

THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal
- Write a letter to a friend or family member
- Make a list of things you are grateful for
- Read a book or magazine
- Disconnect from Social Media for at least 30 minutes
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Practice for the SAT/PSAT: www.collegeboard.com

Center yourself with mindfulness techniques:
<http://mindfulnessforteens.com/guided-meditations>

Educational resources:
<http://www.amazingeducationalresources.com>