



Give

Could you give someone a smile when you pass them? It's a simple gesture that could really make someone's day. They say a smile is contagious, so pass one on and see how far it can travel...

Connect

Use the holidays to perhaps meet a new friend. Share with them the wonderful things you can do – show off your talents and be proud!

Take Notice

Try to take notice of what is around you. Can you see 5 things, hear 4 things and touch 3 things close by?

This is a really good method of relaxing your body and taking a bit of time to yourself.

Keep Learning

Perhaps learn a new skill over the summer holidays. You might enjoy cooking or baking with an adult in your house? Maybe you could learn to ride your bike or learn the lyrics to your favourite song? Have fun with it!

Be Active

Enjoy time outdoors whatever the weather. Pop your wellington boots on and jump in the puddles if it's wet, or play a game of football or tennis in the sunshine. What do you enjoy doing best? Do you prefer sunshine or rain?