

Hitting the Summer Reset Button?



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The end of the school year, and the madness that May can bring can be overwhelming for many of us. End of school events, graduations, summer planning etc. We just explode into summer and think that the crazy will go away. The reality is that the crazy remains, it's just a different type of crazy. A change of activities, schedules, and possibly scenery. I know that we may all want to hit the summer reset button! However, is it a rest we need this summer, or do we need a simple change of mindset?

I was reading a memoir that my 11-year-old wrote. It just so happened to come home in his book bag in a stack of papers mixed in with a bunch of other "end of the school year junk." Who knew 11-year olds wrote memoirs? The paper was profound. It speaks to living in the moment and experiencing firsts. Although we can not control everything around us, "we can control how we enjoy the first time we experience a moment", he goes on to say. He references the first time his younger brother went on a roller coaster ride with him. I learned a lot about my son from this short memoir. It also made me reflect on his message. I learned he is much smarter than I am, and I will be attempting to follow his message of living in the moment and finding joy in the many firsts we experience. Treat this summer like it's the first. Really experience every moment of it.



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My family is probably not unlike many....multiple kids taking on new firsts. My son played Lacrosse for the first time this spring. We got to see him experience many firsts—some good; some a little challenging. Good or bad, I enjoyed this journey with him immensely. My daughter started riding horses a year ago, and I get so much pleasure in watching her trying to control such a large animal. She is riding in events this summer and I can't wait to see her out there doing her best. My youngest—taking swim team—is struggling with the new environment despite being a good swimmer. There are so many feelings in first-time experiences. Joy, upset, nervousness, satisfaction. All there to prepare us for the next first or obstacle.

So, this summer, perhaps we take a deep breath, savor is the goodness that came from a challenging year+, and "reset" to first again. Try a new sport, camp, or clinic. Prepare for a new grade level or school. Try new foods. Whatever the new moment is, experience it fully and remember the first time.

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GAME
STRONG
ALL SUMMER
LONG**



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We have many programs at Rush Union Soccer this summer and into the fall season. We would love one of your new experiences to be with us. Come check us out— grow with Rush Union. Our club has extended partnerships that provide great opportunities for your whole family; and our membership extends to Milton, Dunwoody, and Atlanta. As my son said in his memoir; “Firsts, they are wonderful things!”

We hope you too are able to hit the Summer Mindset Reset Button!

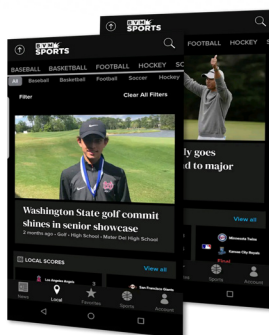
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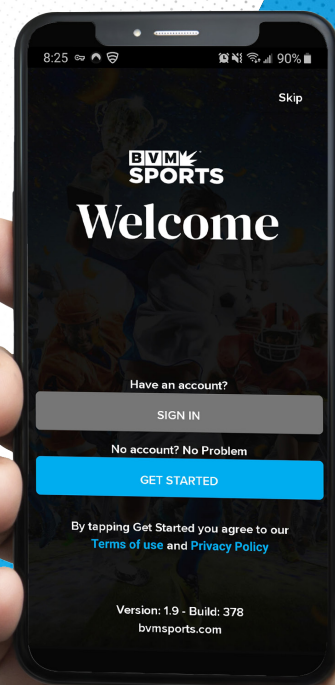
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