

Self-Care over Summer

Student Easy-Read Bulletin no. 11 – July 2024

 **HAPPY**  **SUMMER**  **HOLIDAY!!**

 Summer is relaxing and fun with more time for self-care.

 Too much gaming and TV hurts eyes and can stress us.

 Exercise and create art too to be happy and healthy.

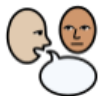
 Go to parks to be in nature and breathe fresh air.

 Spend time with people who make you feel special and loved.

 2 weeks before September, sleep 8 hours every night to feel

 focused and ready for school in September.



 Talk to your teacher if you need help with your feelings.