Summer Support
Making the Return to High School Easier
Need a little more practice before you learn new things in the fall?

Click a Subject Area to Go Directly to that Section.

- English
- Math
- Science
- Social Studies
- World Language
- Health & Wellness
- Music

Click here for a Screencast about using this resource.
English
**English:**

- **SUMMER READING - REQUIRED**
- CHPL Summer Reading Resources and Video
- SAT or College Essay Workshop ($)
- 100 Days of Summer Writing
- Draw Every Day with graphic novel author and illustrator Jarrett. J Krosoczka
- Annotated collection of sonnets
- Short Film of the Week
- Flash Fiction Online: Short stories in about 500 words!
- The Electric Typewriter: A collection of "the best" nonfiction essays
Math
Math Summer Enrichment

Summer Support Website

If website issue, please contact Mr. Mancinelli by email at mmancinelli@chclc.org
Science: Click on a course for specifics.

- All Science Subjects
  - Professor Dave Explains
  - PhET Interactive Simulations
  - PBS Learning Simulations
  - Franklin Institute Science Topics (Interactives)
- Biology
  - HHMI BioInteractive: Homepage
- Physics
  - Crash Course Physics
Social Studies
Virtual Summer Camp - History Topics

Current Events
  - 15 Websites to Check Out
  - C-Span News
  - Facing History

The School of Life Videos - Variety of Topics

The Ten Best History Books of 2019

Virtual Tours

History Podcast
World Language
World Language: Click on a course for specifics.

- **Multilingual**
- **Chinese**
- **French**
  - Level 1 Vocab / Level 2 Vocab
- **German**
- **Italian**
- **Latin**
- **Spanish**

Ni Hao! Salut! Allo!
Ciao! Salve! Hola!
Multilingual Resources

- Enjoy singing/listening to music? Try **Lyrics Training**!
  - There’s also an APP if you prefer

- **Duolingo**: Quick lessons in many languages
  - There’s also an APP if you prefer

- **30-Day Language Challenge** at University of Oregon

- **Learn Spanish Dialect Varieties and other Languages**
Spanish

Spanish Grammar

● Grammar Review through Spanish 2

● Spanish 3 Resources
  ○ Spanish 3 Review Google Class Code: S32emos

● Spanish 3H Resources

● Spanish 4H Resources (Pre-AP Prep)

Heritage Speakers

● SC Magazine

● BBC
Health & Wellness
Mindfulness For Teens: Videos

Everyday Mindfulness

Under Pressure - Mindfulness for Teens

Neuroscience of Mindfulness Meditation in 4 minutes

Observing your thoughts - Mindfulness meditation for Teens and Adults

Body Scan Meditation

Mindful Breathing Meditation

Mindful Walking Meditation
TED TALKS FOR TEENS:

Growing up Stressed or Growing up Mindful?

Is the Pressure to be a Well-rounded Teen Challenging Gen Z's Mental Wellness?

Why Students Should Have Mental Health Days

ARTICLES TO READ:

TOP 10 Stress Busters for Teens

Mindfulness for Teens: The Benefits of Meditation in a Busy World

How mindfulness can benefit the modern teenager
TRY THESE APPS

Meditation has been shown to have huge health benefits:
1. Reduce stress
2. Control anxiety
3. Lengthen your attention span
4. Generate kindness (we could all use a little of that, right?!)
5. Improve your sleep
6. You can do it anywhere!!!
Music
Music

- **Jazz @Lincoln Center's Jazz Academy**: Instruction and educational videos on Jazz Music: practical theory and performance
Thank you for visiting!