



MY Summer BUCKET LIST

FOR TEACHERS & EDUCATORS



Simple ideas to relax, recharge, and inspire you this summer. ♥



1

REST WITHOUT GUILT

Take time to relax and enjoy the rest you deserve.



2

READ SOMETHING YOU LOVE

Pick up a book just for fun and let your imagination soar.



3

TAKE CARE OF YOU

Get enough sleep, eat well, and do things that make you happy.



4

MAKE MEMORIES

Spend quality time with loved ones and try something new.



5

SEEK INSPIRATION

Explore new ideas, hobbies, or places that spark your creativity.



6

REFLECT & GROW

Think about your goals and set intentions for the next school year.



7

WRITE & PLAN

Journal your thoughts and jot down ideas for the new school year.



8

ENJOY THE MOMENT

Unplug from stress and soak up the sun, nature, and the little things.



9

TREAT YOURSELF

Enjoy your favorite treats and activities.



10

REMEMBER YOUR WHY

Reconnect with your passion and remember the impact you make on your students.



This information is provided to you by:
PATERSON PUBLIC SCHOOLS

Department of Student Support Services
SAC and Social Emotional Learning Office
90 Delaware Avenue, Paterson NJ 07503
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MI LISTA DE *Verano*

PARA MAESTROS Y EDUCADORES

Ideas para relajarte, recargar energías
e inspirarte este verano. ❤️



1 DESCANSA SIN CULPA

Tómate tiempo para relajarte y disfrutar
de merecidos descansos.



2 LEE ALGO QUE TE GUSTE

Elige un libro solo por placer
y deja volar tu imaginación.



3 CUIDA TU BIENESTAR

Duerme lo suficiente, aliméntate bien
y haz cosas que te hagan feliz.



4 CREA RECUERDOS

Pasa tiempo con tus seres queridos
y disfruta de nuevas experiencias.



5 BUSCA INSPIRACIÓN

Explora nuevas ideas, hobbies o lugares
que enciendan tu creatividad.



6 REFLEXIONA Y CRECE

Piensa en tus logros y en metas para
el próximo año escolar.



7 ESCRIBE Y PLANIFICA

Escribe en un diario y anota ideas
para el nuevo año escolar.



8 DISFRUTA DEL MOMENTO

Desconéctate del estrés y disfruta del sol,
la naturaleza y las pequeñas cosas.



9 DATE UN GUSTO

Disfruta de tus golosinas y actividades
favoritas.



10 RECUERDA TU PORQUÉ

Conecta con tu pasión y recuerda el
impacto que tienes en tus estudiantes.



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