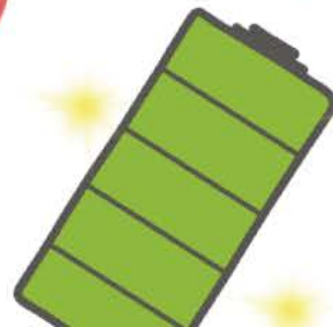


# SUMMER RECHARGES

Keeping Yourself TOPPED UP  
Over the holidays!



THE IDEA OF THIS BOOKLET IS TO SUPPORT YOUR WELLBEING OVER THE SCHOOL HOLIDAYS BY:

1

SPENDING TIME AT SCHOOL BEFORE THE END OF TERM THINKING ABOUT WHAT MIGHT HELP OR GET IN THE WAY FOR YOU DURING THAT TIME & WHO MIGHT HELP.

2

PROVIDING YOU WITH A SPACE FOR A WEEKLY CHECK-IN OVER THE HOLIDAYS.

3

REFLECTING UPON THIS TIME WHEN YOU ARE BACK AT SCHOOL WITH A MEMBER OF STAFF

The name **RECHARGE** comes from the idea that we need things to keep ourselves topped up just like we need to charge our devices: smart phones, ipads etc

## BOOSTERS

THESE ARE THINGS WE DO REGULARLY TO LOOK AFTER OUR WELLBEING.



### REMEMBER!

- ★ SOME BOOSTERS ARE HEALTHIER THAN OTHERS.
- ★ THINK MODERATION.

## TRIGGERS

THESE ARE EVENTS OR CIRCUMSTANCES THAT MAY MAKE US FEEL UNCOMFORTABLE.

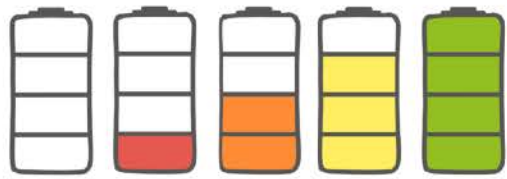


**REMEMBER!** THESE ARE NORMAL REACTIONS TO LIFE EVENTS - BUT IF YOU DON'T RESPOND TO THEM, THEY MAY MAKE YOU FEEL WORSE.

## SUPPORTS

THESE ARE PEOPLE/ORGANISATIONS WHO HELP YOU FEEL TOPPED UP & IMPROVE YOUR WELLBEING.





# RECHARGE

MY BOOSTERS

MY TRIGGERS

MY SUPPORTS

## PHASE 1: WELLBEING PLAN (to be completed at school before the holidays)

WHAT ARE YOUR **BOOSTERS**? What are you looking forward to over the holidays?

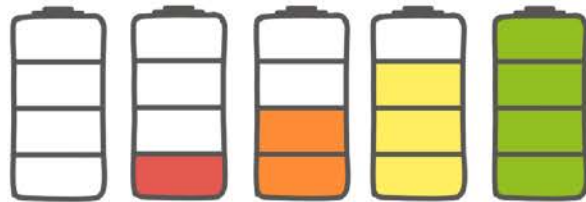
WHAT ARE YOUR **TRIGGERS**? What are you worried about over the holidays?

WHO ARE YOUR **SUPPORTS**?

# PHASE 2: WEEKLY CHECK-INS (during the holidays)

WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

BOOSTERS

TRIGGERS

SUPPORTS

REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

IDEAS YOU CAN TRY: DISTRACTION TIME  
SOMETIMES OUR THOUGHTS & FEELINGS CAN BE OVERWHELMING  
SOMETIMES IT CAN HELP TO TAKE YOUR FOCUS AWAY FROM  
THESE WITH A FUN ACTIVITY:

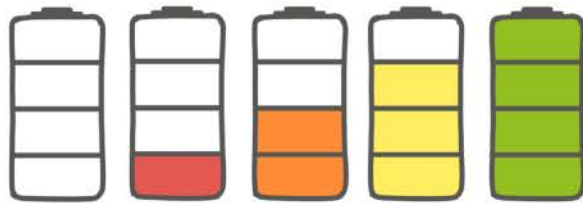
- ★ SPELL A CELEBRITY'S NAME BACKWARDS
- ★ COUNT BACKWARDS FROM 30 IN 3 SECONDS
- ★ NAME ALL THE COUNTRIES YOU KNOW BEGINNING WITH S AND F.

