



**SUMMER LEARNING**

**RESOURCE  
TOOLKIT**

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**JUNE 2022**



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# JUNE RESOURCE TOOLKIT



Happy Summer!

Our toolkits are BACK! We will be publishing them each month with resources, activities, tips, and events that are in line with our monthly theme. This month's theme is Summer Learning and Wellness. While many young people are excited to rest and reset during summer break; others are not and that is okay. The end of the school year does not mean youth will not continue to deal with emotions that can impact their mental health. We want to make sure youth, parents, and caregivers are equipped to free their feels this summer!

## TAKE ACTION



If this is your first Free Your Feels Resource Toolkit, you'll notice a "Take Action" section on each page. Inside you'll see a small action (ie. watch a video, register for a webinar, have a conversation, etc.) we're asking you to take to improve youth mental health. First up – scan our QR code and follow us on social media. Throughout the month, be sure to share the posts you see there.

We hope you'll find this new toolkit useful.

# WHAT'S NEW



Our campaign is growing and so is our team! We're excited to welcome VOX ATL and Silence the Shame to the #FreeYourFeels team!

In addition to relaunching our toolkits, we have relaunches our monthly newsletter and have organized #FreeYourFeels swag we want to share with YOU! By participating in our weekly polls on Instagram, you'll automatically be entered to win stickers, t-shirts, and other fun surprises. The polls will start on **June 6** on our Instagram stories!

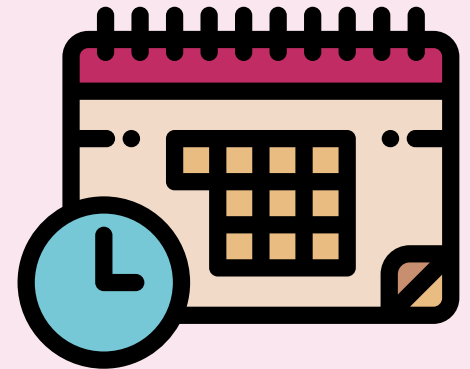
We will also be hosting our first ever Tweet-A-Thon on **June 22**. We'll be posting questions on our Twitter feed with hashtags related to summer wellness. Everyone with a Twitter account can find, follow and participate in the conversation. We encourage you to reply to our tweets, engage with other respondents, and share resources that could be useful for youth, parents, and caregivers.

**TAKE ACTION**

**SAVE THE DATES!**

**JUNE 6**

**JUNE 22**



# FOR YOUTH/TEENS

FREE  
your  
FEELS

School's out! Maybe you've been looking forward to the summer for a while, maybe you're excited to take some time to yourself and destress, but maybe... maybe you're a little bored? We have things you can do!

If you are in or near metro Atlanta and like animals, you could [volunteer with FurKids this summer](#). Or if you want to learn about multimedia storytelling and journalism, [check out VOX Media Café](#). Do you enjoy helping others? [Random Acts of Kindness has a list](#) of other great ideas of things you can do! Let us know what fun activities you're doing this summer – we'd love to share ideas with other youth!

## TAKE ACTION

PICK ONE OF THE  
JOURNAL PROMPTS  
AND  
#FREEYOURFEELS!

Prompt 1: Describe your best day ever!

Prompt 2: You get to hang with your favorite artist. Who is the artist you hang with and why?




FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



# FOR YOUTH/TEENS

FREE  
your  
FEELS™


The annual VOX ATL Teen Survey is back! The survey aims to help adults who work with teens understand what they need, where they feel valued, and how they like to communicate — including questions specific to mental health.

**VOX ATL** Wants to hear from **YOU!** 

☒ Would you like to discuss your opinions on teen mental health?

☒ Would you also want to enter to win \$50 for your participation **and** for recommending it to others?

**If you checked both of these boxes, then the VOX Teen Survey is for you!**

 Visit this link or scan the QR code for more details and to take the survey!  
**[bit.ly/voختهensurvey2022](https://bit.ly/voختهensurvey2022)**

## TAKE ACTION

Take the survey! It's a strengths- based, mobile- friendly, and teen- driven survey that will take less than 10 minutes to complete.

Open now!



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# PARENTS OF INFANTS & TODDLERS



This month, use PBS' summer activity book to play and learn with your child. You can browse the PBS website for more ideas on how to engage your young child's curiosity and encourage them to interact positively with their environment. The foundations laid and supportive interactions in early childhood are critical for later emotional and mental wellness.

## ACTIVITIES, GAMES



## AND MORE!

## TAKE ACTION

Download PBS' Summer Activity book and snap a pic of you and your child completing an activity together!



