

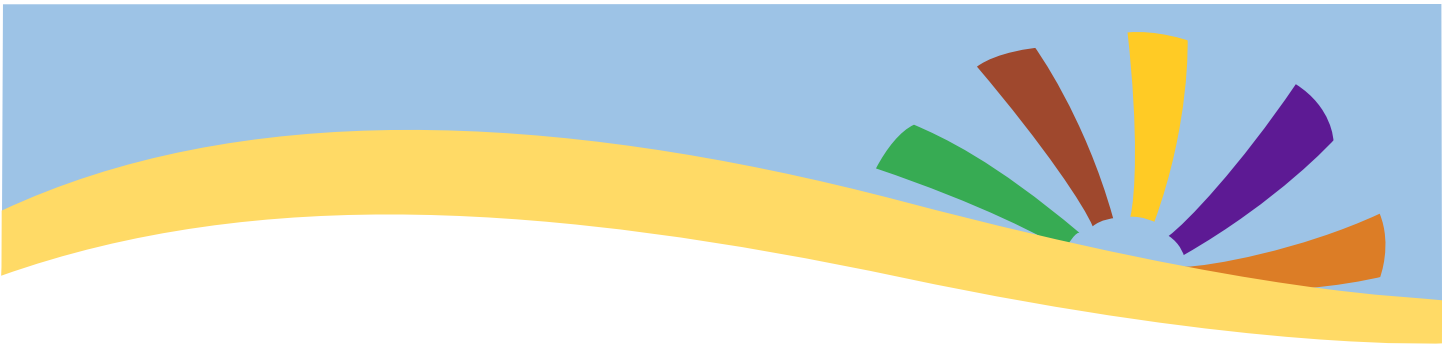
# Whole School, Whole Community, Whole Child Summer Resources

\* Dear School Partners,  
Our School Health Team here at The Center for Prevention and Counseling knows that this year has been challenging in ways that were entirely unexpected. We would like to thank you for your continued support, and remind you that we will continue to be a resource to you through these times.



In this regard, here are some resources that you may find helpful in the coming months and with preparation for next year! In this newsletter you will find:

- A tool to help kids identify emotions
- Fun physical education lessons and activities to be used by parents or educators
- A great website for exploring nutrition and recipes
- A fun mindfulness activity!



## Feeling Through Colors



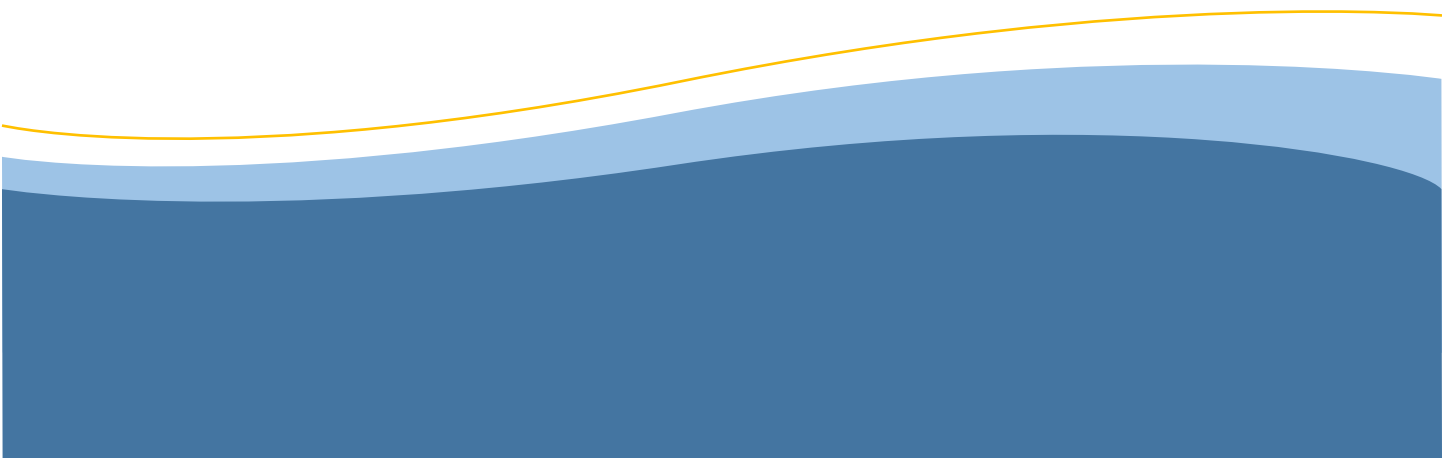
Feelings can be really confusing, especially for kids and teens who are still working on identifying them! This activity uses colors to help kids (and adults) identify and label feelings while also helping to show that feelings can be fluid and temporary.

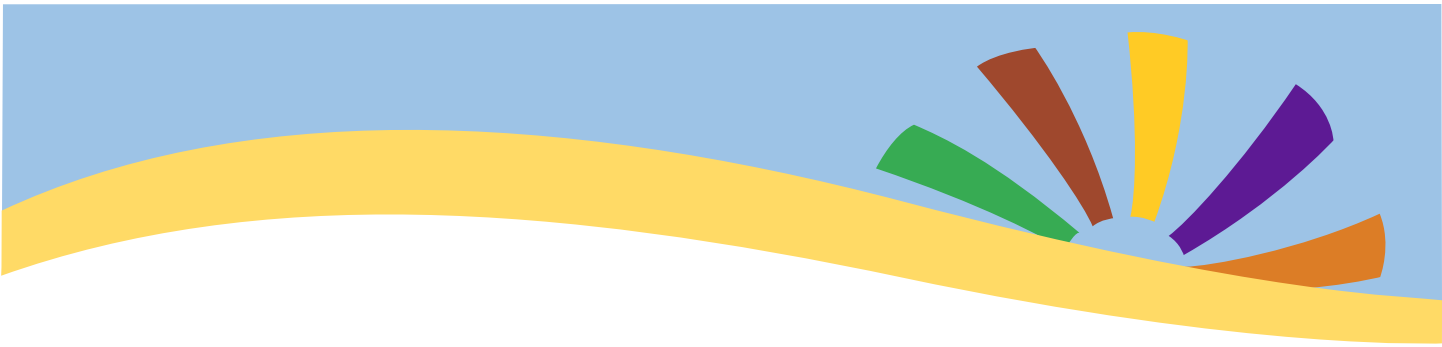
<https://www.actionforhealthykids.org/activity/feeling-through-colors/>

## Activities for Parents and Educators

Catch.org is a great non-profit resource for activities ranging from health and nutrition, to P.E., to at home lesson plans. Just simply access the lesson plans through google classroom for some summer fun!

<https://www.catch.org/pages/health-at-home>





## Nutrition

Wondering what you're going to have for dinner tonight?

ChooseMyPlate.gov is a great resource for nutrition information, recipes, meal plan, and much more!

Also, check out the My Plate app!

<https://www.choosemyplate.gov/>



Paint the world

**SUPER  
COLORING**



MICHAEL O'MARA BOOKS

## Mindfulness

Ever wish you could just take a few minutes and clear your mind? Have kids running around driving you crazy?

Try online coloring! You don't even need to print it! Coloring has been proven to be a very helpful meditative activity and a great way to relax.

<http://www.supercoloring.com/>

<https://www.mombooks.com/mom/online-activities/>

