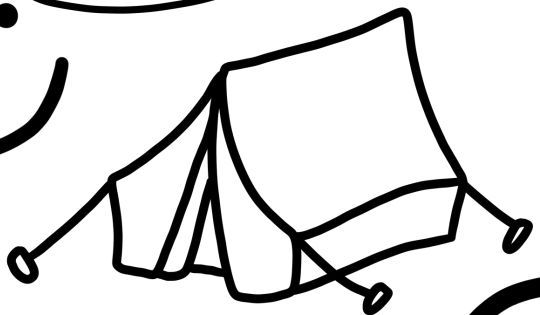
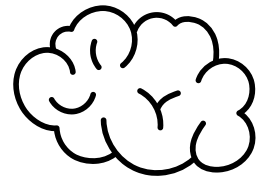


The Wellbeing Summer Project



Name:



Information for Grown-Ups

This summer workbook has been designed to keep young minds busy over the holidays. With 30 different activities*, there will always be something for them to do. Most activities can be completed independently, others may benefit from the help or guidance of you.

This activity booklet encourages children to think about their feelings, how to best support their own mental health and to recognise when they may need some further support. All whilst building forts, sending compliments and reflecting on their time away from school.

This resource can be downloaded from *members.excitingteacher.com* and join the summer challenge Social Media hashtag: **#ExcitingTeacher** to see what other young people and parents have been creating using this workbook!

Follow us on Social Media:

@excitingteacher



*Please note this is the FREE 10 activity version. Find the complete workbook on our website!

members.excitingteacher.com



All About Me

Name:

Age:

Drawing or photo of me:

Things I like doing:

Things I don't like doing:

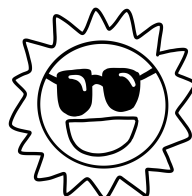
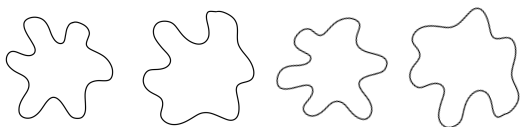


My BIG Dreams:

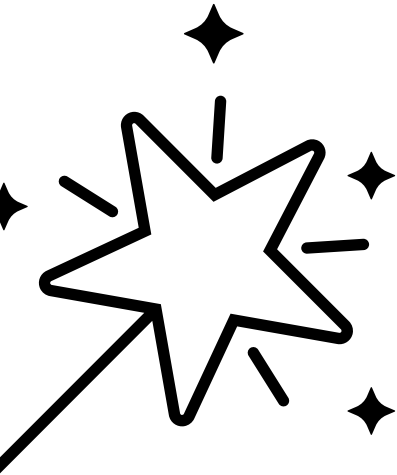
How do I look after my
mental health?

My Summer Bucket List:

My favourite colours:



I am looking forward to...



I am looking forward to...

I am looking forward to...

What can I do to help solve my worry?

1. Talk to someone.
- 2.
- 3.
- 4.

I am worried about...



Happy Place

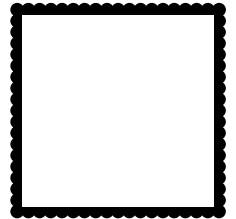
Can you make a postcard?

Draw your happy place:

