

SUMMER

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Shake Things Up!

- Help children Feel Loved
- Have Fun...but don't stress.
- Keep them Guessing
- Focus on Building Relationships

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Make a Schedule

- Expectations in Relationships
- Priorities for Summer
- Schedule Work, Play, & Downtime
- Productivity & Satisfaction

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Individual Time

- Individual Time Promotes Growth & Creativity
- Unstructured Time
- Schedule Time without Electronics

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Learn Something New

- Learn New Skills
- Help Make Learning Fun
- Discover New Places Around You

E

Exercise

- Be Consistent & Make it Fun
- Exercise Benefits the Body
- Enhances Emotional Health and Well-being
- "Lettuce Be Happy"

- Keep it Simple
- Do it Together
- Serve at Home and in the Community
- Online Resources: Justserve.org

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