GIVE IT A TRY HERE:

# SUMMER RECHARGE

WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

BOOSTERS

TRIGGERS

SUPPORTS

REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

IDEAS YOU CAN TRY: PRACTICE A FEEL-GOOD ACTIVITY. SOMETIMES WHEN WE BECOME ANXIOUS, DOING STUFF WE ENJOY CAN HELP US FEEL A BIT BETTER, FOR EXAMPLE:

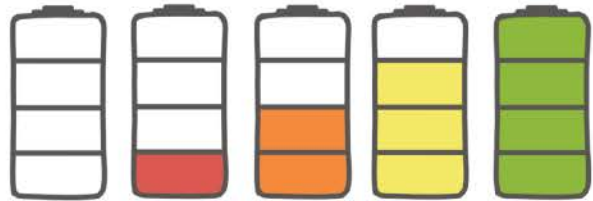
- ★ TEXTING A FRIEND
- ★ WATCHING SOMETHING GOOD ON TV
- ★ LISTENING TO MUSIC
- ★ BAKING A CAKE

PLEASE WRITE DOWN YOUR FEEL-GOOD ACTIVITIES HERE:

# SUMMER RECHARGE

WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

BOOSTERS

TRIGGERS

SUPPORTS

REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

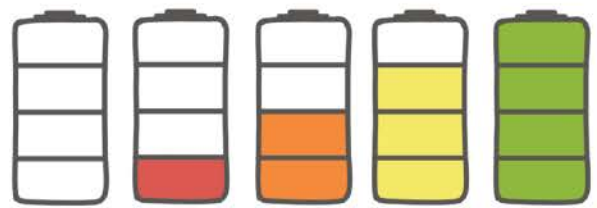
IDEAS YOU CAN TRY: GETTING ACTIVE  
SOMETIMES WHEN WE ARE FEELING DOWN,  
GETTING ACTIVE CAN SEEM HARD BUT WE KNOW  
THAT GETTING OUT FOR A WALK/RUN/DOING  
EXERCISE CAN HAVE A POSITIVE BENEFIT  
ON OUR WELLBEING.

TRY TO GET OUTSIDE TODAY AND WRITE DOWN HOW IT MADE  
YOU FEEL

# SUMMER RECHARGE

WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

## BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

## BOOSTERS

## TRIGGERS

## SUPPORTS

## REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

## IDEAS YOU CAN TRY:

YOU ARE HALFWAY THROUGH YOUR HOLIDAYS NOW!  
HOW IS YOUR HOLIDAY ROUTINE GOING?  
BEING IN A GOOD ROUTINE CAN HELP OUR WELLBEING.  
TEENAGERS ARE RECOMMENDED TO HAVE 8-10 HOURS SLEEP A NIGHT.

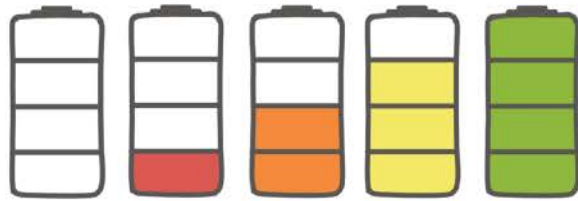
HOW MANY HOURS SLEEP ARE YOU GETTING? WHAT CAN YOU DO TO GET INTO A BETTER ROUTINE?



# SUMMER RECHARGE

WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

BOOSTERS

TRIGGERS

SUPPORTS

REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING?

