

Summer Intention Setting

Self-Care Goal

What will you do for your own well-being?

Unplug Goal

What will you unplug from during break?

Outings Goal

Who would you like to see or where would you like to go?

My intentions for break:

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.....
.....



List of activities:

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How I hope to feel coming back to school:






Set a HEALTHY Summer Routine

HELPFUL
TIPS

SCHEDULE
WIND-DOWN
TIME

WEEKLY CURFEW

10 MIN
OF SCREENTIME!

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ROUTINE FAMILY DINNERS

Chore List:

- Make your bed
- Do your dishes
- 20mins of summer reading
- Take out trash

DAILY REFLECTION QUESTIONS:

1. What was the high & low of your day?
2. What is something kind that happened today?
3. What are you grateful for today?