



# AHSConnect

Tips for an Amazing Summer  
Stay Safe and Have Fun!

# Tips for an Amazing Summer

AHS Community, you did it! You have done a spectacular job at distance learning and truly deserve an amazing summer.

With warmer weather and longer nights, summer can be a wonderful time to relax, connect with family and friends, and make long lasting memories. It is also a great time to reflect on the past year and set new goals.

Our AHSCoach coaches, have put together a list of activities and quotes to help keep you motivated, and energized this summer, especially after 4 months of distance learning.

Have Fun and Stay Safe!

# My Accomplishments

Accomplishments are things that you once found difficult but now can do. List the things you accomplished this past year, the things you hope to accomplish this summer and in the new school year.

***My Accomplishments***

***What I want to Accomplish***

# 5 Inspiring Quotes

*"The key to success is to start before you are ready"* - Marie Forleo

*"Don't wait, the time will never be just right"* - Napoleon Hill

*"Sometimes you will never know the value of a moment until it becomes a memory"* - Dr. Seuss

*"Everyday do something that will inch you closer to a better tomorrow"* - Doug Firebaugh

*"The meaning of life is to find your gift, the purpose of life is to give it away"* - William Shakespeare

# 5 Acts of Kindness

- 1) Offer to pick up someone's groceries for them (if you and your family feel comfortable)
- 2) Surprise someone with a spontaneous driveway visit
- 3) Leave flowers or a nice note on a family member, friend, or neighbour's doorstep
- 4) Bake something tasty for your family
- 5) Volunteer your time (walk someone's dog, cut their grass)

# 5 Fun Things to Try!

- 1) Go on a bike ride or nature walk
- 2) Pitch a tent in your house or even the backyard
- 3) Play *Minute to Win It* games with your family
- 4) Set up a movie marathon with friends and family
- 5) Have a party for no reason

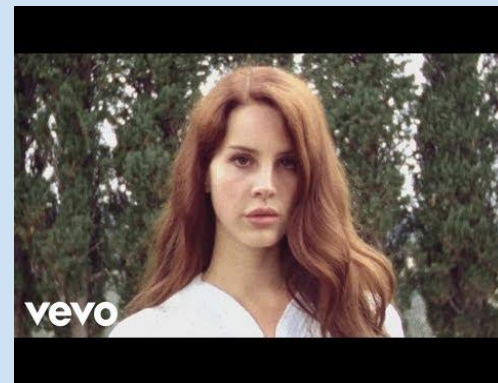
# Five Songs about Summer

From R&B (Summertime Sadness) to Rock (Summer Song). This list features five great songs that are sure to make your summer!

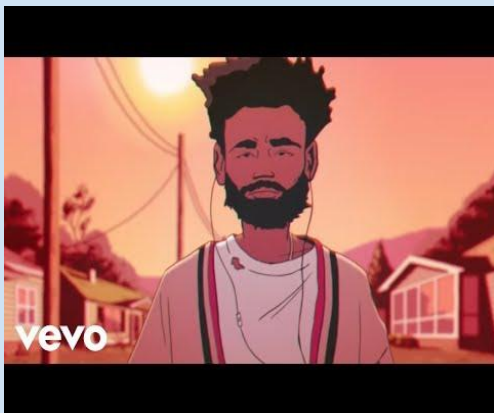
The singers included are: Bryan Adams, Lana Del Rey, Childish Gambino, Pink Floyd and Joe Satriani.



Summer of '69



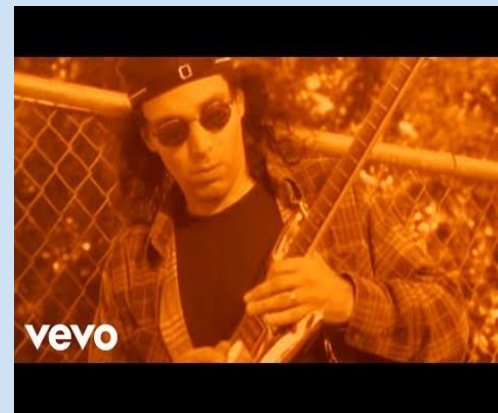
Summertime Sadness



Feels like summer



Summer '68



Summer Song

# 5 Delicious Summer Desserts!



French Apple Cake

Website:

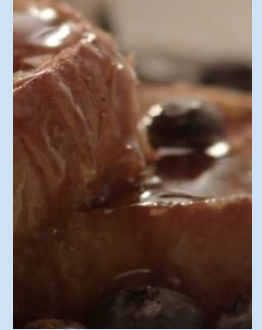
<https://www.onceuponachef.com/recipes/french-apple-cake.html>



Homemade Lemonade

Website:

[https://www.simplyrecipes.com/recipes/perfect\\_lemonade/](https://www.simplyrecipes.com/recipes/perfect_lemonade/)



French Toast

Website:

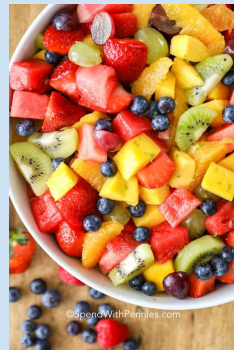
<https://www.allrecipes.com/recipe/7016/french-toast-i/>



Chocolate Crinkle Cookies

Website:

<https://www.allrecipes.com/recipe/9861/chocolate-crinkles-ii/>



Fruit Salad

Website:

<https://www.spendwithpennies.com/fresh-summer-fruit-salad/>

\*Make sure you have someone to supervise you when using the stove/oven



# 5 Wellness Activities

- 1) Go outside and get some fresh air
- 2) Find a fun way to move around and get some exercise (maybe try a new sport)
- 3) Take some time to relax and re-energize yourself (read, sketch, go for a walk)
- 4) Do something fun with your family at home, or go visit friends or family
- 5) Always think happy thoughts and stay as social as you can!

## 5 New Goals

1. Try to read more often
2. Try a new challenge (skateboarding)
3. Try to say “Please” and “Thank-you” more often
4. Try to offer my help more
5. Try to advocate for myself

# Tips on How to Transition Back to School

After spending a lot of time at home, and having the summer off, going back to school may seem a little overwhelming. Here are a few things you can try to do to help make the transition a little easier.

- Make sure to get enough sleep.
- Create a school morning routine.
- Create a personal calendar to help keep you organized.
- Restart routines. Example: snack, homework then free time.
- Set up a homework area away from distractions
- Get organized. Use binders, coloured folders or bins to keep all your materials in one place.
- Make a To-Do list.



See you in September!

From your AHSConnect Coaches