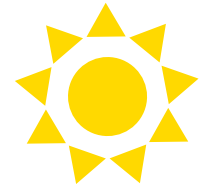


# Self-care summer toolkit: Primary



The summer holidays can be a time to relax, recharge and take a break.

However, school staff can find it difficult to switch off during summer, while young people may struggle with the loss of structure and not seeing their friends every day.

It's important that you and your pupils look after your mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, you have techniques you can turn to in stressful times.

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.

## 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.

#### [Wellbeing activities: being kind to yourself](#) - British Red Cross

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

#### [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.

#### [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.

## 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.

### [Self-care summer: advice for education staff](#) - Anna Freud and Education Support

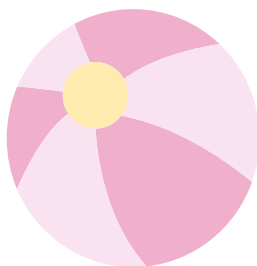
Guidance for education staff on looking after their mental wellbeing over the summer holidays and more broadly.

### [Mental wellbeing audio guides](#) - NHS

A series of short audio guides which share professional advice for dealing with difficult feelings and improving your mental health and wellbeing.

### [Online self-help tool](#) - Every Mind Matters

An action-planning tool to support people to manage stress and anxiety, boost mood and improve sleep quality.



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