

# Summer 2021

<b>Mindful Monday</b> Listen to some <a href="#">mindful music</a> or make your own playlist 19 <sup>th</sup> July	<b>Try it Tuesday</b> Take part in the <a href="#">summer reading challenge</a> 20 <sup>th</sup> July	<b>Wellbeing Wednesday</b> Try Mindful colouring. Make a random pattern and colour it in 21 <sup>st</sup> July	<b>Thoughtful Thursday</b> Make a list of three things you are grateful for 22 <sup>nd</sup> July	<b>Fun Friday</b> Camp outside or build a den inside with cushions and blankets 23 <sup>rd</sup> July	<b>Sporty Saturday</b> <a href="#">Try one of these workouts.</a> How many can you complete? 24 <sup>th</sup> July	<b>Slow-down Sunday</b> Tidy up your bedroom. Is there anything you can donate? 25 <sup>th</sup> July
--	---	--	---	---	--	---

<b>Monday</b> Make a <a href="#">breathing stick</a> 26 <sup>th</sup> July	<b>Tuesday</b> Give cooking a try! <a href="#">Pick something you've never made</a> 27 <sup>th</sup> July	<b>Wednesday</b> Make a Summer Scrapbook filled with the amazing things you've done and will do 28 <sup>th</sup> July	<b>Thursday</b> Write a letter or an email to someone you care about 29 <sup>th</sup> July	<b>Friday</b> Learn to introduce yourself in a new language 30 <sup>th</sup> July	<b>Saturday</b> Visit the park with an adult and climb a tree. 31 <sup>st</sup> July	<b>Sunday</b> Listen to a podcast. Get some inspiration <a href="#">here</a> 1 <sup>st</sup> August
--	---	---	--	---	--	---

<b>Monday</b> Take a <a href="#">Mindful Moment</a> 2 <sup>nd</sup> August	<b>Tuesday</b> Try a <a href="#">scavenger hunt</a> in your garden or local area 3 <sup>rd</sup> August	<b>Wednesday</b> <a href="#">Paint a Pebble.</a> You could leave it somewhere for a stranger to find! 4 <sup>th</sup> August	<b>Thursday</b> Random Acts of Kindness. Offer to do a job for someone else 5 <sup>th</sup> August	<b>Friday</b> <a href="#">Make Slime!</a> How many colours can you make? 6 <sup>th</sup> August	<b>Saturday</b> Go for a walk somewhere new. Find inspiration <a href="#">here</a> 7 <sup>th</sup> August	<b>Sunday</b> Spend the day with a loved one. Take lots of photos of your day together 8 <sup>th</sup> August
--	---	--	--	---	---	---

<b>Monday</b> Make a calming mood jar. <a href="#">Get inspiration here</a> 9 <sup>th</sup> August	<b>Tuesday</b> Make a list of foods you've never tried. How many can you try before next week? 10 <sup>th</sup> August	<b>Wednesday</b> Can you fill up this <a href="#">Marble Jar</a> ? Print it out or recreate it yourself 11 <sup>th</sup> August	<b>Thursday</b> Help out your garden birds by making your very own <a href="#">bird feeder</a> 12 <sup>th</sup> August	<b>Friday</b> Have an adult help you set up a blindfolded taste test 13 <sup>th</sup> August	<b>Saturday</b> Unleash your inner ninja on a <a href="#">Ninja Walk!</a> 14 <sup>th</sup> August	<b>Sunday</b> Have a duvet day and watch your favourite film 15 <sup>th</sup> August
--	--	---	--	--	---	--



# Summer 2021

<b>Mindful Monday</b> Play I-Spy. Think of ways you could change the game. 16 <sup>th</sup> August	<b>Try it Tuesday</b> Try one of these <a href="#">Science Experiments</a> . What will you discover? 17 <sup>th</sup> August	<b>Wellbeing Wednesday</b> Connect! Ring a friend or relative. Catch up, share stories, and laugh 18 <sup>th</sup> August	<b>Thoughtful Thursday</b> New Starts! Write a list of all the things you want to achieve. Big or small! 19 <sup>th</sup> August	<b>Fun Friday</b> Festival Fun! <a href="#">Just So Festival</a> @Rode Hall, Cheshire 20 <sup>th</sup> August	<b>Sporty Saturday</b> Try some yoga. There are lots of how to videos on YouTube 21 <sup>st</sup> August	<b>Slow-down Sunday</b> Read a book, magazine, or website 22 <sup>nd</sup> August
---	--	---	--	---	--	---

<b>Monday</b> Have a go at making a <a href="#">stress ball</a> out of an old sock 23 <sup>rd</sup> August	<b>Tuesday</b> <a href="#">Mini Wild child Festival</a> @ Wolseley Centre 10:30-15:30 24 <sup>th</sup> August	<b>Wednesday</b> This can be an anxious time. Try <a href="#">some meditation</a> to calm your thoughts 25 <sup>th</sup> August	<b>Thursday</b> Write a letter to your future self to read when you start your new school 26 <sup>th</sup> August	<b>Friday</b> DinoSummer! Find out more here: <a href="#">Dino Summer - National Forest Adventure</a> 27 <sup>th</sup> August	<b>Saturday</b> Try the <a href="#">Keepy-Uppy Challenge</a> . Can you beat your high score? 28 <sup>th</sup> August	<b>Sunday</b> Have a picnic in your garden or local park 29 <sup>th</sup> August
--	---	---	---	--	--	--

<b>Monday</b> Keep focussed! Give this <a href="#">relaxation technique</a> a go 30 <sup>th</sup> August	<b>Tuesday</b> Try on your new school uniform. Make sure it fits and take a photo! 31 <sup>st</sup> August	<b>Wednesday</b> Think about your first day back at school. How can you make it the best day ever? 1 <sup>st</sup> September	<b>Thursday</b> New school? Practise your new morning routine. How will you get to school? 2 <sup>nd</sup> September	<b>Friday</b> Play a board game with your friends or family. Who will win?! 3 <sup>rd</sup> September	<b>Saturday</b> Try out a sport you've never done. Find inspiration <a href="#">here</a> 4 <sup>th</sup> September	<b>Sunday</b> RELAX! You have a big week ahead. Be kind to yourself 5 <sup>th</sup> September
--	--	--	--	---	--	---

<b>Monday</b> Feeling nervous? Try this <a href="#">grounding technique</a> 6 <sup>th</sup> September	<b>Tuesday</b> Write down all the things you're nervous about and everything you're excited for 7 <sup>th</sup> September	<b>Wednesday</b> Self-Care! Have an early night, eat your favourite food, remember you're amazing 8 <sup>th</sup> September
---	---	---

