

School Counseling

Primary School*Middle School*Upper School

June8, 2018

Maintaining balance and wellness during the summer months

School Counselors:

Caleva Kelly

Kris Bezzerides

Gretchen Galaty

Parents Help Balance Social Media During the Summer (Washington Post)

- Check your child's phone
- Be app-savvy
- Help kids understand their use
- Set clear ground rules
- Create opportunities for digital detox

The Positive Impact of Outdoors (Psychology Today)

- Improves physical well-being
- Improves mental well being
- Improves communication and social cues
- Promotes creativity
- Encourages healthy habits
- Provides life skills, such as, resilience
- Builds community

Use Common Sense Media to better understand the ratings and reviews of child media use. Pertains to grades pre K to 12

- **www.commonsensemedia.org**

Resources:

Five Ways To Help Teens Feel Good About Themselves, Greater Good Magazine, 2018

Get Kids Outdoors To Improve Mental and Physical Well-being, Psychology Today, 2018

Perspective | 5 Ways Parents Can Help Kids Balance Social Media with the Real World, Washington Post, 2017