BRIGHT DAYS, STRONGER YOU: SIMPLE ROUTINES TO KEEP YOU GROWING THIS SUMMER

Summer 2025

Morning

Set a daily goal. *What is one small thing I can accomplish today? (ex. clean room, read for 30 minutes, set screen time boundary)*

Set a positive intention for the day. (ex. Today, I will be brave and try something new. Today, I will spread joy with my kind words.

Think of one thing you are grateful for. Share your gratitude with a family member.

Afternoon

Offer a compliment to or help someone with a chore.

Play games with friends or family to practice taking turns, managing frustration and solving problems.

Spend time doing some relaxing activities like coloring, reading and listening to music.

Evening

Reflect at the end of the day. *What was the best part of my day? What is something that brought me joy?*

What might I do differently tomorrow? Set a goal or intention for the next day.

Self-Reflection Journaling: Write about your day and try using prompts like, "*What did I learn about myself today?*"

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