

Summer Holiday Wellbeing Pack



Looking after yourself this summer

How to look after your health during summer

It is the end of the school year! As we head into the summer break, it may feel like there's endless sunny days to enjoy. But what if sometimes you get bored, feel lonely or the weather is wet for days on end? You might like to try some of the fun ideas in this booklet to support you with feeling healthier and happier over summer.

Mini Activity:

Write down a list of things that help you feel calm or connected during summer.

Examples:

- Being outdoors
- Dancing
- Eating ice cream
- Listening to music
- Studying

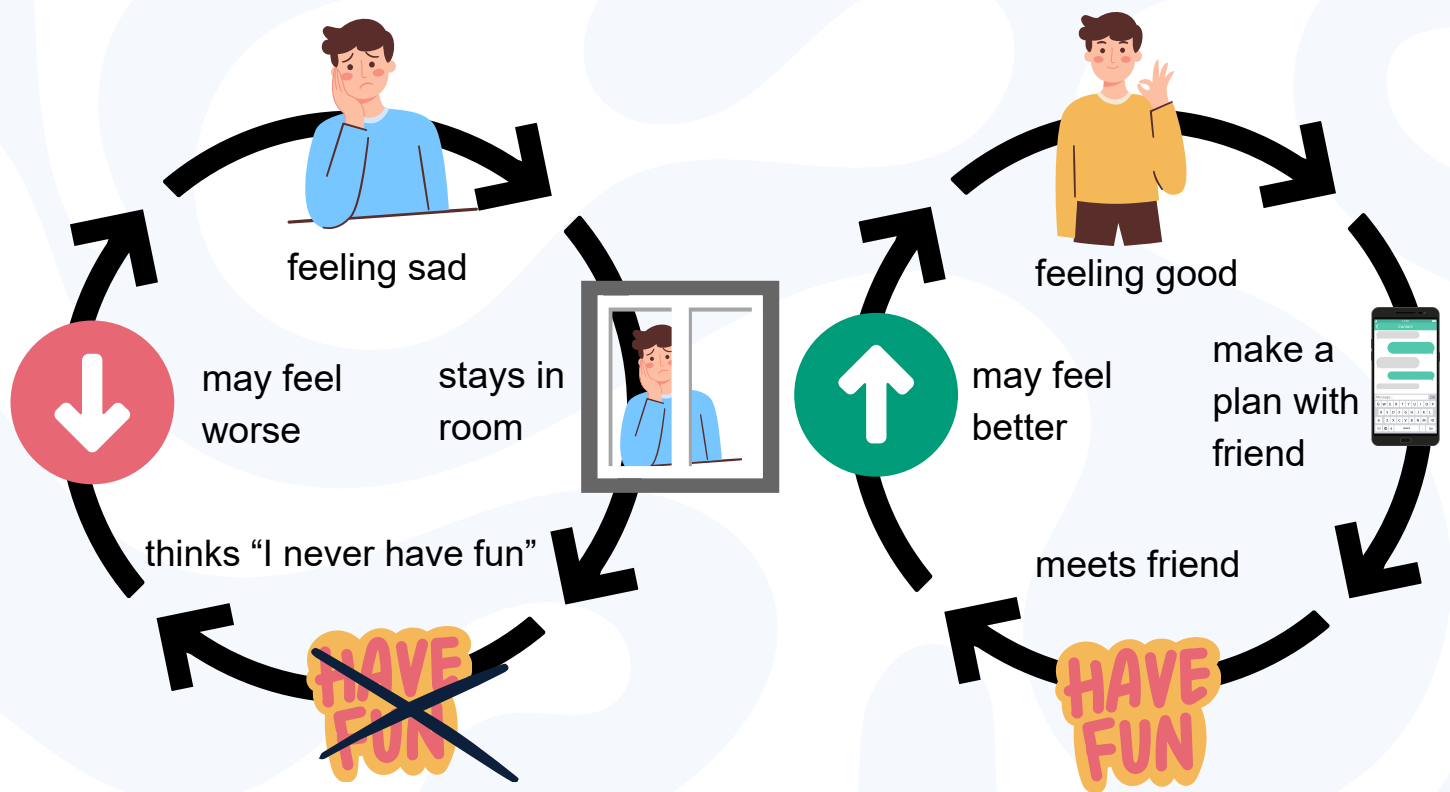
How can you include these in your routine this summer?

