Welcome to the MHST Summer Challenge!
In this pack you will find lots of great activities you can do over the holidays to have fun, look after yourself, learn new things and boost your wellbeing!

How to use this pack:

Use the bingo grid to pick an activity at random. Cross off each activity when you have completed it.

There are 36 activities to have a go at. See how many you can complete over the summer holidays! We challenge you to complete two lines in the grid. If you are feeling adventurous, try and complete the whole thing.

If you need help with any of the activities, hold down the Control button on your keyboard and click on the text in the bingo box to find out more.
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<th>Bingo</th>
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<td>Finger breathing</td>
<td>Read three books</td>
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<td>Make a future plans jar</td>
<td>Yoga</td>
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<td>List five things you were grateful for today</td>
<td>Make a glitter jar</td>
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<td>Try an activity you've never done before</td>
<td>Write about or record your day</td>
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<td>Make a tiny book</td>
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Mental Health Support Team’s Summer Challenge
Mindfulness means noticing things about yourself and your surroundings in a particular moment, including things you can see, hear, smell, taste and feel. It is about noticing and accepting your emotions and the physical sensations in your body and realising that these sensations come and go like clouds on a rainy day.

Go for a fifteen minute walk. Notice how your body feels: how does your foot hit the ground when you take a step? How do you swing your arms? Look around you – what can you see? What can you smell? Notice how you are feeling while you are out and about.

Watch the clouds

Lie down somewhere no one will trip over you.

In which direction are the clouds moving? What shapes do you see? Do they remind you of anything? Focus your attention on the sky and the clouds and take a few deep breaths.

Make a future plans jar

Cut out some coloured card. Think of some fun activities or things you would like to achieve in the future. Write them on the pieces of card. Put them in a jar and save them for days when you need a pick-me-up. Pick out a card at random and complete the activity.
Make a calm kit

A calm kit is a collection of things that we can use to help us feel better when we are angry, worried or overwhelmed. Sometimes calm kits are just fun to play with!

Simply gather a collection of things that help you feel good and put them in a box or a bag. We’ve put some ideas below to help you:

- Chewing gum
- Headphones for music
- Breathing exercise cards
- A lavender bag
- A stress ball
- Doodle pad
- A diary
- Puzzles
- Stress ball
- Bubble wrap
- Colouring sheets
- Bubbles
- An eye mask

For more ideas have a look here: https://www.andnextcomesl.com/2016/04/what-to-put-in-a-calm-down-kit-for-kids.html

Make your own bowling alley

Arrange filled water bottles like pins at a bowling alley (4 at the back, then 3, 2 and 1 at the front) and use a ball to bowl! You could also decorate each bottle! You can challenge yourself and others to improve your score each time. Make it more difficult by blindfolding players or by kicking the ball.

Colour grounding exercise

Pick a colour – any colour. Now, look around you. Taking your time, notice the things around you of that colour. How many things can you see?
Positive affirmations

Positive affirmations are phrases you can say to yourself that describe how you would like to be – or how you already are, even if you don’t believe it yet! By repeating these phrases you can help yourself feel better and more yourself.

Create your own by collecting some stones and painting them with positive affirmations. If you’re not a fan of painting, look through some magazines and newspapers and create your own phrases in a collage. Keep them nearby and repeat them to yourself.

Try and make these phrases unique to you. Here are some ideas to get you started:

- I love myself exactly the way I am
- I am a good friend
- I am trustworthy
- I have a good sense of humour
- I care about others
- I am grateful for the good things in my life
- I make things happen when I work towards my goals
- I make my dreams come true when I plan and work towards them
- I learn from my mistakes. They teach me valuable lessons
- I persist till I reach my objectives
- I can change bad thoughts into good thoughts
Write a letter to a friend
Even in a world filled with technology, a handwritten letter is always appreciated. Try writing a letter to a friend or family member you haven’t seen for a while. Tell them what you’ve been doing, how you’ve been feeling, and think of some ideas for what you’ll do together when you see each other. Go wild and draw some fun illustrations or decorate your letter with stickers, glitter or anything else that might put a smile on their face.

Make a future plans jar
Cut out some coloured card. Think of some fun activities or things you would like to achieve in the future. Write them on the pieces of card. Put them in a jar and save them for days when you need a pick-me-up. Pick out a card at random and complete the activity.

We hope you enjoy the challenge and have a fun and restful holiday!

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