

SUMMER

vibes

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1 MEDIA

click the bold blue text to view the lists

Summer Jams:
Listen to the Inflexion Summer Vibes Playlist & add your fave summer song

What was your fave from the list? What's missing?

Summer Podcasts:
Check out one of these Inflexion-approved podcasts

What'd you listen to & what'd you think? Got some to add?

Summer Reads:
Check one—or more—of these Inflexion-recommended books

What'd you read & what'd you think? Have one—or two—to add?

Summer Blockbusters:
Watch one of these summer films with two Inflexion thumbs-up

What'd you watch & what'd you think? What should we be watching?

Summer Bytes & Binges:

Get in the summer vibe with one of these Inflexion-shared videos, articles, reels, series, etc.

What made you laugh/smile the most? Anything we missed?

2 FOOD/ DRINK

Most **Unique Ice Cream/FroYo Flavor** you taste this summer

(brief description + photo)

Your Go-To **Fave BBQ/Potluck Dish Recipe**

(share recipe —photo optional)

Fave/Go-To **Summer Beverage** you have this summer

(photo)

Fave/Go-To **Hiking/Camping Food**

(photo)

Fave **Fair/Carnival/ Amusement Park Food** this summer

(photo)

3 ACTIVITY

Farthest you get from home this summer

(photo)

Get out in **nature**

(photo)

Fave summer moment

(photo)

Fave **Live Summer Show:** concert, festival, comedy, theater, etc.

(name of event—photo optional)

Summer Sweat: get moving with exercise, getting out of your comfort zone, and/or being a kid again

(brief description + photo)

4 SELF CARE

Summer Mindfulness, (Meditation, Breathing, etc): Practice at least once a week, though daily is best

(brief description —photo optional)

People/Pets Connection: get into the feel-good summer vibes by connecting with those you love

(photo)

Pamper Yourself however you want!

(brief description —photo optional)

Practice the art of **doing nothing.**

(brief description —photo optional)

Guilty Pleasure Time. Indulge. Enjoy.

(brief description —photo optional)

5 ED/ WORK

Check out **3 Portico Blogs and/or Toolkits**
(List the 3 + name your fave)

Update/complete your **Portico Site/App Profile**

(just update it—we'll check)
[Click here for the how-to tutorial](#)

Attend a conference, webinar, PD, etc.

(brief description —photo optional)

Brainstorm & commit to **ONE positive change you're making for next school year**

(brief description)

Get Organized for Peace of Mind: yourself, your desk/office/ workspace, your Google Drive, etc.

(brief description —photo optional)