

Summer Wellbeing Challenge

6 Weeks of Small Actions to Help You Stay Healthy, Happy and Connected

The summer holidays can be exciting, but they can also feel long, lonely, stressful or overwhelming at times.

You do not need to have an amazing summer every day.

The goal is simple:

- Stay connected
- Keep a routine
- Look after your body and mind
- Ask for help when you need it
- Do things that make you feel good

Try to complete as many challenges as you can throughout the holidays.

Your Summer Wellbeing Basics

Most days, try to:

- ✓ Get out of bed before 10am
- ✓ Eat breakfast
- ✓ Drink plenty of water
- ✓ Spend time outside
- ✓ Move your body for at least 30 minutes
- ✓ Speak to another person
- ✓ Do something fun
- ✓ Get 8-10 hours of sleep

Remember: doing some is better than doing none.

Week 1: Stay Connected

Why?

Strong friendships and positive relationships help protect our mental health.

Try To:

- ☐ Message a friend
- ☐ Arrange to meet someone
- ☐ Call a family member
- ☐ Join a local activity
- ☐ Spend time with your household
- ☐ Introduce yourself to someone new
- ☐ Write a thank-you message

Challenge

Talk to at least one person every day.

Week 2: Get Active

Why?

Physical activity can boost mood, reduce stress and improve sleep.

Choose Any Activity

- ☐ Walk
- ☐ Run
- ☐ Swim
- ☐ Football
- ☐ Basketball
- ☐ Cycling
- ☐ Gym workout
- ☐ Dance
- ☐ Skateboarding
- ☐ Yoga
- ☐ Home workout

Challenge

Complete 30 minutes of movement on 5 days this week.

Week 3: Learn Something New

Why?

Trying new things builds confidence and resilience.

Ideas

- ☐ Learn to cook a meal
- ☐ Learn basic first aid
- ☐ Learn photography
- ☐ Learn a language
- ☐ Learn coding
- ☐ Learn to draw
- ☐ Learn a musical instrument
- ☐ Read a book
- ☐ Learn a new sport
- ☐ Learn a practical life skill

Challenge

Try one thing you've never done before.

Week 4: Digital Detox Week

Why?

Social media can be fun, but too much screen time can affect sleep, mood and confidence.

Try

- ☐ One phone-free meal every day
- ☐ One screen-free hour each day
- ☐ Turn off notifications
- ☐ Leave your phone outside your bedroom at night
- ☐ Spend time outdoors

Challenge

Complete one whole afternoon without social media.

Week 5: Give Something Back

Why?

Helping others often helps us feel better too.

Ideas

- ☐ Help with chores
- ☐ Support a younger sibling
- ☐ Volunteer
- ☐ Donate unwanted items
- ☐ Help a neighbour
- ☐ Support a friend
- ☐ Do something kind without being asked

Challenge

Complete 5 acts of kindness this week.

Week 6: Prepare for Success

Why?

Looking ahead can help reduce anxiety about September.

Think About

- Friendships
- Learning
- Hobbies
- Health
- Confidence

My Goals For September

1. _____
2. _____
3. _____

Challenge

Choose one positive habit to continue when school returns.

Summer Bucket List

Try to complete as many as possible.

- ☐ Watch a sunrise
- ☐ Watch a sunset
- ☐ Visit the beach
- ☐ Visit a park
- ☐ Have a picnic
- ☐ Read a book
- ☐ Learn a recipe
- ☐ Visit a library
- ☐ Have a games night
- ☐ Make a playlist
- ☐ Visit a museum
- ☐ Try a new activity
- ☐ Meet friends
- ☐ Take photographs
- ☐ Draw or paint
- ☐ Learn a skill
- ☐ Raise money for charity
- ☐ Build something
- ☐ Go for a long walk
- ☐ Spend a day mostly offline
- ☐ Write down three things you're grateful for
- ☐ Create something you're proud of

When Things Feel Difficult

Everyone has difficult days.

Try:

STOP

Pause and take a breath.

BREATHE

Breathe in for 4 seconds.

Hold for 4 seconds.

Breathe out for 6 seconds.

Repeat 5 times.

CONNECT

Talk to someone you trust.

MOVE

Go for a walk or get outside.

DISTRACT

Listen to music, watch a favourite film, draw, read, exercise or play a game.

Remember

You are not alone.

If you are struggling:

- Talk to a parent/carer or trusted adult.
- Contact Childline on **0800 1111**.
- Use **Kooth** for online support.
- Call **111** and select **Option 2** for urgent mental health support.
- Call **999** if there is immediate danger.

My Support Network

Trusted Adult

Parent/Carer

Friend

Other Support

Summer Challenge Goal: Complete at least **30 wellbeing activities** over the six-week holiday.
Small actions, done regularly, can make a big difference!