

TRAINING

MAKING THE MOST OF YOUR **SUMMER BREAK**





Effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.

OBJECTIVES

- Balancing work with school holidays
- What to pack into your summer suitcase
- A summer holiday at home
- The benefits of fresh air and sunshine

CONSIDER...

What is your favorite thing about the summer break?

Holidays

Good weather

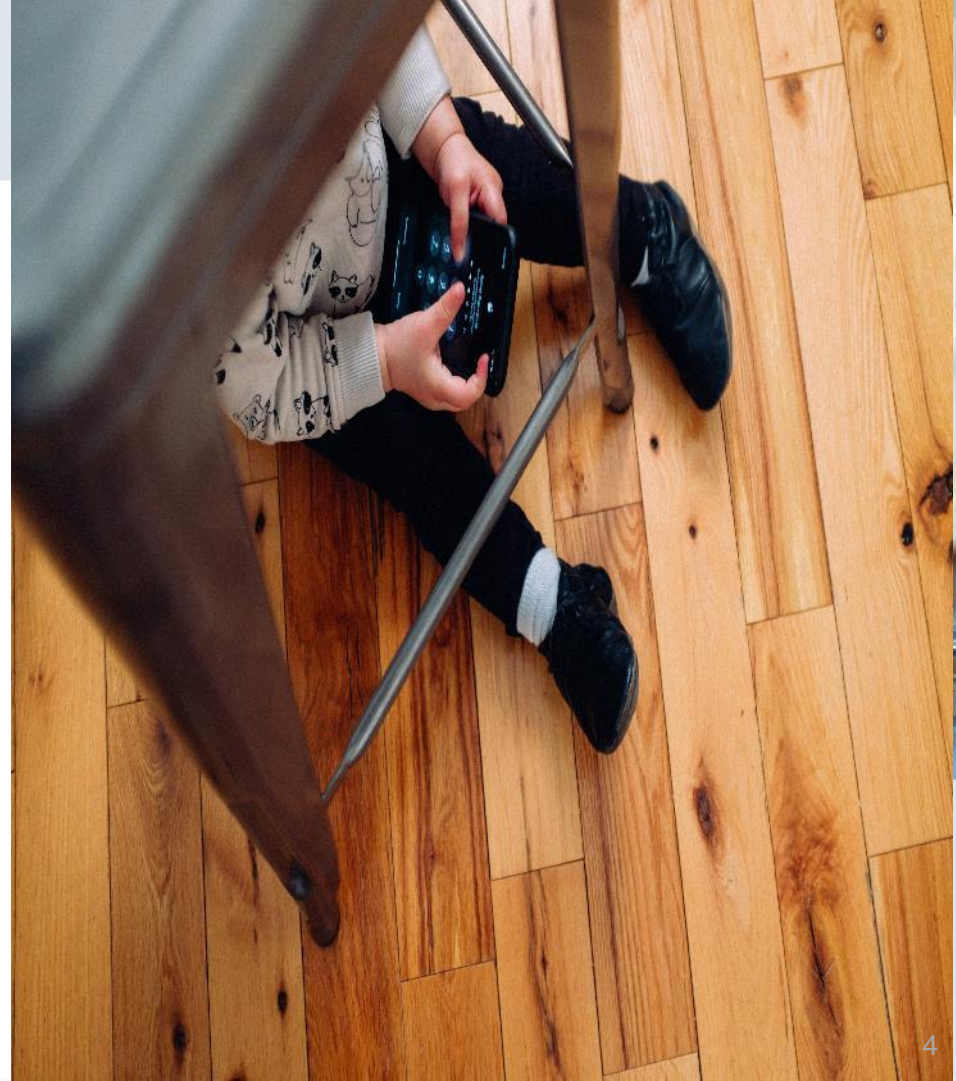
Time off from work

Valuable family time



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.



PACKING YOUR SUMMER SUITCASE ESSENTIALS





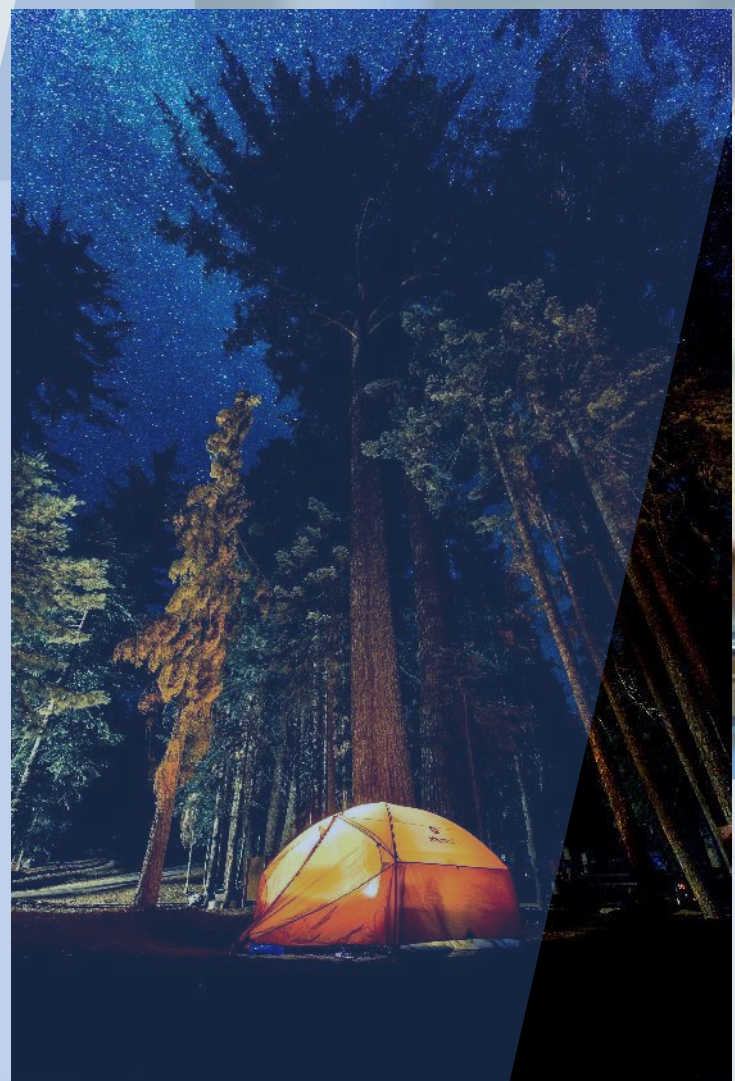
A SUMMER HOLIDAY AT HOME

Gardening

Cooking

Camping

Arts and Crafts



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



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!**



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.



**WHAT NEW MEMORIES
CAN YOU
MAKE THIS SUMMER?**



THANK YOU

