



Bolton-le-Sands Summer Well-being Activities



Feeling Connected	Being Active	Learning New Skills	Giving to Others	Taking Notice
<ul style="list-style-type: none">✓ Write a postcard or letter to someone who you've not seen during lockdown✓ Help to prepare and pack up a picnic. Enjoy your picnic outside with friends and family you haven't seen for a while.✓ Have an online meeting with a family member who lives somewhere else.✓ Prepare a quiz for your family to answer.✓ Have a socially distanced meet up with a friend you've not seen for ages.✓ Spend time together as a family, play a board game or do a jigsaw.✓ Make a card for somebody to brighten up their day. You don't need a reason, just do it to be kind.	<ul style="list-style-type: none">✓ Can you run, jump, skip or cycle the length of the prom?✓ Go for a bike ride - Don't forget to wear a helmet!✓ Try a 3k run with friends and family: what was your time? Can you beat it next time?✓ If it's sunny, can you go paddling in a river? Make sure you have an adult with you.✓ Play catch with someone. Use a wall if you are on your own. How many can you catch without dropping it?✓ Create an obstacle course around your garden.✓ Create a new dance to your favourite song! Can you teach someone in your family the moves?	<ul style="list-style-type: none">✓ Make and fly your own kite. Ask you parents to find a safe instructional video on the internet.✓ Try a new sport, something you've never done before. This could be anything.✓ Try a new fruit or vegetable: be daring and try something you've never tried before.✓ Find a new recipe and make it with a family member.✓ Set yourself a summer challenge: climb a mountain, make a bird box, run a 5k.✓ Try and learn a new tune/song on an instrument or just by singing!✓ Learn a new times table; practise those you already know.	<ul style="list-style-type: none">✓ Stay cool over summer by making your own ice creams and ice lollies for your neighbours.✓ Look through all your things at home, can you find one or two toys which you no longer play with that you could donate to a friend or to charity? You could do this with clothes you no longer wear too.✓ Can you bake cookies to share with others?✓ Give your time: offer to do a chore around the house that you haven't done before.✓ Ask a neighbour if you can do something to help them.✓ Smile and say 'hello!' to people when you're out for a walk. You'd be amazed how many smile back.	<ul style="list-style-type: none">✓ Go for a walk through a field looking at the colours of the flowers. Can you make a daisy chain?✓ Cloud watch. Lie down and look up at the clouds. What shapes can you see? Make up a story using these shapes.✓ Go for a walk and listen to the birds: which species can you hear? What are they saying to each other?✓ Rest: take 5 minutes, close your eyes and dream. Take deep breaths and let your worries disappear.✓ Draw, paint, sculpt an art piece based on something natural close to where you live.✓ Write down or draw all the things you are grateful for.

<ul style="list-style-type: none"> ✓ Do you love to dance, sing or share jokes? Put on a performance for your family to delight and entertain them! ✓ Read stories to your family members – perhaps you can use different accents and voices for the different characters! ✓ Let your sibling, cousin or friend choose a game to play, or make up a new game to play together! ✓ Make up a secret handshake with a friend or someone from your family. ✓ Create a time capsule about your family life! Bury it or hide it away somewhere to open again in the future. ✓ Give your family ‘promise’ cards: this could be a hug, your time or a listening ear. 	<ul style="list-style-type: none"> ✓ Rain or shine, make sure to get outside each day – go for a walk with your family or play outside. ✓ Balancing! How long can you balance for on each leg? Can you make a line on the ground and carefully tiptoe along it? ✓ Put on your favourite songs or singalong films and have a good boogie! ✓ Make activity stations and challenge your family! Write down different activities on paper and pop them in different areas of the house to complete. E.g. 20 star jumps, running on the spot for 30 seconds, squats! ✓ Set yourself a sit-up challenge. How many can you do by the end of the summer holidays? 	<ul style="list-style-type: none"> ✓ Do you have a garden or plants in your yard? Learn how to grow and take care of some plants. Maybe you can grow some summer vegetables! ✓ Learn to knit or sew and create something. ✓ Looking after your home: can you learn to make the bed, help with the washing up or taking care of your pets? ✓ Pick a country that you know nothing about. Can you use the internet safely to find out more about their culture? ✓ Learn how to draw something new – perhaps use a tutorial book or video, or try to copy from a book! ✓ Choose a new language and learn the basics. Duolingo is a free language website to use. 	<ul style="list-style-type: none"> ✓ Buy something to donate to the food bank. ✓ Give back to nature: can you build a bug hotel or plant some flowers to attract wildlife? Perhaps you could make a birdfeeder to attract birds to your garden. ✓ Be kind to friends and siblings by sharing and letting them choose an activity to do. ✓ Show gratitude by saying ‘please’ and ‘thankyou’ every time you need to. ✓ Take care of the environment by learning about what litter you can recycle at home. ✓ The pavement on your street probably needs weeding; could you have a go at doing this to make your street look more attractive for others. 	<ul style="list-style-type: none"> ✓ Explore your senses. Find somewhere to sit, maybe out and about or in your garden. What can you see, hear touch, taste or smell? ✓ Start a journal or diary. Take note and be mindful of your day: how do you feel, what did you enjoy, what do you want to achieve tomorrow? ✓ Remembering: write down, draw or share with somebody your most favourite memories. ✓ Go on a grass safari! Look closely through the grass and between plants – what life can you find? ✓ Blowing bubbles! Take deep breaths and see how big you can blow bubbles. What colours can you see? Can you spot patterns?
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