



# Ways to Wellness

## Summer Activity ideas

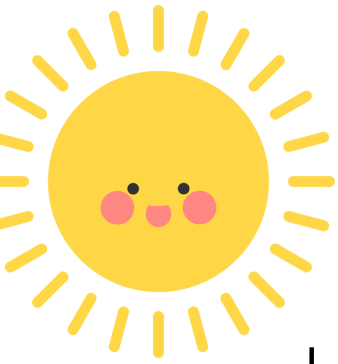
What fun activities can you come up with? Are they about growing, nourishing, moving or connecting?!

This pack has a few ideas to get you started!





Harvest your vegetables in your vegetable trug



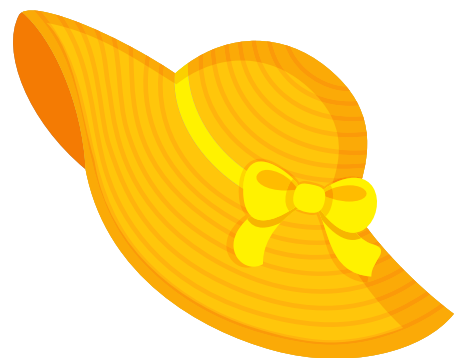
Plant seeds for winter germination

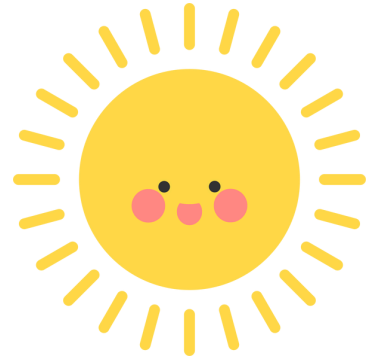
Learn about being Safe in the Sun and make a poster or a safety video



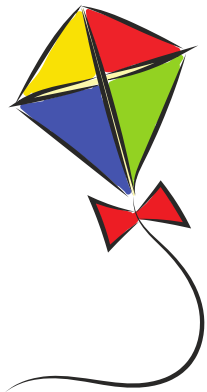
Make some sunshine themed art

Design a Sun Hat





Try wild swimming in a lake or the river to cool off (always make sure you are doing this safely)



Go for a walk in the sunshine (safely!) – along the river

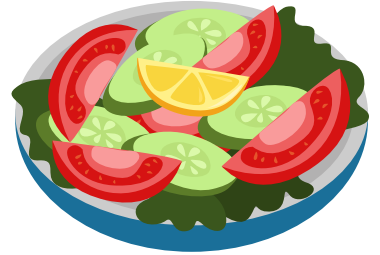
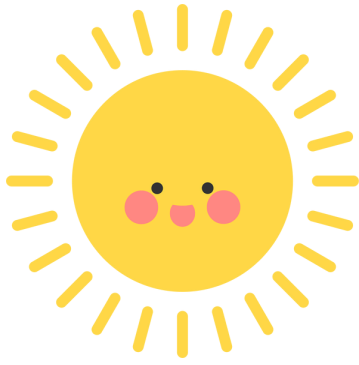


Play some outdoor games

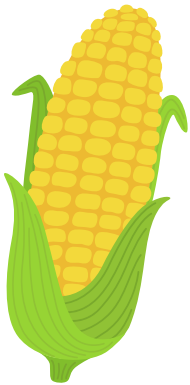
Organise a household sports day

Play cricket or tennis – we have sessions you can join!





Make a colourful summer salad



Try some yellow foods

Try some exotic fruits from sunny countries!



Spend five minutes sitting outside and mindfully enjoying the birdsong



Make a healthy mocktail or smoothie



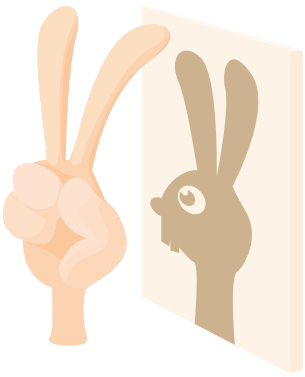
Use sunflower seeds sprinkled on salads, and in other meals



Go for a picnic with friends

Have a beach themed day – get your  
paddling pools, sandpits and windbreaks  
out in the garden

Make shadow puppets



Experiment with shadow patterns

