

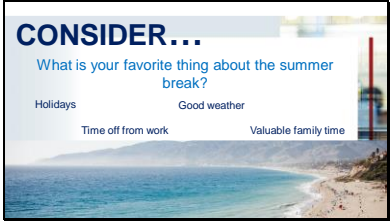
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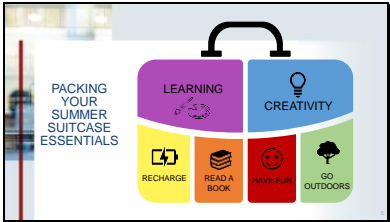
WORKING FROM HOME DURING THE SCHOOL HOLIDAYS

- Set work boundaries.
- Use "out of office" when on vacation.
- Manage your children's expectations.
- Plan ahead as much as possible for child care.



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PACKING YOUR SUMMER SUITCASE ESSENTIALS



LEARNING CREATIVITY

RECHARGE READ A BOOK HAVE FUN GO OUTDOORS

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A SUMMER HOLIDAY AT HOME

Gardening Camping

Cooking

Arts and Crafts



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FRESH AIR AND SUNSHINE

If you do anything this summer, spend some time outside!

- Helps improve your physical wellbeing
- Improves concentration
- Boosts levels of serotonin
- Increases levels of vitamin D




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WHAT "FIRSTS" CAN YOU CREATE THIS SUMMER?

Embracing opportunities for new and different experiences is a powerful way to encourage a curious and open mind.

- **What new things can you accomplish or try this summer?**
- **Involve the family and create a list; be adventurous!**



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MAKING MEMORIES

- Think ahead to your summer break with excitement and anticipation.
- Restrictions may mean that the summer break is different to other years, but planning activities with the family is a fun way to look ahead to what you can do.
- Schedule in activities for every day and stick to them.



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