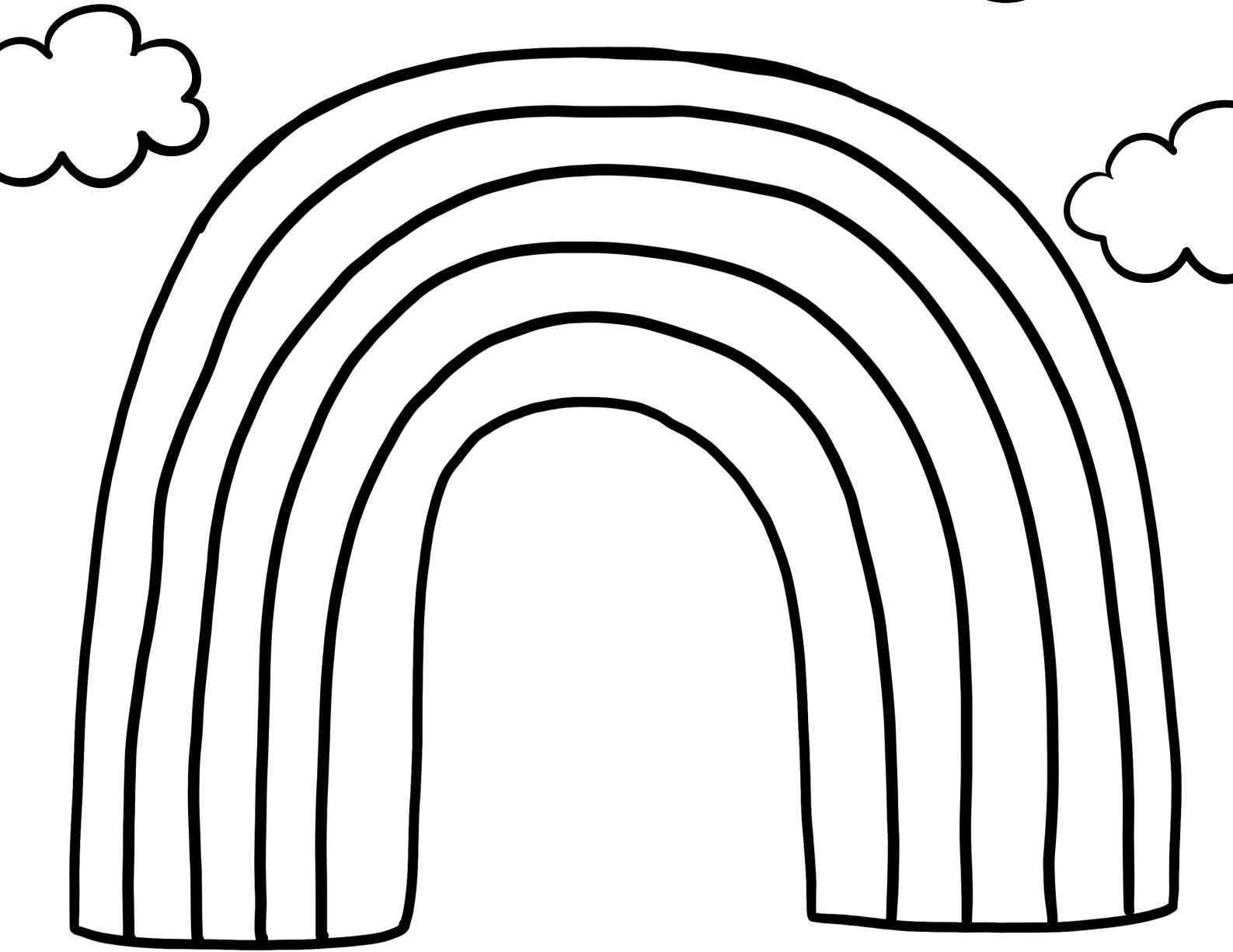


Where do you feel happiest? What does it look like? What can you smell? What can you see? What can you hear? What can you feel? What can you taste? What emotions do you feel when there?

Design a stamp!