This Summer Holiday Wellbeing Pack is here to help you feel happy, calm and safe during the school holidays. It includes fun activities, helpful tips and ideas to look after yourself, stay connected with others and enjoy your summer. Have a great break!



Behavioural Activation

It can feel hard to get started with something, especially if you feel unmotivated. You know that ‘can’t be bothered’ feeling? It is called apathy. It can leave you feeling stuck in your ways or thoughts.



The good news is that we can trick our brains into getting motivated. You just have to start, even if you don't feel like doing it.

- 1** Begin with things you enjoy or find rewarding. The way it is easier to get started and start building motivation.
- 2** Create a small goal that you can achieve.
- 3** Celebrate small wins and build your next goal.

I want to leave my room and go to the park.



I'll start by spending time in the garden.

Now I'll walk five minutes towards the park.

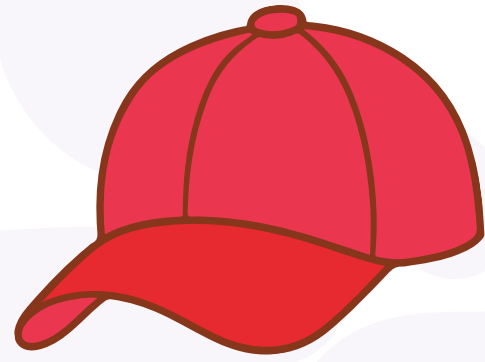
1

2

3

Being outside

Getting outside and spending time with others can help you to feel happy and connected. This page gives you fun ideas to enjoy time with friends and family, and helps you think about who you can reach out to this summer.



Mini Activity:

Let's go on a summer walk.

Go outside and use your senses to explore:

- Find five things you can see
- Find four things you can hear
- Find three things you can feel
- Find two things you can smell
- Find one thing you can taste



This can help you feel calm, focused and relaxed.

Activity:

After your walk, use what you noticed to create something! You could draw or write about your favourite things that you saw or heard.

Being outside is a great way to connect with nature which is known to improve mental health.

Why not...

- eat a meal outdoors?
- meet a friend for a walk?
- hang out with friends or family?
- see if there's some outdoor gym equipment at a park near you?
- try a new outdoor activity, like kite flying?
- paint pebbles to hide outside for others to find?

Getting there

Travelling can feel exciting but going somewhere new can sometimes feel worrying. The advice on this page helps you stay calm, safe and confident on your journey.



Make your own game:

Playing a game can help you distract your mind if travelling makes you nervous or help to pass the time if you get bored!



Draw or create game cards or design a board game.

Work with your travel buddies to figure out the aim of the game and the rules or make up a game each and decide which is most fun.

Games to play on the way!

Alphabet Categories

Think of a category such as movies, sports, celebrities. Take turns to name something or someone from the topic going through the alphabet. For movies, it might go:

A Bug's Life
Bee Movie
Chicken Run
Despicable Me

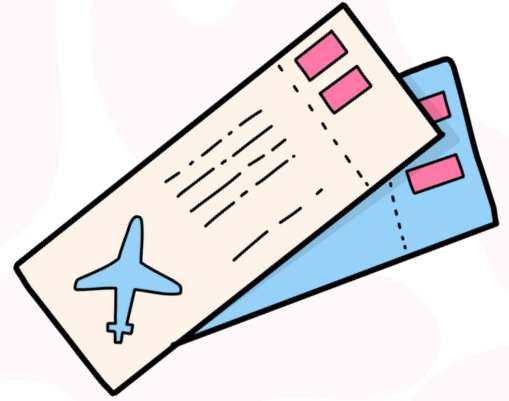
Categories - linking letters

For a trickier version The last letter of a word has to be the first letter of the next word. How it works for food:

Bread / Doughnut / Tacos / Samosa

Going places

Going to different places can be fun and exploring somewhere new can help you feel happy and confident. This page shares ideas of local places to explore safely and enjoy time with others.



