



WELL DONE ON COMPLETING YOUR SUMMER
ACTIVITY DIARY!

WE HOPE YOU'VE FOUND NEW AND EXCITING
WAYS TO BE ACTIVE.

YOUR HARD WORK DESERVES REWARD AND
RECOGNITION. MAKE SURE YOU SEND YOUR DIARY
IN TO SCHOOL TO RECEIVE YOUR CERTIFICATE!



NAME:

SCHOOL:

Mindfulness

It is important to look after our mental wellbeing alongside being physically active. Find some time this week to have a go at this mindfulness activity.



“Amazing things happen when you try”

Week 1	Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? You could break it up into 15 minute blocks.
20th July	Go for a walk
21st July	
22nd July	
23rd July	Practise a Personal Challenge
24th July	
25th July	Play a garden game
26th July	

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"Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time, to figure out whether you like it or not." - Virgil Thomson

Week 2	Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? You could break it up into 15 minute blocks.
27th July	
28th July	Practise a Personal Challenge
29th July	
30th July	Walk up 100 steps
30st July	
1st August	Help with chores around the house
2nd August	

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Mindful Balloons- Let them go!

Take a moment to be calm and relaxed.

On a piece of paper draw some big balloons (big enough to write something inside).

In each balloon, write down something you are worried or concerned about.

Share each of your worries with a grown up.

When you feel ready you are going to let your balloon go. Imagine you have let go of the string and you are going to watch it float high in the sky, taking your worry far away.

Repeat for as many worries you have.



“Believe you can and you’re halfway there.” - Theodore Roosevelt

Week 3	Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? You could break it up into 15 minute blocks.
3rd August	
4th August	Throw & catch different objects
5th August	
6th August	
7th August	Practise a Personal Challenge
8th August	
9th August	Have a water fight



BINGO



CAN YOU COMPLETE A LINE FROM TOP TO BOTTOM? A LINE ACROSS? A FULL HOUSE?

RIDE YOUR BIKE FOR 15 MINUTES <input type="checkbox"/>	WALK TWO KILOMETRES <input type="checkbox"/>	COUNT THE STARS <input type="checkbox"/>	CLIMB OVER A STILE <input type="checkbox"/>	GO ROCK POOLING <input type="checkbox"/>	MAKE A GAME WITH DIFFERENT SIZED STONES <input type="checkbox"/>
COLLECT 6 DIFFERENT LEAVES <input type="checkbox"/>	PLANT A SEED AND WATCH IT GROW <input type="checkbox"/>	BALANCE ON ONE LEG WITH EYES SHUT <input type="checkbox"/>	PADDLE IN THE SEA OR PUDDLE <input type="checkbox"/>	BUILD A DEN INSIDE AND OUTSIDE <input type="checkbox"/>	DIG FOR WORMS <input type="checkbox"/>
WALK AROUND BALANCING SOMETHING <input type="checkbox"/>	WALK UP 100 STEPS <input type="checkbox"/>	MAKE A COLLAGE WITH NATURAL OBJECTS FOUND ON A WALK <input type="checkbox"/>	SPRINT 5 X 20M TEN TIMES <input type="checkbox"/>	MAKE AN OBSTACLE COURSE <input type="checkbox"/>	KICK A BALL FOR 30 MINS <input type="checkbox"/>
WASH THE CAR OR THE DOG <input type="checkbox"/>	MAKE A RAINBOW <input type="checkbox"/>	PICK SOME WILD BLACKBERRIES <input type="checkbox"/>	MAKE A PICNIC AND EAT IT OUTSIDE <input type="checkbox"/>	USE A MAP TO GO ON AN ADVENTURE <input type="checkbox"/>	COLLECT STICKS AND MAKE A MODEL <input type="checkbox"/>
DANCE IN THE RAIN (OR OUTSIDE) <input type="checkbox"/>	CREATE A CHALK WALK <input type="checkbox"/>	DO A RANDOM ACT OF KINDNESS <input type="checkbox"/>	MAKE A STORY WITH SOME SHADOW PUPPETS <input type="checkbox"/>	MEDITATE IN THE GARDEN <input type="checkbox"/>	HAVE A WATER FIGHT <input type="checkbox"/>
MAKE A HEALTHY SNACK FOR YOUR FAMILY <input type="checkbox"/>	GO ANIMAL SPOTTING IN YOUR GARDEN <input type="checkbox"/>	THROW & CATCH DIFFERENT OBJECTS FOR 10 MINS <input type="checkbox"/>	CREATE YOUR OWN MINI GOLF COURSE <input type="checkbox"/>	FIND SOME ROCKS TO PAINT <input type="checkbox"/>	MAKE & BURY A TIME CAPSULE <input type="checkbox"/>
WATER THE PLANTS IN THE GARDEN <input type="checkbox"/>	COMPLETE A PERSONAL CHALLENGE <input type="checkbox"/>	LEARN A NEW SKILL <input type="checkbox"/>	PLAY ON STEPPING STONES <input type="checkbox"/>	MAKE A BIRD FEEDER <input type="checkbox"/>	FIND & PLAY WITH A GAME YOU HAVEN'T PLAYED IN A WHILE <input type="checkbox"/>

