

# Dr. Mary's Corner



## JUNE'S Healthy Habit

Welcome to Dr. Mary's Corner! Each month Dr. Mary Mason, founder of Little Medical School®, discusses a Healthy Habit that you and your family can practice! This month Dr. Mary is discussing habits for you children to Avoid Summer Brain Drain. [www.littlemedicalschool.com/dr-marys-corner](http://www.littlemedicalschool.com/dr-marys-corner)

### ★ Read & Write!

- Start a kids book club
- Write and illustrate a comic book
- Write a letter to a relative
- Set up a daily reading time

### ★ Make Crafts!

- Build a birdhouse or picture frame
- Color by number or coloring sheets
- Paint on a canvas with sticks, leaves
- Create a picture journal

### ★ Get Out of the House!

- Go to a sports game
- Visit a museum, zoo, or planetarium
- Go on a bike ride in your neighborhood
- Go to the neighborhood park or pool

### ★ Cook Together!

- Start a vegetable or fruit garden
- Bake a healthy dessert together
- Make smoothies together
- Make dinner together once a week

### ★ Little Medical School!

**Summer Camps** - At Little Medical School Summer Camps, children have the opportunity to role play, learn and explore healthy living and careers in the medical field. Find a location near you at [www.littlemedicalschool.com/locations](http://www.littlemedicalschool.com/locations)

**Educational Kits** - No Little Medical School near you, don't fret! Visit our online shop to purchase our educational kits that are a great introduction to Little Medical School programs. Shop now at [www.littlemedicalschool.com/shop](http://www.littlemedicalschool.com/shop)

