

HOW TO REST & RECHARGE OVER HOLIDAY BREAK

STUDENT EDITION



Enjoy Family Time Together

However you are celebrating your holiday, this time off from school is a great chance to spend time together as a family. Watch movies, play games, go sledding, and go on walks.

Catch Up on the ZZZs

Rest up from a busy holiday season with making sure you sleep 8-10 hours a night! Sleep promotes cognition and memory, facilitates learning, recharges our mental and physical batteries, and helps our overall well-being.

Limit Screen Time & Bust a Move

Unplug from electronic devices (iPad, gaming system, phone, etc) to make time for movement! Go to the park, jump at the trampoline park, or have a dance party to your favorite tunes!

Set Goals for the New Year

Do you have goals for the new year? Take some time to think and journal about goals you want to achieve in the Spring Semester! (Academics, build new friendships, try new sports)

Make your Favorite Recipes!

Take the time to cook or bake the oldest family recipe you can find. Spend some time measuring and mixing different ingredients - with taste testing, of course!

Express your CREATIVITY

Draw, sculpt, photograph, design, make music, and more. Spark creativity!