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GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



"You're braver than you believe, stronger than you seem and smarter than you think" - Winnie the Pooh

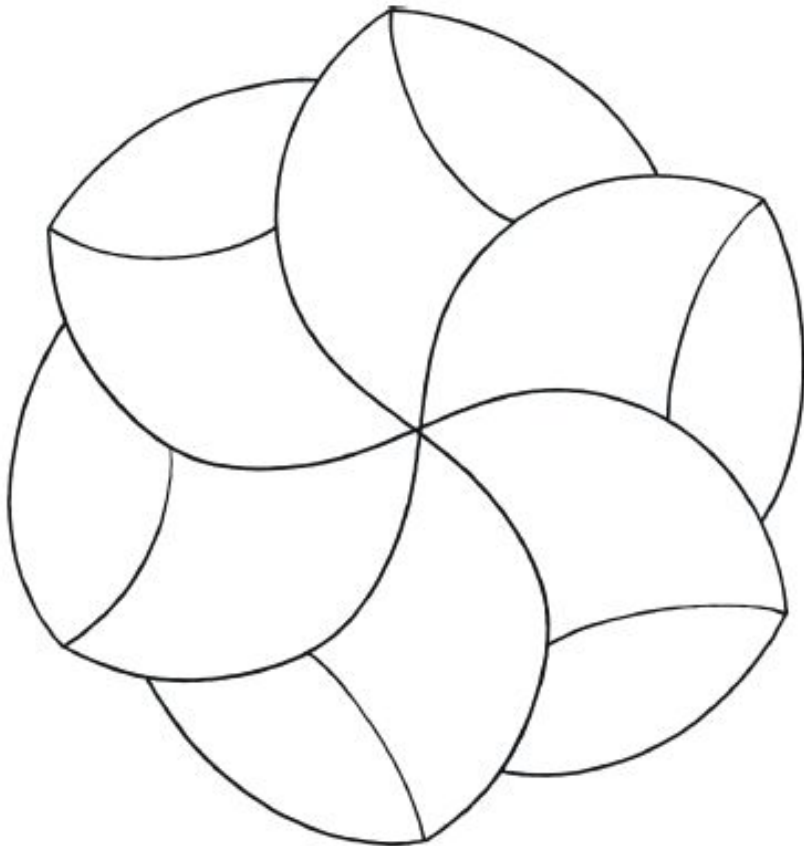
Week 4	Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? You could break it up into 15 minute blocks.
10th August	Practise a Personal Challenge
11th August	
12th August	Wash the car
13th August	
14th August	
15th August	Dance to your favourite song
16th August	

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Mindfulness Patterns

Get doodling and fill the shape below with your own patterns and doodles



“Never say never because limits, like fears, are often just illusions.” - Michael Jordan

Week 5	Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? You could break it up into 15 minute blocks.
17th August	
18th August	
19th August	Ride your bike
20th August	Make an obstacle course
21st August	
22nd August	
23rd August	Practise a Personal Challenge

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Create your own Glitter Jar

This is a great activity if you are worried, upset, nervous or angry. The glitter in the jar represents your thoughts rushing around in a mad dash.

Next time you are feeling **upset or anxious** simply shake the glitter jar and remain quiet and still while the glitter is settling. As you breathe deeply you can watch the glitter float around in the jar and finally settle on the bottom.

Steps:

1. Start by finding a glass jar and decorate it however you like. You can also use a plastic water bottle.
2. You will also need one bottle of clear glue and some kind of glitter. Food coloring is optional.
3. Fill the bottle up 3/4 of the way with water. Next, add the clear glue and glitter and shake. You may want to use a funnel to get the glitter in the jar. You may add food coloring if desired. Seal the lid and you are ready to go.

You can SHAKE the jar or bottle whenever you feel anxious or upset and then remain still while the glitter settles.



“Be who you are and say how you feel, because those who mind don’t matter, and those who matter don’t mind.”


— Dr Seuss

Week 6	Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? You could break it up into 15 minute blocks.
24th August	Dig for worms
25th August	
26th August	Walk around balancing something
27th August	
28th August	
29th August	Create your own Personal Challenge
30th August	


Thoughts & Feelings

Use these pages to write down how you are feeling. You might really enjoy a particular activity. Something might be hard work. You might be worried about something. Or feeling sad one day.

Can you think of ways to turn any negative thoughts into positives?



I'm worried I
won't have
any friends
when I return
to school



My friends
like me for
who I am and
that hasn't
changed