



## **Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents**



*Funded by the Montgomery County Office of Drug & Alcohol*

We are living through an unprecedented time, and we are all feeling stress and anxiety.

**Aldersgate Youth Services Bureau** is committed to helping families manage these complex times. Located in Willow Grove,

PA., Aldersgate offers counseling, behavioral health support, drug and alcohol prevention &

intervention services, and school-based social and emotional learning educational programming. Aldersgate also provides Student Assistance Programming (SAP) in schools throughout Eastern Montgomery County. Each week, we will be helping families work together to manage this crisis by offering fun and engaging activities and useful resources to build positive family communication, help children recognize and name emotions, and identify appropriate coping strategies.



### **Aldersgate's Awesome Activities Edition 6: Family Summer Bucket List**

In many area schools, formal online instruction has ended. Your student may already be in summer vacation mode. After this past spring, who can blame anyone for wanting to take it easy this summer? However, a lack of structure can lead to boredom, emotional breakdowns, and frustration for both parent and child. For an older child, it may also lead to risky behaviors.

We know that this summer in particular is going to be challenging, due to camps and sporting activities being cancelled and community pools being closed. Your family may have been looking forward to vacationing at beaches or an amusement park, and now you may have to change your plans. We've

included a helpful "Family Bucket List" from Moritz Fine Designs ([www.moritzfinedesigns.com](http://www.moritzfinedesigns.com)) to assist you with making new summer plans, spending time together as a family and making memories. You and your child can write down goals and fun things that you want to do over the summer. You can work together to create a Family Bucket List. This list will allow your child to have something new to look forward to this summer. He or she will also have a sense of accomplishment when the Family Summer Bucket List activity is finished.

# family summer bucket list

Create a list of things your family can do together this summer.

<b>go:</b>	<b>try:</b>	<b>read:</b>
	<b>make:</b>	
<b>create:</b>	<b>play:</b>	<b>watch:</b>
		<b>eat:</b>
	<b>visit:</b>	<b>explore:</b>
<b>do:</b>		
<b>enjoy:</b>		
<b>travel:</b>		

Copyright © 2017 Moritz Fine Designs MoritzFineDesigns.com

We've also included links to helpful planners from Understood.org to help organize your days and summer reading lists:

[https://www.understood.org/en/friends-feelings/child-social-situations/summer-camp-summer-school/download-summer-reading-logs-and-planners?\\_ul=1\\*h9pf9s\\*domain\\_userid\\*YW1wLWdxVVc0VzdySEFsVHFGWnNVcjhoEXc](https://www.understood.org/en/friends-feelings/child-social-situations/summer-camp-summer-school/download-summer-reading-logs-and-planners?_ul=1*h9pf9s*domain_userid*YW1wLWdxVVc0VzdySEFsVHFGWnNVcjhoEXc)

Laura Shapella, M.Ed.  
Aldersgate SAP Counselor/Liaison

Other resources

<http://playattention.com/resources/virtual-summer-camp>

<https://www.learnersedge.com/blog/9-ways-to-keep-students-engaged-over-the-summer>

<https://blog.ed.gov/2013/06/seize-the-summer-keep-kids-active-engaged-in-learning/>

<https://www.education.com/worksheet/article/summer-bucket-list/>

<https://www.realsimple.com/holidays-entertaining/entertaining/seasonal-events/summer-activities-during-covid>

## Aldersgate Welcomes Your Thoughts & Feedback

Survey

## We Create Success Stories



If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ [info@aldersgateservices.org](mailto:info@aldersgateservices.org). If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

### Contact us for more resources:

Deborah Sapin-Feldstein, Executive Director

42 N. York Road, Willow Grove, PA 19090

Phone: 215-657-4545

Email: [info@aldersgateservices.org](mailto:info@aldersgateservices.org)

Visit our website

