

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



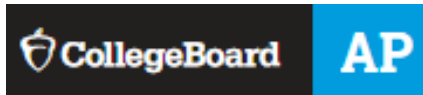
Math



Math Summer Enrichment



Summer
Support
Website



CodeHS

If website issue, please contact Mr. Mancinelli by email at mmancinelli@chlc.org

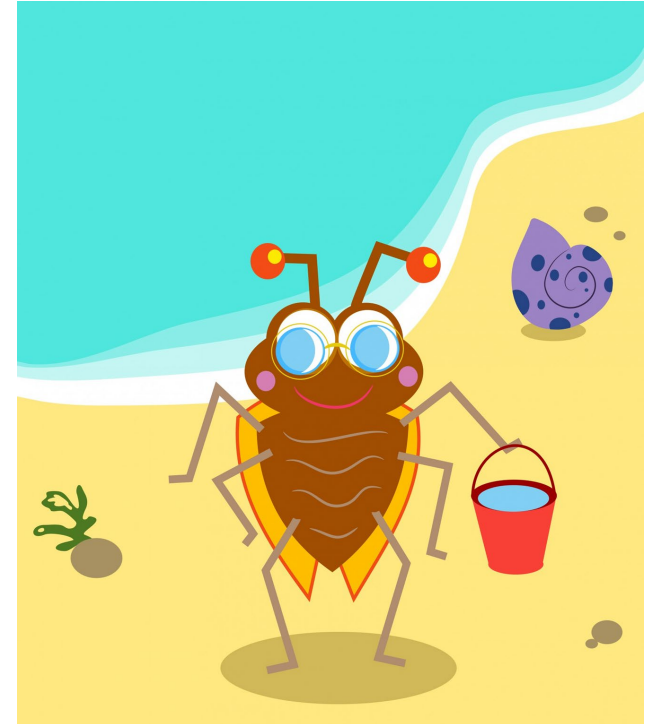
Science





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



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



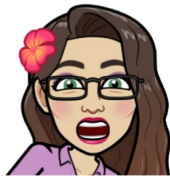


World Language: Click on a course for specifics.

- [Multilingual](#)
- [Chinese](#)
- [French](#)
 - [Level 1 Vocab](#) / [Level 2 Vocab](#)
- [German](#)
- [Italian](#)
- [Latin](#)
- [Spanish](#)



SIGRAD'S LINKS MMED'S LINKS



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](#)



Mind Full, or Mindful?



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



HEADSPACE



STOP, BREATHE
& THINK



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!

