



JUNE: SUMMER PLANNING

– What Teachers Need to Know –

The Basics

Summer is coming and with it a much-needed break! While summer is joyful for many of us it can also be a time of stress due to the lack of structure and routine in our lives. When thinking about summer work on including some routines, which can look different for everyone.

Planning for a Fun and Healthy Summer

- Try to keep as much routine in your life as possible. This can include bedtimes, wake-up times, and mealtimes. Want to learn more? [Read this article](#).
- Make time to go outside! Being outdoors is wonderful for our mental health. It can improve our sleep and even help reduce some symptoms of Depression. Read more [here](#). Try going to one of the free parks across the city:
 - Rock Creek Park
 - Malcom X Park
 - Kenilworth Aquatic Park and Gardens
 - National Arboretum
 - Fort Dupont Park
- Plan activities for yourself and loved ones.

Activities Around the City



Summer here we come!

- [Pools across the city](#)
- [Museums and the zoo](#)
- [Outdoor movies](#)
- [DC Parks Programing](#) *some are free others are not.