



# Paterson Public Schools Summer Self-Care 2025

## Get Outside

Spending time in nature can reduce stress, boost mood, and improve overall well-being. A picnic is a relaxing way to enjoy a meal while basking in the summer sun.

## Get Your Hands Dirty

Gardening can be a therapeutic activity that connects you with nature and provides a sense of accomplishment. Whether you have a large garden or just a few pots on a balcony, tending to plants can be a meditative and rewarding experience. Plus, you will have fresh herbs, vegetables or flowers to enjoy at home.



## Dive into Water Activities

Swimming, kayaking, paddleboarding, surfing and other water activities are not only fun, but also benefit your physical health.



## Cool Summer Treats

Beat the heat and focus on nutritious meals and snacks, especially fresh fruits and vegetables, which are abundant in summer.

## Summer Wellness & Hydration

Stay cool and healthy during these warm summer days. Remember to stay hydrated, protect yourself from the sun, and enjoy light, refreshing foods. Let's take care of ourselves while soaking up the sunshine.

## Set Your Sights on the Stars

Find a spot away from city lights, bring a blanket and lie back to watch the stars. Stargazing can be both awe-inspiring and relaxing.