

MY SUMMER

Name: _____

Activities

- Make a schedule for the things you'd like to do this summer.
- Set up a space where you can go when you need to calm down.
- Help a family member with a chore without them asking for help.
- Do something nice for a neighbor or friend.
- Try a new activity or game.
- Work on a vision board.

My Goals for the Summer

1. _____
2. _____
3. _____

Journal Ideas

1. How do you feel about remote learning?
Include reasons you liked it or disliked it.
2. What is your favorite memory from this past school year?
Where were you, what happened, and how did it make you feel?
3. What's something you'd like to improve on next school year?
4. If you go somewhere new this summer, write about where you went
and what you did
5. When you do something fun with a friend this summer, write about
what you did.

