

Additional Resources-June

Looking for ways to relax this summer? Check out some of these resources!

- <https://gateway.aurorak12.org/2021/04/25/5-tips-for-a-successful-summer-break/>
- https://www.google.com/url?q=https://www.milestone-academy.org/20-activities-for-high-school-students-during-summer-break/&sa=D&source=hangouts&ust=1621527511951000&usg=AFQjCNHTvUdd3pHVT90cqu_hqxZ8SP-Rg
- <https://timely.md/blog/mental-health-break-from-school/>
- <https://www.milkeneducatorawards.org/connections/articles/view/covid19-summer-break-advice>
- <https://www.milestone-academy.org/20-activities-for-high-school-students-during-summer-break/>
- <https://kidshealth.org/en/teens/relax-breathing.html>
- https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1
- <http://mindfulnessforteens.com/guided-meditations/>

