

# Wellness MATTERS

Make time to have fun and take care of your physical health!



Summer offers us a golden opportunity to relax, recharge, and practice self-care. Summer is also a great time to get outside and get moving! Taking care of your body is a great way to also take care of your mind!



While summer can be fun, it is important to be safe too!

- **Sun Safety** – Wear sunscreen, hats, sunglasses, and sun-protective clothing.
- **Water Safety** – Never swim alone and ensure that children are strictly supervised around water.
- **Hydrate** – Take frequent water breaks to prevent dehydration.
- **Bug Off!** – Use insect repellents or wear long sleeves and pants to repel ticks and mosquitoes.

## Summer Wellness

### Tips for Parents and Kids

- Go outside or open the windows for fresh air.
  - Spending time outdoors can improve mood and lower stress.
- Laugh with your children.
  - Laughter physically changes your body to reduce stress and help you relax.
- Find ways to get active.
  - Visit the [Milwaukee County Zoo](#).
  - Visit one of Milwaukee's free [splash pads or wading pools](#).
  - Stroll along one of Milwaukee County's [paved trails](#).
  - Register for [family open swim](#) at Riverside High School.
  - Visit Bookworm Gardens.
- Enjoy some quiet time.
  - Practices like mindfulness can allow you to focus on your mind, body, soul, and what is present in the moment.
- Create a summer bucket list as a family. Consider including:
  - Things we can make
  - New adventures to take
  - Foods to try
  - Activities we can do
  - Books we can read
  - New things to learn
  - Places we can go
  - Rainy day activities
- Visit a local [farmers market](#).
  - Support local farmers and pick up some new, fresh produce to incorporate into your weekly menu.



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