

Five Ways to Destress for the Summer

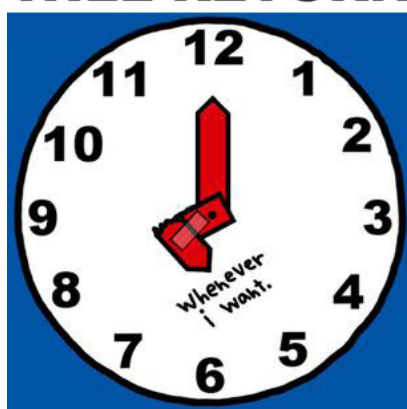
1. Read for fun!



Read something that has nothing to do with teaching

2. Lunch Break

WILL RETURN



Take a full hour lunch break!

3. Learn a new hobby



Try out: Painting, paddle boarding, archery, laser tag, geocaching, yoga, and karaoke

4. Enjoy the Nature Around You



Try out: Hiking, the beach, camping, or sight see at local attractions!

5. Get Inspired!



Get inspired to do it all over again in the 2015-2016 school year!

Teachers, we appreciate you!