



- 24 Summer Activities
- Coping Strategies
- Useful Websites
- Calendars
- Weekly Schedule
- Mindfulness Colouring

24 Summer Activities

1 Do Yoga/Pilates outside	2 Have a BBQ	3 Go for a walk on the beach
4 Plant some flowers	5 Star gaze	6 Have a picnic
7 Listen to a new song	8 Read a new book	9 Write in a journal
10 Go for a hike	11 Go strawberry picking	12 Take a road trip
13 Play a board game outside	14 Grew a herb garden	15 Go to the beach
16 Try a new meal	17 Get an ice-cream	18 Watch the sun rise
19 Watch the sun set	20 Toast smores	21 Go to a National Trust Garden
22 Colour in	23 Try Meditation	24 Watch a new movie/go to the cinema

Coping Strategies

Practise self-care by taking short breaks throughout the day

Allow yourself to stim

Taking 10 deep breathes

Meditation



Go for a walk

Regulate sensory environment (noise, lights etc)

Do an enjoyable activity

Maintain a good sleep routine

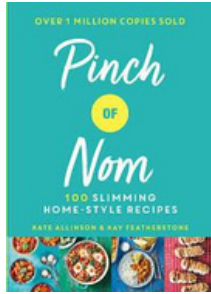
Talk to someone you trust



Engage in physical activities

Have a bath or shower

Useful Websites



Pinch of Nom (recipes)
www.pinchofnom.com

Toptipsforstargazing | [National Trust](http://NationalTrust)



[Basic Yoga Poses: 30 Common Yoga Moves and How to Master Them](http://BasicYogaPoses) (greatist.com)



www.spotify.com

www.nationaltrust.org.uk



National Trust



[Adult ColoringPages](http://AdultColoringPages) | [Free ColoringPages](http://FreeColoringPages) | crayola.com

July 2026

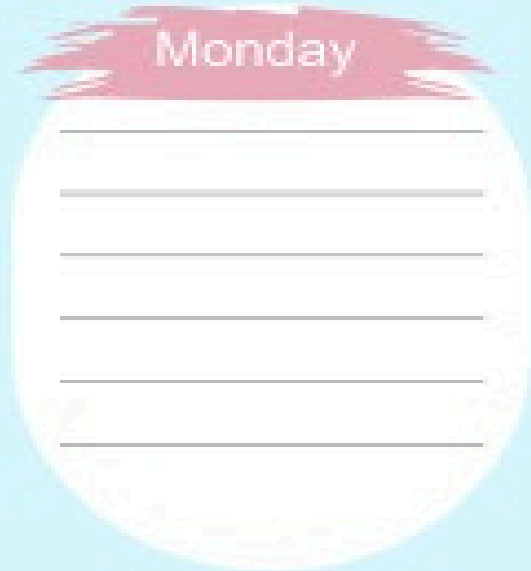
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2026

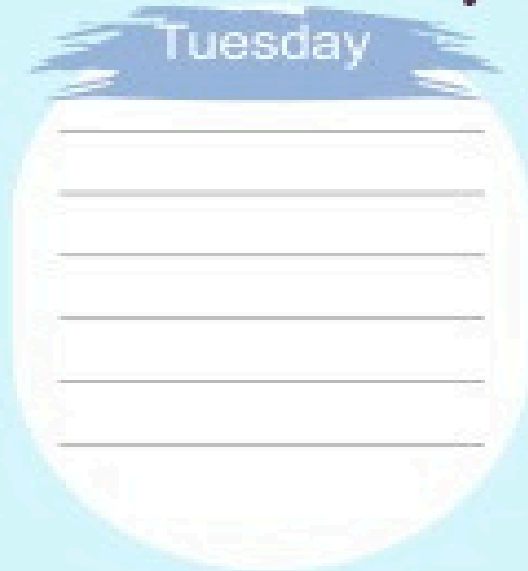
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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Weekly schedule

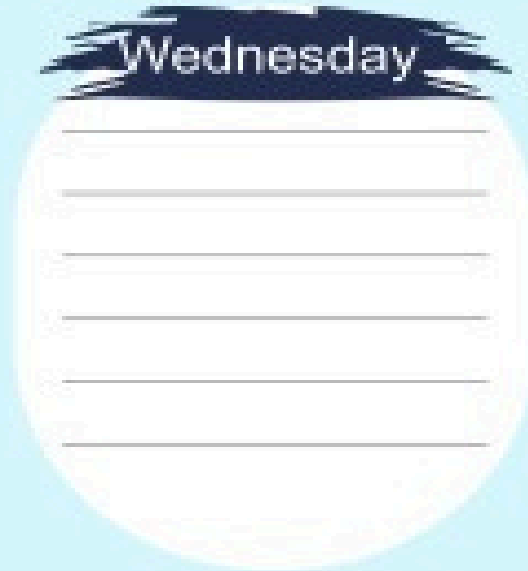
Monday

A white rounded rectangular card with a pink brushstroke header. The body of the card contains seven horizontal lines for writing.

