

Summer 2021

Mindful Monday Listen to some mindful music or make your own playlist 19 th July	Try it Tuesday Take part in the summer reading challenge 20 th July	Wellbeing Wednesday Try Mindful colouring. Make a random pattern and colour it in 21 st July	Thoughtful Thursday Make a list of three things you are grateful for 22 nd July	Fun Friday Camp outside or build a den inside with cushions and blankets 23 rd July	Sporty Saturday Try one of these workouts. How many can you complete? 24 th July	Slow-down Sunday Tidy up your bedroom. Is there anything you can donate? 25 th July
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Monday Make a breathing stick 26 th July	Tuesday Give cooking a try! Pick something you've never made 27 th July	Wednesday Make a Summer Scrapbook filled with the amazing things you've done and will do 28 th July	Thursday Write a letter or an email to someone you care about 29 th July	Friday Learn to introduce yourself in a new language 30 th July	Saturday Visit the park with an adult and climb a tree. 31 st July	Sunday Listen to a podcast. Get some inspiration here 1 st August
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Monday Take a Mindful Moment 2 nd August	Tuesday Try a scavenger hunt in your garden or local area 3 rd August	Wednesday Paint a Pebble. You could leave it somewhere for a stranger to find! 4 th August	Thursday Random Acts of Kindness. Offer to do a job for someone else 5 th August	Friday Make Slime! How many colours can you make? 6 th August	Saturday Go for a walk somewhere new. Find inspiration here 7 th August	Sunday Spend the day with a loved one. Take lots of photos of your day together 8 th August
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Monday Make a calming mood jar. Get inspiration here 9 th August	Tuesday Make a list of foods you've never tried. How many can you try before next week? 10 th August	Wednesday Can you fill up this Marble Jar ? Print it out or recreate it yourself 11 th August	Thursday Help out your garden birds by making your very own bird feeder 12 th August	Friday Have an adult help you set up a blindfolded taste test 13 th August	Saturday Unleash your inner ninja on a Ninja Walk! 14 th August	Sunday Have a duvet day and watch your favourite film 15 th August
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Mindful Monday Play I-Spy. Think of ways you could change the game. 16 th August	Try it Tuesday Try one of these Science Experiments . What will you discover? 17 th August	Wellbeing Wednesday Connect! Ring a friend or relative. Catch up, share stories, and laugh 18 th August	Thoughtful Thursday New Starts! Write a list of all the things you want to achieve. Big or small! 19 th August	Fun Friday Festival Fun! Just So Festival @Rode Hall, Cheshire 20 th August	Sporty Saturday Try some yoga. There are lots of how to videos on YouTube 21 st August	Slow-down Sunday Read a book, magazine, or website 22 nd August
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Monday Have a go at making a stress ball out of an old sock 23 rd August	Tuesday Mini Wild child Festival @ Wolseley Centre 10:30-15:30 24 th August	Wednesday This can be an anxious time. Try some meditation to calm your thoughts 25 th August	Thursday Write a letter to your future self to read when you start your new school 26 th August	Friday DinoSummer! Find out more here: Dino Summer - National Forest Adventure 27 th August	Saturday Try the Keepy-Uppy Challenge . Can you beat your high score? 28 th August	Sunday Have a picnic in your garden or local park 29 th August
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Monday Keep focussed! Give this relaxation technique a go 30 th August	Tuesday Try on your new school uniform. Make sure it fits and take a photo! 31 st August	Wednesday Think about your first day back at school. How can you make it the best day ever? 1 st September	Thursday New school? Practise your new morning routine. How will you get to school? 2 nd September	Friday Play a board game with your friends or family. Who will win?! 3 rd September	Saturday Try out a sport you've never done. Find inspiration here 4 th September	Sunday RELAX! You have a big week ahead. Be kind to yourself 5 th September
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Monday Feeling nervous? Try this grounding technique 6 th September	Tuesday Write down all the things you're nervous about and everything you're excited for 7 th September	Wednesday Self-Care! Have an early night, eat your favourite food, remember you're amazing 8 th September
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