



Summer Wellness Plan - Parent & Teacher's Guide

Family & Classroom Version

Who is this *Summer Wellness Plan - Family & Classroom version* designed to support?

In short answer - any and all students! We can all benefit from extra support when it comes to preparing for the transition to summer.

Who should administer/ review a *Summer Wellness Plan - Family & Classroom version* with the student?

This plan was designed as a tool for **teachers, parents and caregivers** to use, but can also be shared in a classroom setting.

It's important to note that **the *Summer Wellness Plan - Family & Classroom version* is NOT clinically based and should never be used in substitution for a 'Safety Plan'** - a plan developed and administered by mental health professionals to support students at risk of harm to themselves or others. Your school-based therapist will have access to the specific Safety Plan their organization utilizes and should be the one to administer such a plan if and when needed.

How might my child/ student benefit from using the *Summer Wellness Plan* tool?

Setting up a predictable summer schedule, along with identifying fun activities and other coping strategies can be an effective way to support students in proactively preparing for a successful transition to summer.

This tool was designed to support student conversations as you guide them in planning their summer daily activities and routines, and identifying go-to coping skills, strengths, and resources if (or when) they begin feeling overwhelmed or stressed outside the traditional school setting.

Do you have suggestions on how best to utilize this plan?

Each child's or teen's plan will look different depending on their level of need, their age and their situation. And, that's ok.

For younger students, use the questions simply as guides for your conversation with each child. Below are a few additional ideas:

- ***Make some art!*** Instead of writing out the plan, ask students to draw their answers on separate pieces of paper.

- **ProTip:** Consider consolidating their visual answers into a simple flip book. This will allow them to reference it over summer and can offer a practical way for them to share their self-reflective insights with others in an empowering way.
- **Become their scribe:** You could also document their verbal answers for later reference.
- **Parents - Make it a team effort!** Consider printing out two copies and creating your own *Summer Wellness Plan* alongside your child. This is a great way to model healthy self-care which is important at all ages. You can even reference these guides throughout the summer as needed.

For older students, we recommend either reviewing the plan with them in one sitting or sharing the questionnaire with them in advance and then setting a time to review their answers together with you. Additional tips:

- **Emphasize agency and skill building:** For teens, the more they can be in ‘driver’s seat,’ the more likely they are to engage and follow-through with the plan. The goal here is not necessarily a perfect plan. Rather it’s about helping them think and plan ahead and begin practicing how to build healthy skills and rhythms into their transition processes.
- **Prime the pump:** Consider sharing a link to [MindPeace’s Beating the Summer Slump Tips](#) or other resources to help get their juices flowing for what might be helpful in supporting their wellness over the summer.

General Tips for all students - regardless of age:

- **Set the table:** Before asking the first question, offer some background on ‘why’ this discussion is important, and more importantly why you feel a summer plan could be helpful - not just for them but for all of us!
- **Resist the itch to fix** - Acknowledge any emotions or fears shared without trying to change them. This can be hard when working with students who may naturally see things through a negative lens. Check out [MindPeace’s Navigating Change and Transitions Guidebook](#) for more ideas and support here.
- **Normalize setbacks and struggles:** Remind students that much of what they will inevitably be seeing this summer on social media will rarely be the full story. The idea of a ‘perfect summer’ is a myth. #IRL (or ‘in real life’), we all have our share of both hard and good moments.
- **Emphasize the positive:** Whenever possible, remind them of the growth you’ve witnessed and affirm their ‘wins’ from this past school year.
- **Stay curious:** One of the greatest benefits of reviewing a summer plan with youth is in the planning itself! Having a trusted adult listen and hold space for their feelings and plans activates the power of feeling seen and heard and can be a healing and confidence-building experience all in and of itself.
- **Don’t push too hard:** If they are really struggling with a specific question, offer to circle back on it later. This is meant to be a light-hearted conversation. If you suspect a question may have triggered a stronger emotional reaction than you expected, stay curious and consider whether higher level support or follow-up steps may be warranted.

