

Take care of your wellbeing this summer by completing the Thrive challenge. Pick up a book from school and document your activities with pictures, drawings, and notes from at least one task each week:

# Thrive's 6 weeks of summer

## 1. Nature week

Explore your garden or local park and see what you can find – sticks, leaves, feathers. Arrange your items on the ground to create a picture.

Make a cake for the birds. Make a small hole in the bottom of a yoghurt pot, thread some string through and tie a knot on the inside. Leave enough string so that you can hang the pot up. Cut some soft lard into pieces and mix with seeds, raisins and cheese. Fill the pots and put them in the fridge. Once set, hang where birds can enjoy, and you can watch them!

Plan a day out with your friends or family. Go for a walk, bike ride, swim or picnic and enjoy being outside in the fresh air.

## 2. Art Week

Create splatter painting! Dip your paint brush or spoon into the paint then flick your wrist to splatter the paint across the paper. Continue splattering with different colours and movements to create your masterpiece.

Make a fan for a hot day. Decorate one side of a paper plate then fold it in half so the blank side is on the inside. Staple the outer edges together and tape a lolly stick to the middle as a handle - your fan is ready to use!

Try continuous line drawing – the aim is to not take your pencil off the paper. It doesn't matter if it makes the drawing look scribbly or messy - that's part of the fun!

## 3. Mindfulness week

Put a blanket down outside and watch the clouds. Notice how they move and change shape, what do they look like? Take some deep breaths and pretend you're blowing the clouds along.

Go for a mindful walk in your local area. Notice the colours, sounds and smells around you. How does your body feel when you walk slowly or when you go up a hill?

Find a meditation or body scan video to help relax your mind and body. How does it make you feel?

## 4. Gratitude week

Use the Thrive Gratitude Treasure Hunt to explore your surroundings and find things you're grateful for.

Make a jar of joy! Take note of joyful days, moments or feelings, write them down and put them in your jar. At the end of the year, open it up and remember all of the things that made you smile!

Say thank you to someone you care about by making them a surprise breakfast one morning.

## 5. Self-care week

Download the Thrive self-care bingo and see how many activities you can cross off in a week. Challenge your friends and family to do the same.

Plan a home spa day. Make your own natural facemasks, have a bubble bath or do your own pedicure. Do anything that makes you feel relaxed and special.

Research yoga and the benefits it can have on your mind and body. Try different poses and build your own sequence to practice.

## 6. Food week

Find a local market and see what food is on offer - is there something you've never tried before?

Have a picnic outside with your friends or family. Ask everyone to bring their favourite food to share with the group.

Get creative in the kitchen and cook a meal or snacks from a different country.

Yay! Well done on completing the challenge.

Bring your Thrive Summer challenge book to school for Mrs. McGookin or Mrs. Whitehead to check and receive your certificate and treat!