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225





# PARENTS OF INFANTS & TODDLERS



We want to support the emotional and mental wellness of parents too! For parents looking for support and community amongst other parents, the [Georgia Parent Support Network has weekly parent support meetings](#) every Tuesday from 2 PM - 3 PM over Zoom!

Get Georgia Reading did the hard work of compiling [a list of summer resources for Georgia parents!](#) Their list includes resources for meal assistance, summer learning and camps, and vaccines.



## TAKE ACTION

Watch this TEDx video of Dr. Paul Sunseri, a clinical psychologist, discussing how families can support a child's mental health.



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# PARENTS OF SCHOOL-AGED YOUTH



Summer camps and groups are being held throughout June and July! If your 2nd through 12th grader could benefit from additional support and connections this summer, CHRIS180 is offering a variety of day programs, each focusing on different topics beneficial to positive mental health. There is also a group for caregivers and parents.

**CHRIS180** **FREE SUMMER GROUPS**  
FOR CHILDREN, TEENS, PARENTS AND CAREGIVERS

Would your child or teen benefit from additional support this summer? Enjoy connecting with other students to learn fun new skills? Benefit from talking with peers about stressors and learn some additional coping skills?

**JOIN US!** *NOTE: Participants can participate as frequently as they choose. They are not required to participate in each session. Groups are geared toward skill-building and social connection! All groups are virtual.*

<b>Positive Thoughts, Talks and Affirmations!</b> 2nd-5th Graders Mondays, 2PM - 3PM 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25 *No Group on July 4	Words have <b>POWER!</b> In this group, students will learn how to utilize positive self-talk to build self-confidence, boost self-esteem, and help regulate their emotions through words of affirmation. For more info, email Latoya.Harris@CHRIS180.org	<b>Identity and Self-Esteem!</b> 6th - 8th Graders Wednesdays, 6PM - 7PM 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27	Middle school can be challenging for a variety of reasons. This group will help students explore their values, interests, and traits to build a positive sense of self as they enter into middle school! For more info, email Stacia.King@CHRIS180.org
<b>Problem Solving: How to Make Good Choices!</b> 2nd-5th Graders Tuesdays, 3PM - 4PM 6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26	This group will discuss how to identify and solve problems while maintaining emotional regulation. We will discuss how to identify a problem, explore potential solutions and outcomes, and promote collaboration with peers. For more info, email Jessica.Travis@CHRIS180.org	<b>"You Aren't Listening to Me": How to Communicate with your Parents, 101!</b> 9th - 12th Graders Wednesdays, 2PM - 3PM 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27	High schoolers often feel that parents aren't listening to them when they talk. This group will help teens learn how to communicate better with their parents, bring up tough topics, and improve communication skills. For more info, email Debra.Burden@CHRIS180.org
<b>Healthy Boundaries!</b> 6th - 8th Graders Mondays, 3PM - 4PM 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25	This group will assist students in identifying healthy boundaries with themselves and others. Students will be able to learn and identify	<b>Society or Me? Who am I?</b> 9th - 12th Graders Tuesdays, 2PM - 3PM 6/7, 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26	High school is full of pressure—school, parents, peers—and now we question: where do we fit into this world? This group will help students explore their values, interests, and personality traits to build a positive

## TAKE ACTION

Find the group (s) of your choice and register today!  
Scan the QR code and start your registration!



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# PARENTS OF SCHOOL-AGED YOUTH



For parents and caregivers who are struggling to communicate effectively with their kids and teens, [take a look at these five tips shared by Children's Healthcare of Atlanta](#). We know some conversations can be difficult. Remember, even when you don't know what to say, listening allows you to create a safe space for your child to speak their feelings fearlessly!



## TAKE ACTION

After reading the 5 tips, pick two tips to focus on for the month of June. Reflect with your child on the difference this makes.



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# PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



The Georgia Department of Early Care and Learning (DECAL) hosted [a 3-part webinar for infant and toddler teachers and providers in Georgia](#). The series covered brain development, being a responsive caregiver, and the impact of temperament on learning and development. After watching the recorded sessions, be sure to check out more information about DECAL's infant toddler program!



## TAKE ACTION

[Complete COX Campus' Build My Brain free training course to learn even more about how you can positively influence a child's brain development.](#)



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# PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



Planning for summer just got a whole lot easier! [The Georgia Statewide Afterschool Network has compiled a list of fun and engaging activities and challenges.](#) Broken down by age group for 5-18 year-olds, and based on skill-building and social-emotional learning, the guide offers more than 150 activities and challenges to complete. You can (virtually) tour Yosemite, learn to cook, or complete a "What's my Purpose?" worksheet.



## TAKE ACTION

[Read the National Summer Learning Association's report about building resiliency in youth through summer programs.](#)



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## QUESTIONS? CONTACT

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