Teacher Tips for Classroom Use

- *Check in with your team* - When planning to use this tool in your classroom, be sure to notify school counselors, psychologists and therapists in case any of them might be planning to administer a similar (more clinical) version with a student or two in their care. If so, coordinate. Ideally, the student would complete your version in class and then they could have a follow-up conversation with the other school team member where additional questions could be discussed.
- *Peer-to-Peer sharing* - While it could be nice to ask students to pair up to share the answers to a couple of targeted (non-vulnerable) questions, such as “What am I looking forward to this summer?,” we recommend to proceed cautiously in asking students to share their full plans with a classmate, as there is a level of vulnerability to some of the questions that might make some students feel uncomfortable.
- *Solicit volunteers* - If you want to lead a discussion on the Summer Wellness Plans, consider asking students to complete their plans and then soliciting volunteers to share what stood out to them about their plans or how they felt completing their plans. Was it fun? Tough? What did they learn about themselves and what they’re anticipating for summer?
- *Take a stroll down memory lane* - As you’re closing out the activity, invite students to consider how they felt on the very first day of this school year? Were they nervous? Excited? Reflecting on what a great job they did in adapting to the new school year reminds them that this is not their first time navigating change. After all, look at how great they adapted to the new school year!
- Encourage students to share their plans with parents and caregivers!

Is the *Summer Wellness Plan* an appropriate tool to use with students in crisis?

In short - **no**. See the message in the box at the top of this document which explains the critical difference between a *Summer Wellness Plan* and a *Safety Plan*.

If a student needs additional support around what to do in a crisis or if they feel unsafe, we recommend that you help connect them to local crisis support or to their therapist depending on the situation and level of urgency.

Additional questions or feedback?

Keep us posted on how you’re using the *Summer Wellness Plan* - what you like, what you’d change, how your children/ students are responding to the process. We welcome your feedback always! Click [here](#) to share any suggestions for improvement or success stories.

My Summer Wellness Plan

Family & Classroom Version

Complete this plan to support a successful transition to summer.

Name:

Date:

School Year Reflection

Before diving into summer, take a few minutes to reflect on the past school year.
In which ways have you grown? What lessons have you learned that you plan to take forward with you?

Ways I grew this year:	Lessons I learned this year:

Summer Planning & Expectations

What am I looking forward to this summer?

-
-
-

What am I nervous about for summer?

-
-
-

Support System

Here are the people I know I can call or go to (family, friends, or community) who will help support me when I'm feeling high stress or when in crisis. Sometimes asking for help is the bravest thing we can do.

(Provide name and phone number, if possible)

- 1.
- 2.
- 3.
- 4.

Daily Summer Routine

Create a daily schedule that includes mealtimes, chores, outdoor time, time with friends and family, and bedtime. Research shows that structured routines can help support our mental health. Interested in learning more? Click [here](#).

Morning	Afternoon	Evening

Stressors

Identify potential summer stressors, such as being home alone, parents fighting, issues with siblings, etc.

Coping Strategies and Strengths

“When I feel _____, I know I can...”

(Identify your warning signs, such as feeling angry, stressed, sad, etc. to fill in the blank. Then, make a list of coping strategies such as listening to music, drawing, going outside, writing in a journal, taking deep breaths, etc)

When I feel...	I know I can...

Fun Activities

What are some fun activities I'm looking forward to this summer?

Include some stress-relieving activities such as exercise, being in nature, doing things with friends, family, or neighbors, reading a book, trying something new, and more

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Keeping myself healthy and safe

Steps to take if I notice I'm struggling or am in crisis and need help:

1. Tell your parent/caregiver, your therapist, or another trusted adult you're struggling. This might be a good time to review your Summer Wellness Plan.
 - a. Remember: You don't need to do this on your own. There is help available - even in the summertime!
2. If you need additional assistance, you and your parent/ caregiver or trusted adult can:
 - a. **Call Psychiatric Intake Response at Cincinnati Children's: (513) 636-4124**; The staff will help you decide the most effective level of intervention
 - b. **Call or Text 988 Lifeline**; 988 is the national 24/7 suicide hotline; free and confidential support for anyone
 - c. **Call Best Point Urgent Care: (513) 527-3040**; Open Monday-Friday 9:30 am to 6 pm
3. If after you've tried numbers 1-2 above, you still don't feel safe, call 911 or have an adult take you to the emergency room.