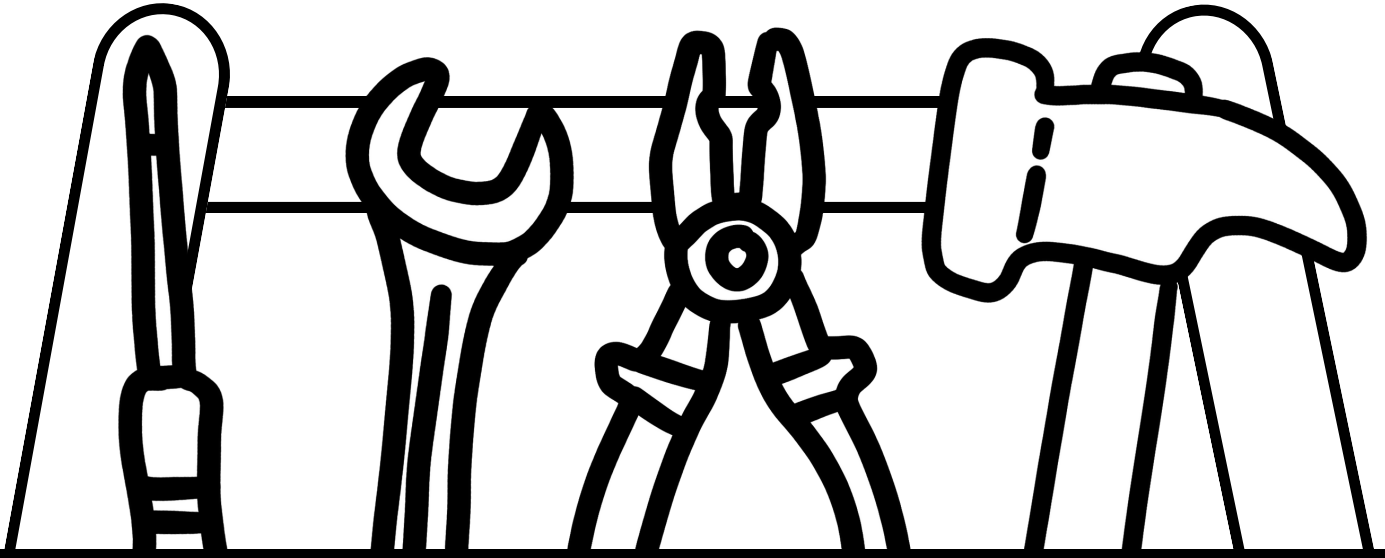
Rainbow Breathing



Choose 5 colours and decorate the rainbow. To practise your rainbow breathing, put your finger at the bottom of the first colour and breathe in slowly whilst tracing over it with your finger. Keeping your finger on the same colour, breathe out slowly whilst tracing back over it. Repeat this for all the colours! Notice yourself feeling calmer.

Coping Toolbox

Sometimes we might find things tricky to cope with, such as when something doesn't go to plan, when we are feeling BIG FEELINGS or when a task is difficult. Can you fill this toolbox with things that help you in those situations to remain calm and in control?



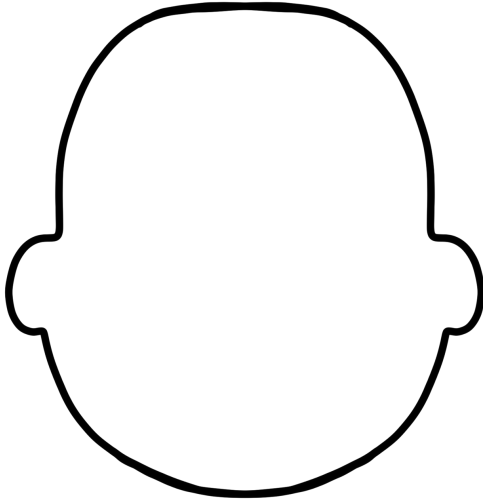
For example, you could draw the objects, use photos or cut them out of a magazine!

Draw the Emotion

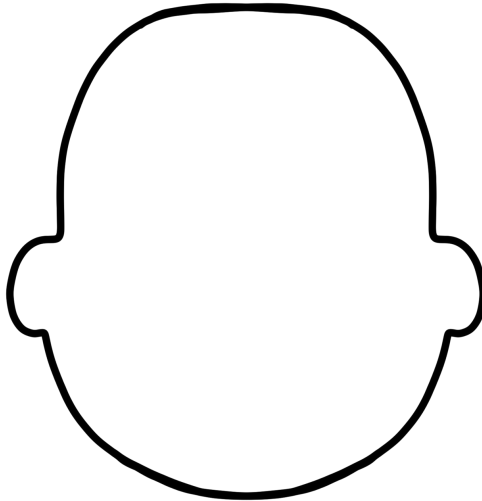
Can you draw the emotion on the face? There are some extras for you to add any emotions that you want to or to design a brand

new emotion!