Want to explore a new place over summer? From space to kings, castles to coal mining, Leicester, Leicestershire and Rutland has it all! Here are some ideas of places to visit that are fun and accessible.



- Local leisure centre
- Library
- Museum
- Foxton Locks
- Bradgate Park
- Rutland Water
- The Guildhall
- The Space Centre
- The Carillon Tower
- Oakham Castle

Find more places to visit in
Leicester and Leicestershire:
<https://visitleicester.info/>



Find more places to visit in
Rutland:
<https://discover-rutland.co.uk/>



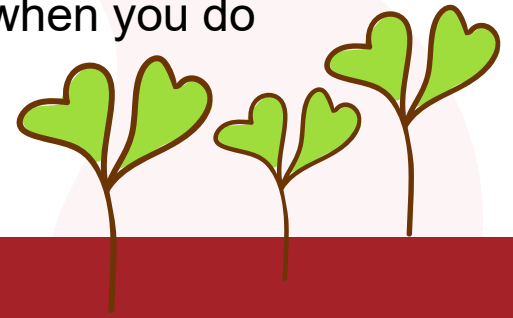
Staying in

Home can be a safe space to help you feel calm. This page shares ideas how you can relax, have fun on rainy days and look after your feelings indoors.



Mini Activity:

Reorganise some of your room. Clearing away clutter can reduce stress and anxiety. Maybe there's clothes or things you no longer need that could be sold or donated. Acts of kindness, including donating, can improve self worth. This means when you do something kind, you feel good too.



Get growing!

You can grow all sorts of things on a sunny windowsill. You don't even need soil! Cress can be grown on a plate with some cotton wool or inside an egg shell.

If flowers are more your thing and you have some outside space, sunflowers are really easy to grow. You can start them off in a paper pot on your sunniest windowsill.

Make a paper pot by taking the inside of a toilet roll and snipping the ends so you can fold this in on itself to make a base. Fill this with soil and plant your seed about 1 cm deep. Make sure the soil doesn't dry out.

When it has two sets of leaves, you can plant the whole paper tube in the soil outside.

Looking after yourself

Looking after your body helps your mind feel good too. This page shares simple ways to stay safe and healthy while taking care of your feelings.



Staying in

Sometimes when we are staying inside at home, we get bored. To prevent boredom creeping in, why not try:



- Indoor camping - build a tent with sheets or towels.
- Movie marathon - settle in with fruit or popcorn to watch an old favourite.
- Start a journal - this could be in a notebook or as a digital project.
- Learn a new skill, such as drawing, painting or baking.
- Learn about staying safe online

<https://www.healthforteens.co.uk/lifestyle/looking-after-yourself-online/>

Going out

- If you have a mobile phone, make sure it is fully charged.
- Go with a trusted adult or make sure they know where you are.
- Use sun protection - a hat, sunglasses and sun cream.
- Know how to get help if you need it.
- Make sure you stick to the rules that your family have for being outside.

Summer is the time that insects are everywhere. You might want to consider mosquito spray and check for ticks if you've been in long grass.



What will you do?

On the spaces below, write or draw examples of the things you could try from this booklet or add your own ideas!



Getting there

Being outside

Staying in

Going places

Looking after
yourself

Going back to school



Getting ready for returning to school

Whether you are returning to your current school or starting a brand new school, it is important to think about how to be safe on your way to and from school. Make sure you and your family are clear what the rules are for travelling to and from school.

You could get together with friends to chat about what you are looking forward to or nervous about this year.

During the summer holidays, our sleep routine can change or become more flexible. It is important to get back into a routine before you start school so you feel good. www.healthforteens.co.uk/lifestyle/sleeping/

Getting ready for going to a new school

How will you get to your new school? It's a good idea to try out the route to your new school. That might mean checking out where the bus stop is and finding friends you can walk with.

