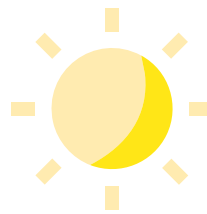


# Self-care summer toolkit

## Primary



Summer can be a welcome chance to rest and reset. For many, it's an opportunity to slow down, reconnect with ourselves and the things we enjoy. But the holidays don't feel relaxing for everyone.

Some education staff may find it hard to fully switch off, with September already on their minds. For young people, the change in routine, time away from friends and uncertainty about what's next can be unsettling.

That's why looking after mental health over the summer matters. The break offers space to pause and recharge, but also to build habits that support wellbeing in the long term.

This toolkit contains activities, teaching materials and guidance to help support and boost mental wellbeing over the summer and beyond.

It is divided into resources to use with pupils and staff.

## This month's featured resources



### Resources for pupils

#### **My self-care plan** – Anna Freud

A set of simple activities and a step-by-step guide to help young people create their own self-care plan.

[View resource](#)

#### **Self-care resources** – Anna Freud

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.

[View resource](#)

#### **Wellbeing activities: being kind to yourself** – British Red Cross

A set of activities from the British Red Cross to help pupils to be kind to themselves and look after their own wellbeing.

[View resource](#)

#### **Dealing with change and transitions toolkit** – Anna Freud

Resources to support young people dealing with change and potential transitions at the end of the academic year.

[View resource](#)

**Anna Freud**  
Mentally Healthy Schools

### **My moving up to secondary school booklet – Compass**

A booklet to help both parents/carers and children feel more prepared for the change.



[View resource](#)

### **Understanding change – YoungMinds & Beano\***

A lesson to introduces children to the concept of stress and how to cope with it.



[View resource](#)

## Resources for staff

### **How to talk about and support young people with their wellbeing – The Children's Society**

A children and young person-led guide to support staff to discuss wellbeing with their pupils.



[View resource](#)

### **Self-care summer: advice for education staff – Anna Freud and Education Support**

Guidance for education staff on looking after their mental wellbeing over the summer holidays and more broadly.



[View resource](#)

### **Mental wellbeing audio guides – NHS**

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.



[View resource](#)

### **5 ways to connect to nature to improve our wellbeing – WWF\***

A guide from the WWF sharing simple ways that we can get out in nature and improve our general wellbeing.



[View resource](#)

**\*This toolkit features two resources suggested by one of our Young Champions, Evie**



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**Anna Freud**  
Mentally Healthy Schools