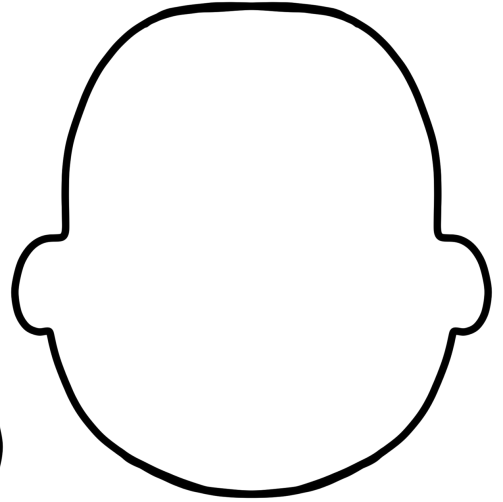
Happy



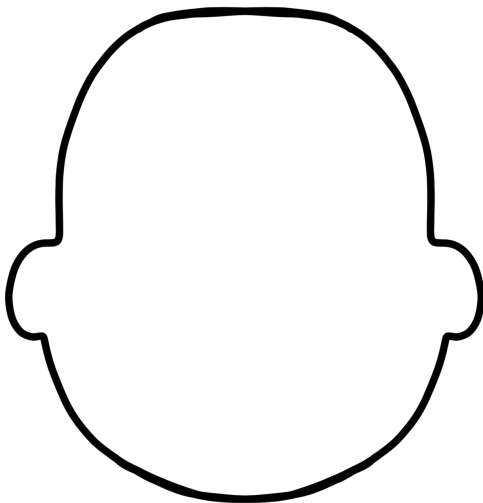
Sad



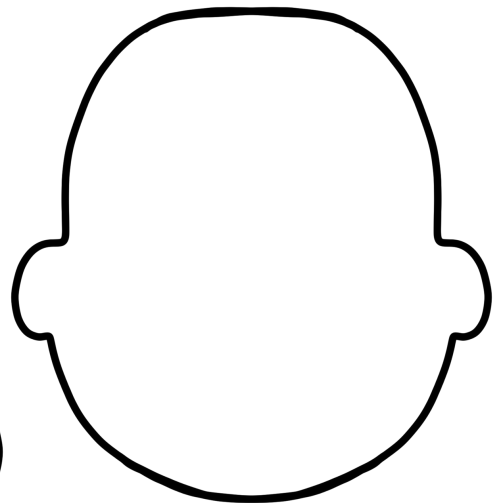
Angry



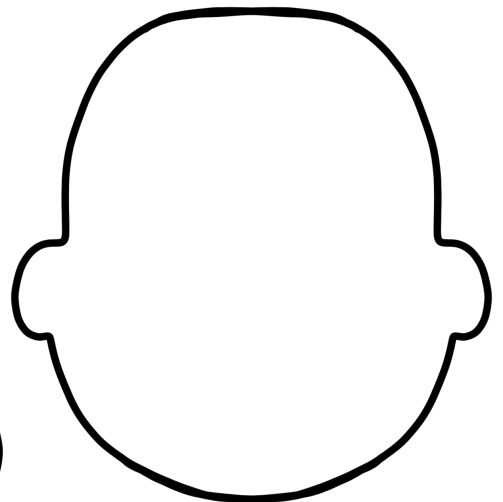
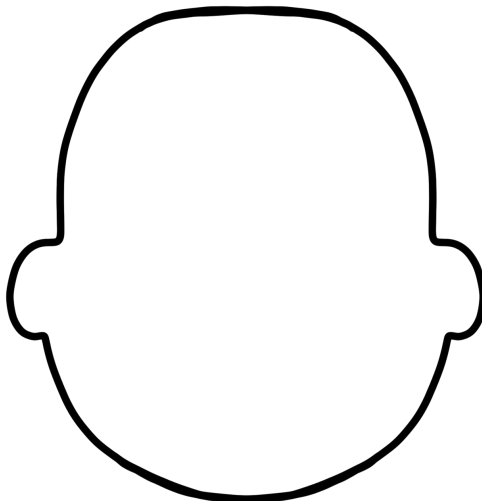
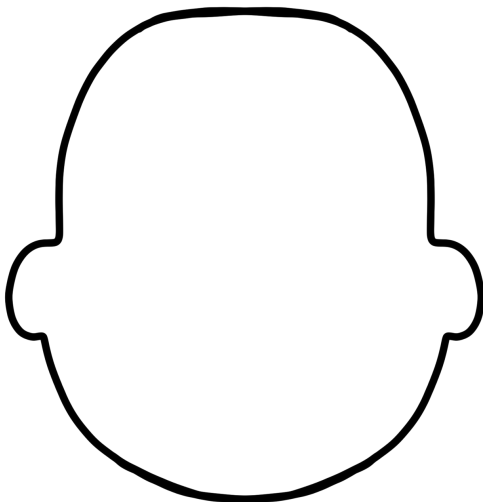
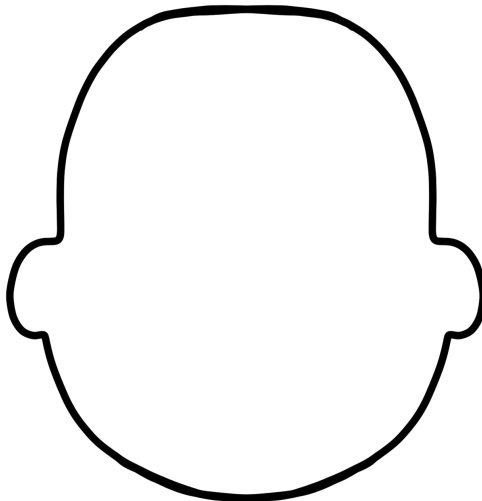
Excited