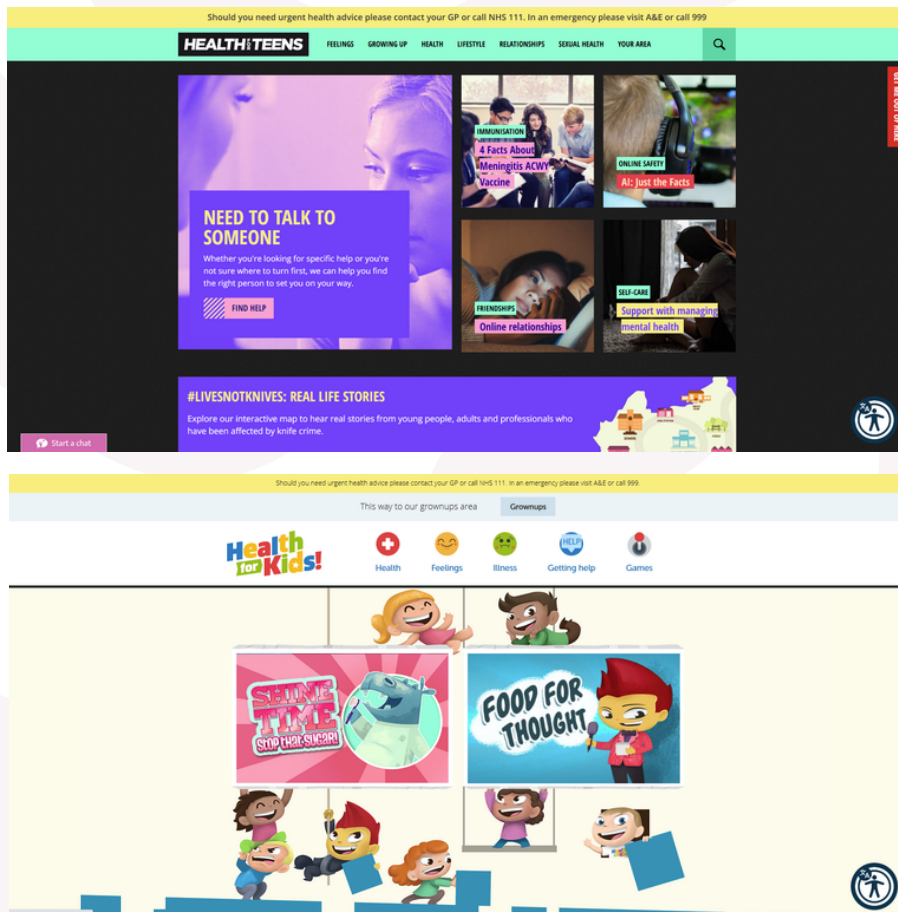
Are there things you'll need to get, such as school uniform or different equipment for lessons?



For more information, videos and support on starting secondary school, you can visit www.healthforkids.co.uk/feelings/ or scan this QR code.

Check out our Health For websites

Our Health For Kids and Health For Teens websites are full of NHS approved content for children and young people. Find helpful top tips and local advice to support your mental and physical health.



Need more support?

If things feel tough this summer, you can use these services for extra support.

HEALTHTEENS



[Health for Teens](https://www.healthforteens.co.uk) is a website, written by NHS staff, that shares information on health and wellbeing. It covers lots of different topics. This website also has articles created by CAMHS staff, providing advice on topics including mental health conditions, self care and healthy living.

www.healthforteens.co.uk



[Health for Kids](https://www.healthforkids.co.uk/) is a website, written by NHS staff that shares information on health and wellbeing. It covers lots of different topics. This is written for primary school aged children.

<https://www.healthforkids.co.uk/>



[Tellmi](https://www.tellmi.help/what-is-tellmi) is an online safe and anonymous space for young people (11 years and older) to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.

www.tellmi.help/what-is-tellmi

If you need urgent mental health support, 24/7 support is available over the phone. Call [NHS 111](https://www.nhs.uk/111), selecting the mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential. You can also text 0748 063 5199 and they will get back to you within 4 hours. If there is an immediate threat to life, dial 999. If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service:

www.signvideo.co.uk/nhs111.