

My Summer Learning Plan

RELAX

“Tension is who you think you should be.
Relaxation is who you are.”

—Chinese Proverb

I WILL TAKE TIME THE FIRST WEEK OF SUMMER BREAK TO RELAX. I WILL COMPLETE AT LEAST THREE OF THE FOLLOWING RELAXATION ACTIVITIES:

Lay in a Hammock (20 min)

Practice Yoga (30 min)

Breathe Deeply (10 min)

Try Aromatherapy (5 min)

Meditate (10 min)

Take a Nature Walk (30 min)

Listen to Soothing Music (20 min)

Write in a Journal (20 min)

Create a Gratitude List (10 min)

Watch a Funny Video (5 min)

Not sure how to complete one of these activities? Google it!

CHALLENGE ACTIVITY

Unplug from TV and social media (24 hours)

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READ

I WILL READ AT LEAST ONE OF THESE BOOKS THAT MATCH MY READING LEVEL AND MY INTERESTS:

TITLE:	TITLE:	TITLE:
AUTHOR:	AUTHOR:	AUTHOR:

I WILL READ AT LEAST ONE OF THESE BOOKS THAT STRETCH MY READING LEVEL AND MATCH MY INTERESTS:

TITLE:	TITLE:	TITLE:
AUTHOR:	AUTHOR:	AUTHOR:

I WILL FULFILL MY LITERACY PLEDGE TO:

www.ReadingHorizons.com/Reading-is-for-Everyone/Literacy-Pledge

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GROW

I'M INTERESTED IN THE FOLLOWING SUMMER LEARNING RESOURCES (FILL IN PREFERENCES):

RESOURCE:

RESOURCE:

RESOURCE:

RESOURCE:

RESOURCE:

RESOURCE:

I'M INTERESTED IN TRYING OR PARTICIPATING IN THE FOLLOWING ACTIVITIES THIS SUMMER (FILL IN PREFERENCES):

ACTIVITY:

ACTIVITY:

ACTIVITY:

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INTERACT

THE FOLLOWING PEOPLE ARE INTERESTED IN THE SAME SUMMER ACTIVITIES AS I AM:

NAME

NUMBER