Worried

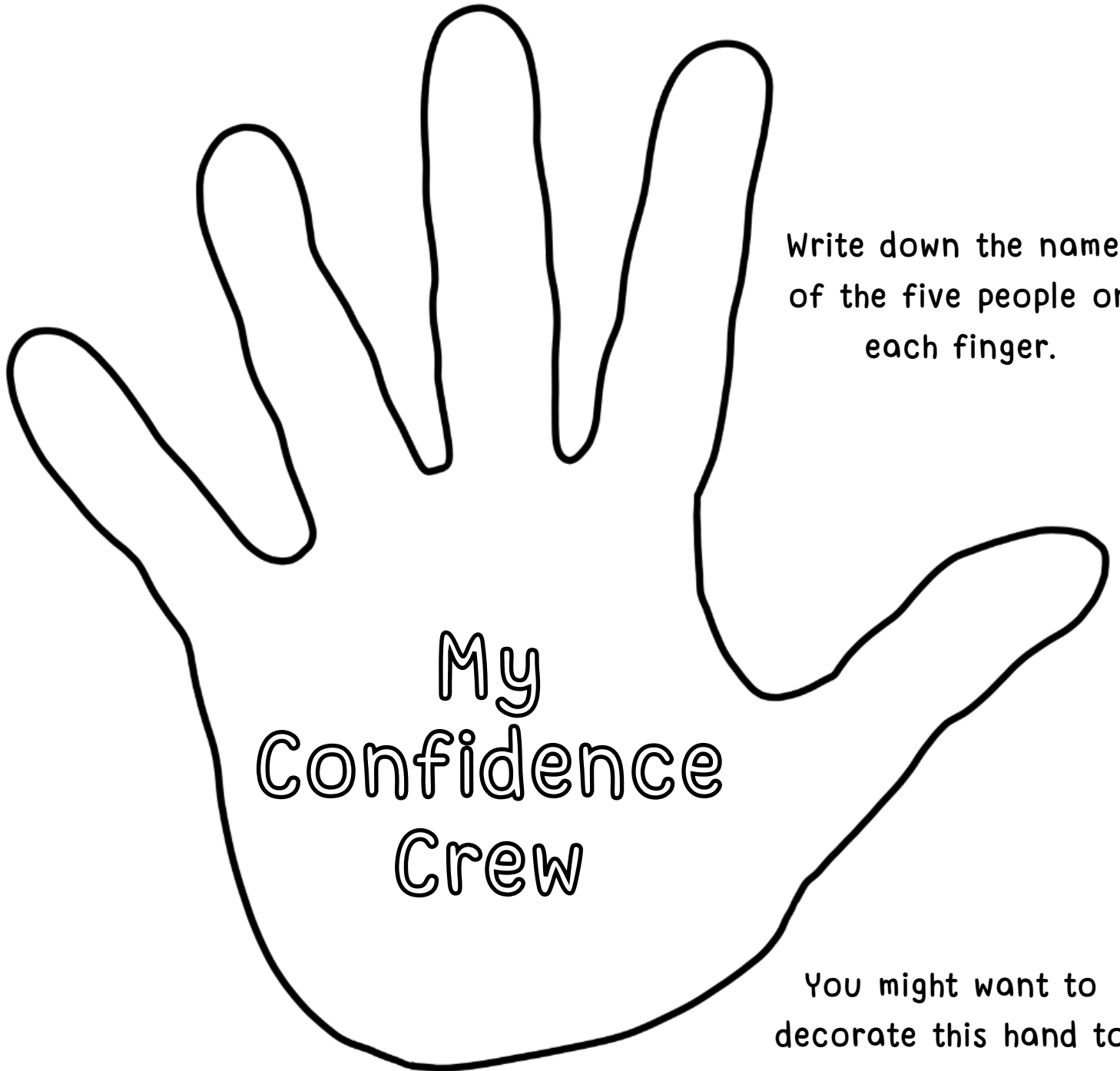


Tired



Confidence Crew

A Confidence Crew is a list of five people that you trust would help and listen to you. They are the people that you would go to for help and support if you needed it. These people keep you safe.



