

Self-care summer

for
primary pupils

#SelfCareSummer

Relationships and connection

Spending time with friends and family is not only fun but can also be good for your wellbeing, especially if you are feeling sad or lonely.

Week
1

Play and entertainment

Making time to play can be part of self-care. Whether it's with friends, animals or through board games, all types of play and having fun is important.

Week
2

Relaxation

Summer can be busy with lots of plans, but remember to take time for you, to relax and do things you enjoy.

Week
3

Physical activity

Keeping active can boost your mood and wellbeing. Whether it's dancing, sports or going for a walk, you can do it your way.

Week
4

Creativity

Being creative can help you express yourself and relax, whether it's acting, cooking, drawing, writing or making music.

Week
5

Emotional health

Don't forget to be your own best friend and be kind to yourself. Some people find writing down their feelings can help to get things off their chest.

Week
6