

Look after your wellbeing this summer - choose one, two or three activities to complete each week and tick them off as you go! Share your favourite activities on social media and tag @ThriveApproach in your post.



## 1. Nature week

Make a bird feeder. Find a toilet roll tube and cover it in peanut butter\*. Roll it in bird seed until covered, and then thread a piece of string through the tube and tie a knot. It's ready to go! Hang where birds can enjoy, and you can watch them.

Use the Thrive Rainbow colour hunt and take it outside to a beach, park or your garden. Draw, write or even collect what you find.

Have a digital detox and plan a day out somewhere new to you. Your plan could include how you get there, what to take for lunch, any items you might need (walking boots for a hike, or towels for the beach). Once you've planned it, invite your friends and family.



## 2. Mindfulness week

Enjoy time outside and take note of what surrounds you. Notice the sounds, smells, colours and textures. How does your body feel when you are walking? Try describing this to who you are with.

Take time eating your food and appreciate the taste, texture and smell of what you're eating.

Take photos throughout the day of things you are grateful for - they can be big or small. Reflect on your pictures at the end of the day. You could ask friends and family to do the challenge too and share your pictures with each other.



# Thrive's 6 weeks of summer

## 3. Music week

Have a game of musical statues or musical bumps!

Make your own musical instrument. It could be a replica of a real instrument or one of your own imagination! Use items such as boxes, elastic bands, tubes, beads and string and have fun!

Create a playlist of your favourite songs. They could be songs that remind you of people, holidays, events or just songs you really like. Why not create different playlists; one for fun and dancing, one for relaxing and one for motivation.



## 4. Art week

Make your own paintbrushes by collecting sticks, grass, leaves and petals. Attach the grass, leaves or petals to the stick with string and away you go! Explore the different patterns and textures the paintbrushes can create.

Recreate the cover of your favourite book. Use anything from crayons to modelling clay and have some fun. Think about why this book is so special to you.

Make a tin foil sculpture. Set a time limit of 1 hour and see what you come up with. Why not invite friends and family to make their own sculptures too!



## 5. Sports week

Set up an obstacle course; you could jump over pillows, do a hopscotch, crawl through a tunnel or balance a ball on a racket. Or, visit a local park and use the equipment there to plan out your course.



Create your own sports day and invite friends to join in the fun. Plan sports with items you already have; balloon tennis, pillowcase race, hula hooping or mark out a long jump. Any activity that you enjoy! You could make certificates for your friends that join in.



Set yourself a target of achieving a daily step goal. See if you can beat your previous day's goal. Why not get your friends and family to join in and encourage each other to get those steps in.

## 6. Kindness week

Find a rock or stone and paint it with a happy message. On your next walk, leave it somewhere for someone else to find and re-hide to pass on the positive message!

Create a kindness jar; find a jar (or box or bag!), paper and pencil. When you do something nice, or someone does something nice for you, write it down and add it to the jar. When it's full, take all the pieces of paper out and enjoy reading all the acts of kindness you've shared in.

Offer to do a chore for a family member, friend or neighbour who might need some extra help.



Yay, you've completed Thrive's 6 weeks of summer! Celebrate by downloading your certificate from [thriveapproach.com/resources](https://thriveapproach.com/resources)\*

\*Or a peanut butter alternative of your choice

\*\*Available from 23 August

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