

= SUMMER LIFE SKILLS CHECKLIST =



= *Five simple skills kids can practice all summer long.* =



Confidence grows in small everyday moments.
Use this checklist to help kids practice the social and emotional skills that matter most.

1



START A CONVERSATION

Practice asking one new question today.
Try: 'What was the best part of your day?'

2



HANDLE DISAPPOINTMENT

Pause, name the feeling, and try again.
Kids can learn: 'I am disappointed, but I can handle it.'

3



SOLVE A DISAGREEMENT

Use calm words, listen to the other person,
and look for a fair next step.

4



BE COMFORTABLE WITH QUIET

Spend 10 screen-free minutes reading,
creating, resting, or just being still.

5



ENCOURAGE SOMEONE ELSE

Say one kind thing out loud today.
Notice effort, kindness, or courage.

= QUICK REMINDERS =

- ✓ Small practice counts.
- ✓ Confidence grows by doing.
- ✓ Connection matters more than perfection.
- ✓ Let kids try before stepping in.



= TRY THIS TONIGHT =



What felt easy for you today?



What felt hard?



How did you show kindness?



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