Write down the names of the five people on each finger.

You might want to decorate this hand to make it more special to you.

You could cut this hand out and pop it somewhere safe to remind you when you need it.

Acts of Kindness

Acts of Kindness are important. They can be big or small. You are in control of being kind! Let's think about some kind actions you can do for yourself, your family and friends, and your local community.

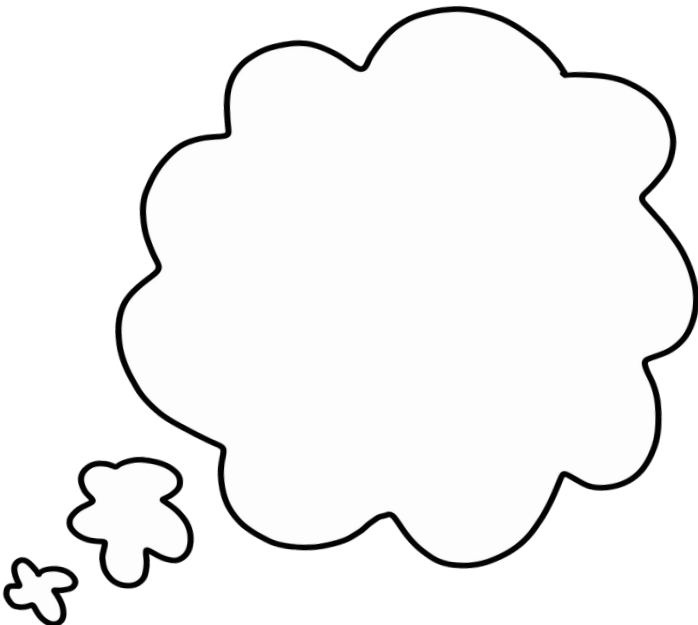
For Me:

For Family and Friends:

For my Local Community:

Choose one of your acts of kindness and challenge yourself to do it today! How do you expect to feel after? Draw or write in the thought bubble!

Drawing or photo of your act of kindness once you've done it:

