



RELAXING

SUMMER BREAK ACTIVITIES



FOR SCHOOL PROFESSIONALS

Practice yoga. Dog yoga (doga) seems to be a thing right now... just saying.



Create an uplifting music playlist for next semester.

Play fun lawn games with friends and family.

Go to the beach. Enjoy the sand, the smell, the sound.

Let someone take care of you. Massage, facial,... whatever it is, you deserve it.

Explore your town. Surely, there's a hidden gem you don't know about.

Go on a hike. Enjoy the fresh air, the connection with nature.

Get some sunshine every day. Don't forget the sunscreen.

Grass, barefoot, 30 minutes... repeat throughout summer.

Try something new like learning to paint or playing a musical instrument.

Go to an outdoor concert. Bonus points if you pick something new and different.



Enjoy a gorgeous sunset. Palm trees, beach, and cocktails are optional but welcome.

Go out in nature at night and watch the stars. Bring your soulmate with you.



Rest. Sleep in if you can. Recharge your batteries.

Enjoy a drive-in movie. Don't forget your popcorn.

Imagine... **homemade ice cream...** delicious, right?

Go fruit picking. Make the most amazingly delicious dessert out of it. Yes, sharing is caring!

Reflect and journal thoughts about the first half of the year and set/refine goals for the rest of the year.

Pick someone to go on a bike ride with. Explore, relax.

Living by the beach? Well, you know what to do.

Go enjoy a perfect sunrise. Coffee might be needed.



Nothing better than a **camping trip.** Bring friends with you—the more, the merrier.

Enjoy one of our beautiful national parks. There are 424 of them out there waiting for you.

Feeling crafty? Make something that brings you joy. Do it outside.

Love sports? **Try a new summer sport.** We heard surfing is pretty popular right now.



Try a new restaurant/coffee shop.

Hit the dance floor. Show everybody your best moves.

Reconnect with an old friend. They'd love to hear from you.

Make individual dates with your children/grandchildren. They enjoy your company more than anything.

Like winter better than summer? No problem, make relaxing plans for this coming winter break.

