

# How To Keep Your Teen Engaged This Summer

## Summer is almost here!

Keep your child engaged throughout the summer to prevent learning loss and keep them safe, happy, and healthy for the hot months to come.

Read below for some strategies!



- **Make time to move**  
Go on walks, ride bikes, or play sports
- **Find a job or volunteer**  
Find a part-time job or finish community service hours
- **Go on an adventure**  
Enjoy the beach, explore a new neighborhood, plan a scavenger hunt
- **Learn a new skill**  
Learn a language, coding, or cooking
- **Exercise your mind**  
Read a book, complete puzzles, or get creative by painting
- **Maintain connections**  
Stay social by spending time with family and friends

## *Helpful Resources*

- Miami Dade Public Library
- YouTube
- Local Museums
- Humane Society of Greater Miami
- Flamingo Gardens
- University of Miami
- Arts Aspire
- Mitzvah Miami

If you want to help your child maintain their emotional health during the summer, call Jacqueline Ravelo, LCSW for a free consult.

For more details, visit [www.jacquelineravelo.com](http://www.jacquelineravelo.com) or call (786) 702-1291