

JUNE 2022 FAMILY RESOURCE LIST

Tidepool School:

This summer group from Tides Wellness will serve ages 4-6. The focus will be social-emotional and behavioral skills! Please email info@tideswellness.com for more information.

Summer Family Fitness:

This article details tips and tricks for engaging your family in movement during the warmer weather months while children are out of school.

Calm 4 You-Monthly Beats:

Student created playlists for use during mental health breaks. Middle and High School versions available.

5 Years of Advice for Seniors Making A Final College Decision:

This article by Rick Clark guides students through the difficult process of choosing the right college after getting multiple acceptance letters.

Tiny Wow:

This website offers a free service as a one stop shop for all of your school and work needs for converting files PDF, video, images and more.

Merlin Bird ID:

This free app brought to you by the Cornell Lab of Ornithology allows user to identify birds around them based on sounds and images. A great addition to any hike or nature walk!

Daily Bean:

A simple journal app great for tracking habits and moods. The simple and colorful interface makes it accessible for young and old!

Taste of Home "Summertime Fun Cookies":

This whimsical recipe will be a hit at your next pool party. Encourage your children join in the decorating for some quality bonding time.

EVENTS

[San Diego County Fair](#)
[6/8 to 7/4](#)

[Creative Communal: Maker's Market](#)
[6/11 in Oceanside](#)

[Bro-Am Beach Fest](#)
[6/18 @ Moonlight Beach](#)

[Art in the Village](#)
[6/26 @ Carlsbad Village](#)

We know that keeping a family running on schedule, planning entertaining outings, and staying organized can be beyond difficult! Our hope is some of these resource items will bring fun, energy, and balance to you and your family. Simply click the underlined link for more information on each listing, and feel free to share!