

6 WAYS TO RECHARGE IN THE SUMMER

01

SEE NEW SIGHTS

Think broad, and feast your eyes on museums, national parks, local parks, or vacation spots. Just seeing something new can broaden your perspective and inspire ideas.

As teachers, we rarely have enough time to immerse ourselves in creative endeavors during the year. Are you a visual artist? Devote time each day to your craft, or take a class to extend it.

Are you a musician? Find a local group that you can practice or perform with during the summer months. Find something that challenges you and helps you grow as an artist.

03

READ!

Summer is a great time to catch up on books you've been saving in your Amazon cart. Keep it personal and read on your own, or make it a social event: find a group and read the same book so that you can discuss it.

02.

TAP INTO YOUR CREATIVE SIDE

06

PREPARE YOURSELF FOR THE UPCOMING YEAR

Use pockets of time in the summer to organize and think ahead. Clean out your closets and make it easier to grab what you need once the year begins. Double your recipes and freeze meals for September. Shop ahead for wardrobe essentials, gifts for the year, and school supplies. Now is the time to look into time savers for the school year.

05.

EXERCISE AND EAT HEALTHILY

Taking care of your physical body will help you stay strong to handle the pace of school year. Now is a great time to settle into a healthy exercise and eating routine. Why? So that you don't have to adjust to it during your more stressful months!

04.

GROW YOUR PLN (PROFESSIONAL LEARNING NETWORK)

Summer is a great time to find or grow your online network of educators that can inspire you and build you up. Participate in a Twitter chat and follow the participants. The K12ArtChat is a great way to start! Attend EducationCloset's Online Conference to connect with others.