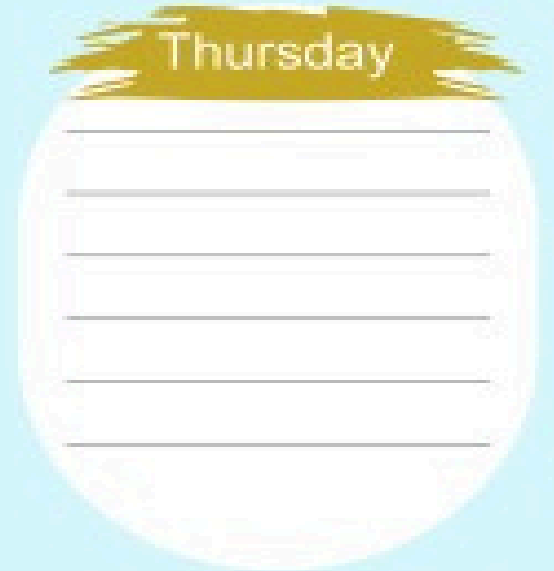
Tuesday

A white rounded rectangular card with a blue brushstroke header. The body of the card contains seven horizontal lines for writing.

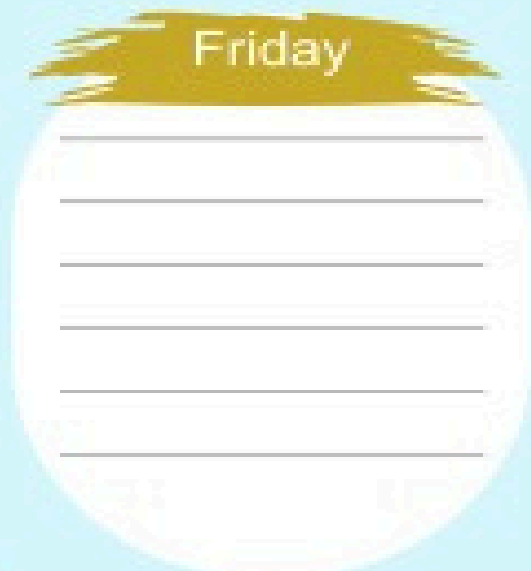
Wednesday

A white rounded rectangular card with a dark blue brushstroke header. The body of the card contains seven horizontal lines for writing.

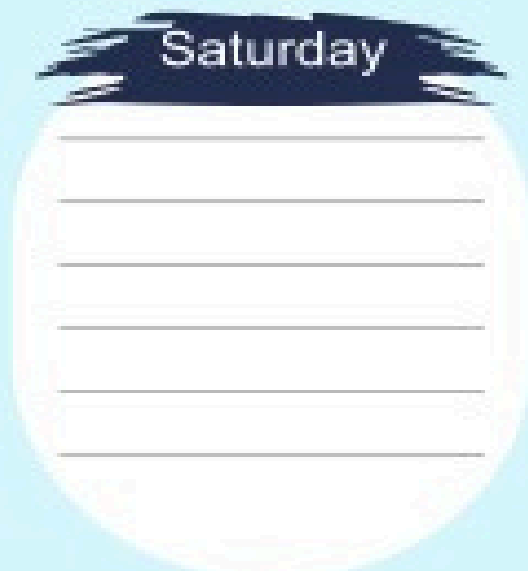
Thursday

A white rounded rectangular card with a yellow brushstroke header. The body of the card contains seven horizontal lines for writing.

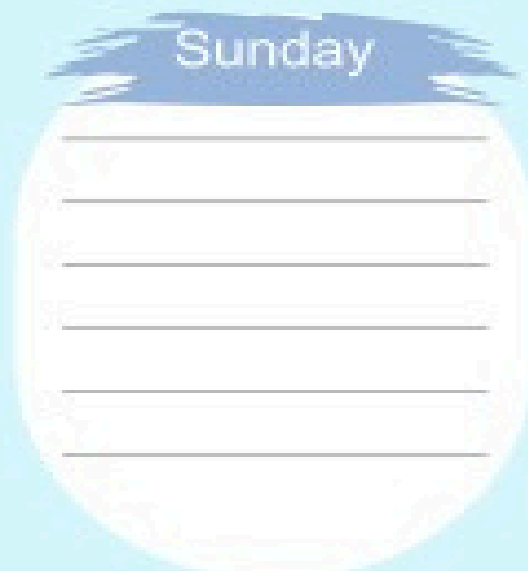
Friday

A white rounded rectangular card with a yellow brushstroke header. The body of the card contains seven horizontal lines for writing.

Saturday

A white rounded rectangular card with a dark blue brushstroke header. The body of the card contains seven horizontal lines for writing.

Sunday

A white rounded rectangular card with a blue brushstroke header. The body of the card contains seven horizontal lines for writing.

Notes

A white rounded rectangular card with a pink brushstroke header. The body of the card contains seven horizontal lines for writing.



Anxiety Apps



Molehill Mountain



