

# Frameworks SEL MONTHLY™ COMMUNITY NEWSLETTER

July 2021  
Vol 2 Issue 1

*SOCIAL AND EMOTIONAL LEARNING (SEL)  
& HAVING A PURPOSEFUL SUMMER*



## ELEMENTARY SCHOOL

Summer can be the perfect time to engage in purposeful activities together as a family on any budget. Learning through hands-on experience is a great way to engage the minds of young children. Whether you learn together about how fruits and vegetables are grown and visit a local farm to pick your own, or read about rock formations and visit the Grand Canyon, there are many ways to bring learning alive. Just remember to be mindful of your child's interests/abilities and then build out fun activities and adventures that nurture their body, mind, and spirit!

## MIDDLE SCHOOL

Having a purposeful, safe, and fun summer is within reach for your middle school age child. Volunteerism is a great way to give back to the community, learn new skills, and interact with likeminded individuals. Discuss your middle schooler's interests and find local organizations where they can volunteer their time and talents. Whether they are interested in animals, sports, arts, or serving the homeless, among many other causes, help them discover the joy of giving back. You can also volunteer together as a family by participating in cleanup efforts, sorting and packing food at local food pantries, and more.

## HIGH SCHOOL

While recharging and relaxation is a great goal, it is also important for high school age students to have a purposeful summer. Help your child figure out what this looks like for them by talking to them about their future goals, their evolving likes and dislikes, and their schedule. Then, actively engage them in the decision-making process of what their summer will look like, whether there is a job in their near future, an internship, courses for school or pleasure, volunteering, or travel, among others.

## MANAGING YOUR NEW FREE TIME

*by Jordan Sims  
Community Programs Specialist*

Summer is often a time for recreation, relaxation, and reconnection but sometimes having so much free time can be overwhelming. Establishing schedules and routines can help your family be purposeful with how it spends its time and makes sure your family is making the most of your summer break. Children (and adults) thrive on routines and schedules because it helps us know what to expect and be intentional with how we spend our time. Family schedules and routines are great tools for building self-management skills like self-efficacy and time management. They also help children be more socially aware of how other members of the family spend their time and offer opportunities to enhance family relationships through regular, scheduled time together. This month we will help to provide strategies, research, and resources to help you have a happy and purposeful summer!



Purpose is the ultimate fuel for our journey  
through life. When we drive with purpose we  
don't get tired or bored and our engines don't  
burn out - Jon Gordon

## COPING SKILLS & ACTIVITIES



## SOCIAL AND EMOTIONAL LEARNING ROUTINES

by *Siomara Bridges-Mata*  
*Community Programs Specialist*

Summer is the perfect time to reset and refine your daily routine. Research continues to prove that routines help us cope with change, create healthy habits, improve interpersonal relationships, and reduce stress. Establishing a time to intentionally focus on SEL skills each day can have a tremendous impact on your mood and overall well-being.

Make SEL a part of your family's daily routine this summer by incorporating one or more of these strategies and activities:

- **Self-Awareness:** Wake up in the morning and read a positive affirmation. [Click here](#) for ideas!
- **Self-Management:** Engage in a 1-5-minute mindfulness breathing activity at the start or end of your day.
- **Social Awareness:** Ask a friend "How are you feeling? Instead of "How are you doing?"
- **Relationship Skills:** Connect with a friend or family member you have not spoken to in a long time.
- **Responsible Decision-Making:** Commit to eliminating one habit that does not serve you and replace it with something more healthy/productive.

## MAXIMIZE BEYOND YOUR ROUTINES

 by *Brian Schank, Senior SEL Program Specialist*

There are ways to maximize your time beyond schedules and routines that will make your summer great:

- Pamper yourself and do something you cannot do during the school year, like a spa day, a long hike, or going to lunch with friends.
- If you are an educator, you can use a teacher discount for travel to places that interest you!
- Take time to journal and reflect on the past school year, which we know has been challenging. Look for silver linings and positive moments from the year as you journal about it, and how you grew emotionally from your experiences.
- Use summer to get new ideas for the next year using Pinterest or other sources online.
- Plan specific time for you alone or with your family just to recharge or focus on nothing else but you; no work-related items involved.
- Finally, try meditating 5-10 minutes each day to gain calm and focus and destress from the previous school year. Check out this video to help you get started with meditation: [Meditation 101: A Beginner's Guide](#).

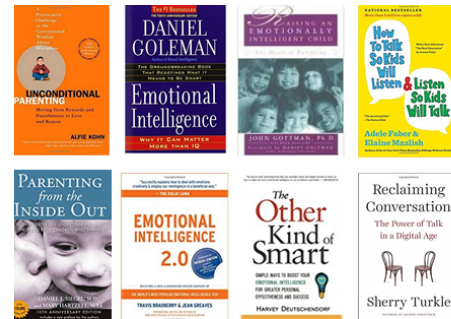
Remember, it is ok to make the summer about you and implementing self-care. Make it a great summer!

## PURPOSEFUL SUMMER SCHEDULES

by *Eddie Underwood*  
*SEL Program Specialist*

Kids, teenagers, and adults all benefit from regular routines. They provide a sense of structure, stability, and consistency-all of which are important during the summer months. This can be done by implementing a purposeful summer schedule to help maintain consistency and stability. Below are some tips and suggestions for summer schedules:

- **Include time for Creative and Movement Activities:** Mental and physical health are crucial elements of a daily schedule. Make time to try something new, learn a new skill or hobby, create art, and be active.
- **Consider Service to Others:** Identifying opportunities to give back to others adds another layer of purpose to routines. Whether it is small acts of kindness or volunteering our time, giving back to others strengthens our families and our community.
- **Plan for Revision:** Summer schedules will change over time as we adapt and adjust to new routines. Being mindful of this will set us up for being flexible while maintaining structure and consistency.
- **Co-create a Schedule with Kids:** Allowing kids to contribute to their summer schedule can increase participation while practicing responsible decision-making skills. It can be helpful to include times for playing, reading, helping others, and being outside.



## RESOURCES AND READINGS

by *Lauren Reneau*  
*SEL Assistant*

While summer is a great time to relax and make use of the extra free time we have on our hands, it can be difficult to navigate and make purposeful use of that time. Summer boredom is inevitable at some point for all children, which can lead to extended use of electronics and increased screen time. Finding the balance and creating a manageable schedule can seem impossible, but with the resources linked below you can gain tools and ideas to make this summer productive and fun for everyone. From tips for setting up a summer routine, methods to save your kids from screen addiction, and fun activities to keep kids entertained, there are many ways to make summer purposeful!

[Creating a Summer Schedule for Kids + 5 Free Printables](#)

[The 7 Step Method to Save Your Kids from Screen Addiction](#)

[28 Easy & Fun Summer Bucket List Ideas Your Kids Will Love](#)

For more resources, visit  
[www.myframeworks.org](http://www.myframeworks.org)



[Recursos en Español](#)

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**MAKE AN IMPACT**

**FRAMEWORKS SUMMER HOURS:  
CLOSED ON FRIDAYS**