & pass out in your neighborhood

### Challenges

- Family Lego Masters
- Family game Night
- Family minute 2 win it
- Family obstacle course
- A Tech-Free day



### Active Fun

- Jump rope
- Hula Hoop
- Play catch
- Frisbee toss
- Fly a kite
- Family bike ride

### Silly Fun

- Blow bubbles
- Family karaoke
- Play "Act it Out"
- Silly String Tag
- Dinnertime joke share out

### Water Fun

- Water balloon toss
- Go to the beach
- Use cups of water to make a game
- Sprinkler / Slip in Slide
- Go swimming

### Chill-Out

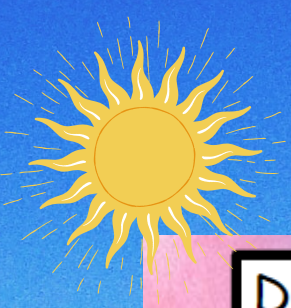
- Family Yoga
- MindYeti-mindfulness
- Family movie night
- Picnic meal inside or outside
- Family puzzle time



"We didn't realize we were making memories,  
we just knew we were having fun!"

Pooh Bear





# Summer

Dear Families-

[Click Here](#)

We are grateful that you have chosen to support your child's learning over the summer. Each page below contains fun and engaging ELA and math practice activities in order to keep your child's skills growing throughout our summer break. The pages contain both digital and unplugged resources, so you can balance screen time with more hands-on activities. The final page has a list of login information for easy access to all our district programs.

Enjoy this time learning together!




Summer Engagement!

[Click Here](#)



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