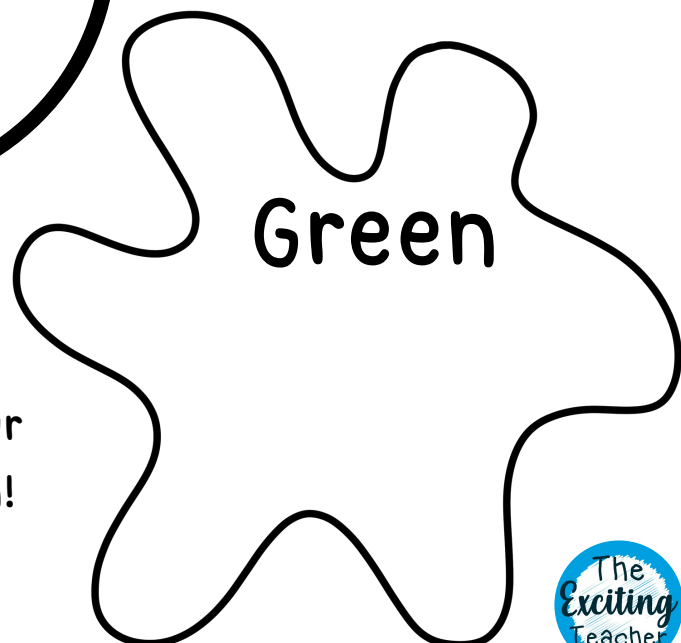
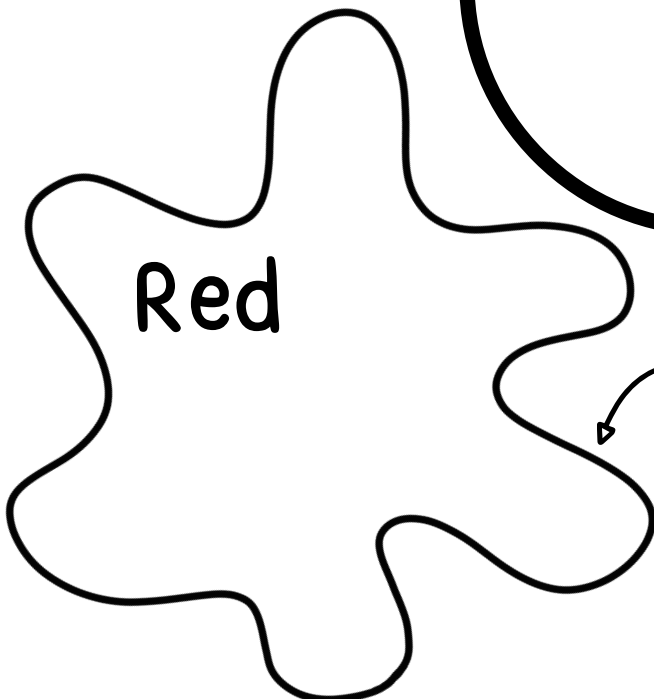
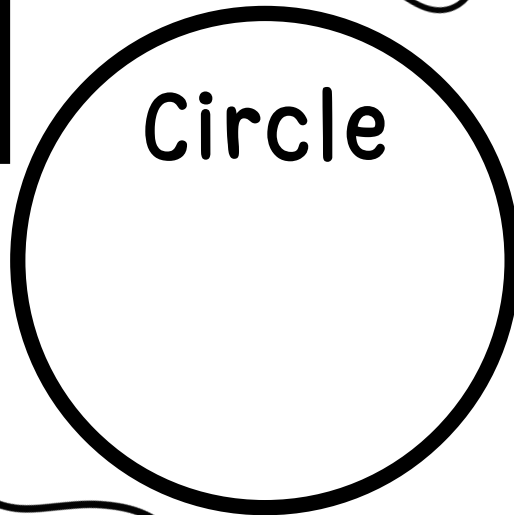
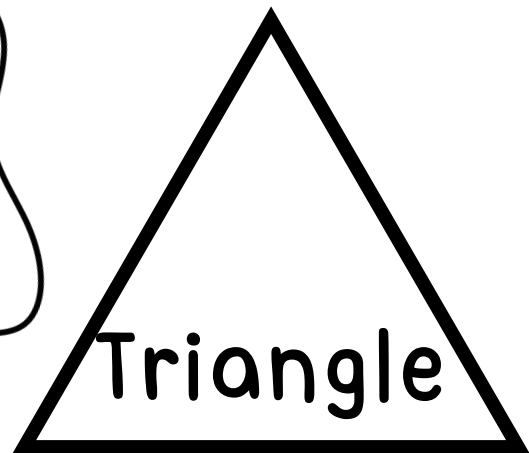
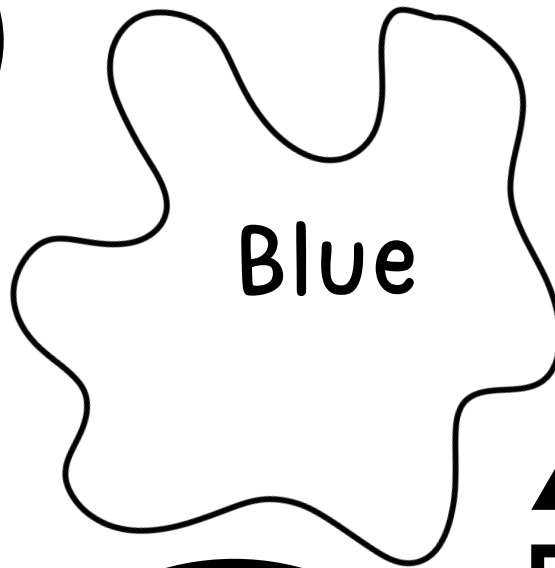
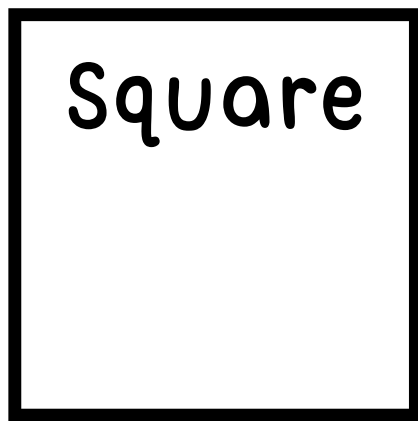
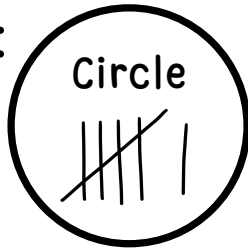


Spot Colours & Shapes

When we feel worried or overwhelmed, it is a good idea to have strategies that help us to feel calm and able to cope again.

