



Summertime/Social Time

Summertime and the Livin' is Easy



Coach Michael of the First Tee of Cleveland is outdoors and thinking that **summertime** at Washington Park. Whether we are at the golf course, home, school, camp, at the grocery, or the beach, we should take every measure to ensure the *SOCIAL health and well-being* of ourselves, family, friends and others.



With the advent of summer, Coach Michael says that now might be a good time to remind ourselves that **The Nine Healthy Habits** of the First Tee of Cleveland are **PHYSICAL: (1) Energy; (2) Play; (3) Safety; EMOTIONAL: (4) Vision; (5) Mind; (6) Family; SOCIAL: (7) Friends; (8) School; (9) Community**. How might we help insure that we and our friends and family have a safe summer?

SOCIAL

Friends: Maintaining healthy relationships includes surrounding one's self with friends and supportive people, while effectively handling challenging situations, including bullying and navigating the digital age with social media.

School: Success in school – learning, building relationships and contributing to the school environment – leads to success in other areas of life.

Community: Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care

Michael R Lisman is a Licensed Social Worker (LSW) and retired community development bank executive – father of 3 and grandfather of 5. As an personal finance educator, he has been teaching financial empowerment workshops to individuals and families since the 1980s .

ACTIVITY

How Many other ways might we help insure the SOCIAL health and well-being of our ourselves, friends, Family and other this summer?

9 Healthy Habits of The First Tee Of Cleveland

PHYSICAL:

Energy
Play
Safety

EMOTIONAL:

Vision
Mind
Family

SOCIAL:

Friends
School
Community

Friends School Community	Actions/ things that we can do to insure the SOCIAL HEALTH and WELL BEING of ourselves friends, family or others	Who/how will this most likely affect Ourselves Friends, Family or Others
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