

School Counseling Corner

June 5th, 2020

Dear Mullica Township Elementary Students and Families,

Happy Friday! I hope the month of June is off to a great start. As we approach the end of the school year, I wanted to take this time to share some summer related resources with you and your families. Remember that summer should be used as a time to rest, relax and recharge. I hope you all have a happy, healthy, and safe summer break.

Stay well,

Ms. Zolinas, Elementary School Counselor

Summertime

[Beach Yoga Poses for Kids](#)- Here you can find visuals and explanations on beach yoga poses.

[Fishing for Kids: Learn about Fishing with these Five Yoga Poses](#)- Here you can find information about fishing as well as different fishing yoga poses.

[Summer Practice](#)- Here children can set goals for the summer, talk about their favorite day and even talk about a time they needed to calm down.

[Summer Checklist](#)- Here children can keep track of all the fun activities they complete over the summer.

[Summer Activity List for Toddlers](#)- Here you can find 30 indoor and outdoor summer activities for children.

[Strategies for a Successful Summer Break](#)- Here you can find some tips and strategies for a relaxing summer break.

[Summer Safety](#)- Here you can find summer safety tips for children.

For a list of mental health resources, [click here](#).