These are called 'Coping Strategies'. One of these is where we spot different colours and shapes around us. How many of each one can you spot? Can you see any other colours or shapes?

Example:

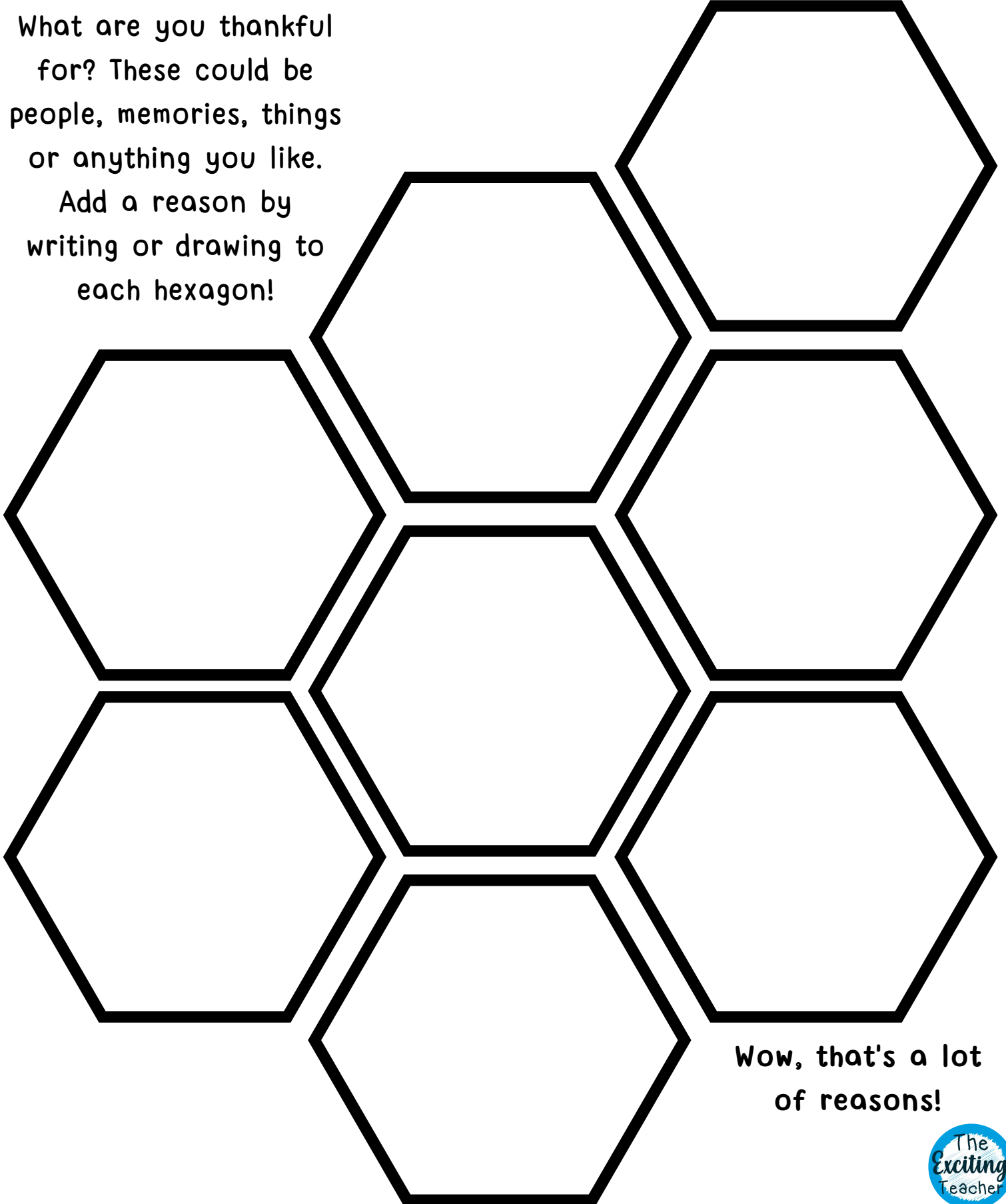


Colour
me in!

8 Reasons to be Thankful

What are you thankful for? These could be people, memories, things or anything you like.

Add a reason by writing or drawing to each hexagon!



Wow, that's a lot of reasons!

Thank you for working
so hard on these
activities! We hope you
enjoyed doing them.

Download the FULL 30
day workbook from

@excitingteacher



members.excitingteacher.com