WHAT WAS CHALLENGING?

WHO HELPED?

**IDEAS YOU CAN TRY:** THE BEGINNING OF SCHOOL IS NOT FAR AWAY. WHEN WE ARE ANXIOUS, WE WORRY THAT THINGS WILL BE WORSE THAN THEY ARE. PRACTISING POSITIVE SELF-TALK AND COPING SELF-TALK CAN HELP US WHEN WE FEEL LIKE THIS.

**POSITIVE SELF-TALK** - INSTEAD OF THINKING 'SCHOOL WILL BE REALLY BUSY WHEN WE GO BACK', TELL YOURSELF 'I WILL SEE MY FRIENDS SOON'

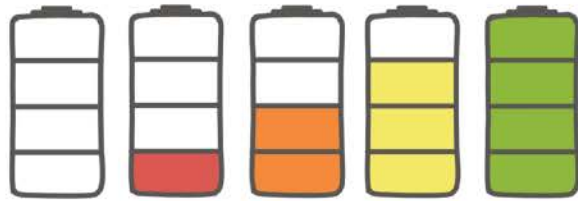
**COPING SELF-TALK** - INSTEAD OF THINKING 'I'M SCARED OF GOING BACK TO SCHOOL' TRY TO THINK 'I AM FEELING SCARED, BUT I'VE BEEN HERE BEFORE, I CAN DO THIS!'

HOW WOULD YOU USE THESE STRATEGIES TO HELP YOU WITH YOUR ANXIETY?

# SUMMER RECHARGE

WEEKLY CHECK-IN 1 2 3 4 5 6 (CIRCLE)

BATTERY



POOR 1 2 3 4 5 6 7 8 9 10 EXCELLENT

BOOSTERS

TRIGGERS

SUPPORTS

REFLECTIVE SPACE:

WHAT HAS BEEN THE BEST THING:

WHAT WAS CHALLENGING?

WHO HELPED?

IDEAS YOU CAN TRY: FEELING A SENSE OF ACHIEVEMENT. YOU HAVE FINISHED YOUR HOLIDAY. YOU HAVE NAVIGATED A PANDEMIC. SOMETIMES WE NEED TO REFLECT ON WHAT WE HAVE BEEN THROUGH AND ACHIEVED

RECORD YOUR LOCKDOWN ACHIEVEMENTS:

THE FEARS YOU HAVE CONQUERED:

THE WORRIES YOU HAVE OVERCOME:

THE BARRIERS YOU HAVE JUMPED OVER:

# PHASE 3: TRANSITION RECHARGE (to be completed on return to school)

HOW WAS YOUR SUMMER?



HOW CAN WE HELP YOU TO KEEP ON FEELING TOPPED UP?



HOW DID THE PLAN AND WEEKLY CHECK-INS HELP YOU RECHARGE?

**SUMMER  
RECHARGE**




# Organisations that can help you...

Speak to someone about what's happening & how you're feeling

## childline




-  1-2-1 chat & message boards
-  0800 111
-  [childline.org.uk](http://childline.org.uk)

## YOUNGMINDS



-  24/7 text service
-  Text YM to 85258
-  [Youngminds.org.uk](http://Youngminds.org.uk)

## PAPYRUS

PREVENTION OF YOUNG SUICIDE


-  under 35's helpline
-  0800 068 4141
-  [papyrus-uk.org](http://papyrus-uk.org)

## SAMARITANS



-  24/7 helpline
-  116 123
-  [Samaritans.org](http://Samaritans.org)

## THE MIX

Essential support for under 25s

-  Helpline & web chat
-  0808 808 4994
-  [themix.org.uk](http://themix.org.uk)

## YOUTH ACCESS

-  Information about local counselling & advice for young people aged 12-25
-  [youthaccess.co.uk](http://youthaccess.co.uk)

SUMMER RECHARGE