

FIVE WAYS

ON SUMMER DAYS!

.....
Activities and ideas for
children and families



**CORNWALL
COUNCIL**
one and all • onen hag oll

.....
Together 
for Families



www.cornwall.gov.uk



ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

A new messaging service has been launched across Cornwall and the Isles of Scilly linking young people and families with health visitors and school nurses.

ChatHealth offers a quick and easy way to access health advice and support for both parents/ carers and young people, on any health or wellbeing concerns. Send a message via ChatHealth (anonymously if you like) to our Health Visiting and School Nursing teams to get confidential help and advice about a range of health matters.

ChatHealth is available Monday to Friday (excluding bank holidays) **from 9am to 5pm.** When you send a message to any of the ChatHealth numbers, you'll get an automated reply to let you know your message has been received. A trained healthcare professional will reply to you during office hours, and within 48 hrs.

Alternatively, you can contact the service via the advice line:

t. 01872 324261

e. hvsnadvice@cornwall.gov.uk

**ChatHealth
Parent Line 0-5**



07312 263 423

**ChatHealth
Parent Line 5-19**



07312 263 499

**ChatHealth Young
People 11-19**



07312 263 096

Please note that ChatHealth is not an emergency service. If you need urgent health advice, please go to an NHS walk-in centre or call NHS 111. In an emergency, dial 999 or go to A&E.

CONTENTS

INTRODUCTION

THE THEME OF OUR SUMMER 2024 BOOKLET IS FIVE WAYS TO WELLBEING.

Inside you'll find lots of **IDEAS FOR THINGS TO DO** indoors and out - connecting you with yourselves, your family, your community and nature.

We'll help you find ways to engage in **fun activities for the whole family**. Whether you decide to sign up to planned, facilitated activities or step out on your own and try out some of our many ideas, we know **there are lots of adventures to be had in Cornwall this summer!**

Surrounded by breath-taking coastal views, charming countryside and miles of stunning coastline, there's no shortage of tranquil spots to unwind and reflect.

Making Cornwall an ideal place to nurture our wellbeing and support better all-round health.

SO, GET OUT, GO EXPLORING, AND GET INVOLVED IN THE FIVE WAYS TO WELLBEING CHALLENGES! WHAT ARE YOU WAITING FOR?

THE FIVE WAYS TO WELLBEING

PRIORITISING OUR WELLBEING AND THE WELLBEING OF THOSE AROUND US CAN HELP US LIVE HAPPIER, HEALTHIER LIVES.

The **Five Ways to Wellbeing** are simple ways to improve social, emotional, mental health and wellbeing. The Five ways are:

- **CONNECT**
- **GET MOVING**
- **FIND TIME FOR YOU**
- **STOP AND TAKE NOTICE**
- **GIVE**

Incorporating the **Five Ways to Wellbeing** into your daily routine is easy, free, and can be done anywhere and in a way that works for you.

WHAT ARE THE FIVE WAYS?

TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club.

GET MOVING

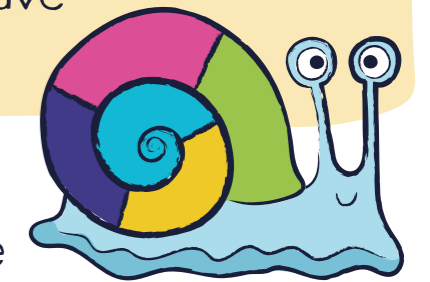
Moving makes you feel good! It's even better if you get moving outdoors... the main thing is that it's an activity you ENJOY!

GIVE

Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

FIND TIME FOR YOU!

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!



You can do these simple things every day to help you feel happier and more positive

CONNECT

Make **CONNECT**ing a core part of your day. Whether it's chatting with friendly locals at the market or joining community events. **CONNECT**ions bring joy and support to our lives and help us feel that we belong, are part of something bigger.

HERE ARE SOME IDEAS TO HELP YOU CONNECT...



MAKE A SWEET TREAT AND DELIVER IT TO A FRIEND

CHOCOLATE BARK



STEP 1

Melt the chocolate in short bursts in the microwave, stirring every 20 secs, until smooth. If you don't have a microwave, then place the chocolate in a heat resistant bowl and over a pan of (slow) boiling water until it melts. Spoon onto a parchment-lined baking tray and smooth over with a spatula to make a thinnish layer, around 35 x 20cm.

STEP 2

Sprinkle over the chocolate chips along with your extra decorations, then chill in the fridge until solid. For neat slices, remove the bark from the fridge and leave for a minute to come to room temperature. Use a sharp knife to cut it into shards (if it's fridge cold, the chocolate will snap rather than cut).

COOK AND SHARE A MEAL WITH YOUR FAMILY



MAKE A PICTURE FOR SOMEONE YOU LOVE

FROZEN BANANA LOLLIES



STEP 1

Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into four equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.

STEP 2

When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for one hour.

STEP 3

Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.

YOU WILL NEED

- 2 bananas
- 4 large strawberries
- 100g natural yogurt
- 200g dark chocolate
- 1 tbsp hundreds and thousands
- 4 wooden lolly sticks

STEP 4

Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.

STEP 5

The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.

MY WAYS TO WELLBEING

CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club. Talking, playing and staying in touch with others is a great way to feel good.

MY FAVOURITE WAY TO CONNECT WITH OTHERS IS...

Why not write a postcard or a note to someone, just to say hello?

Try asking someone an OPEN question (where they can't answer just 'yes' or 'no')

MY FAVOURITE PLACE TO CONNECT WITH OTHERS IS...

MY FAVOURITE PERSON TO TALK TO IS...

I LIKE IT WHEN PEOPLE CONNECT WITH ME BY...

Call or video chat with someone you miss

GET MOVING

GET MOVING is part of my routine, is it part of yours?

With our stunning coastal paths and sandy beaches, there's lots of opportunity to enjoy the outdoors in Cornwall. You don't have to be hiking or surfing - simply taking long walks by the sea or enjoying time in our ancient woodlands by ourselves, with others or our four-legged furry friends is all you need to do to **GET MOVING**.

HERE ARE SOME IDEAS ON HOW TO GET MOVING...



WALK YOUR FURRY FRIEND!



DANCE TO YOUR FAVOURITE SONG

(And sing like nobody's listening, if you want to!)



HAVE A RELAY RACE IN YOUR GARDEN OR AT THE PARK



TAKE UP HULA HOOPING



JOIN A SPORTS TEAM



SPLASH ABOUT IN THE SEA OR IN ROCKPOOLS

CHECK OUT CORNWALL'S NATIONAL TRUST WEBSITE FOR MORE GREAT IDEAS OF THINGS TO DO THIS SUMMER

GET MOVING... IN THE GARDEN!

GET MOVING IN YOUR GARDEN! Design your own vegetable garden or build a hedgehog hideout... check out the **WILDLIFE TRUST** for tips!

Make a simple hedgehog house



You will need:

- Medium-sized plastic storage box
- Stanley knife
- Leaf litter
- Dry grass or straw
- Carrier bag
- Twigs and dry leaves

- 1 Cut two side air vents and an entrance into the plastic box.
- 2 Put some leaf litter inside the box, with clean, dry grass or straw on top.
- 3 Tuck the box near a hedge (with the entrance facing south if possible).
- 4 Put an opened-up carrier bag over the top of the box, then cover with twigs, dry grass and leaves.

www.wildlifewatch.org.uk

Get closer to your local wildlife by making your garden a safe haven for nature. Here are...

10 THINGS YOU CAN DO TO HELP BIRDS, INSECTS AND ANIMALS

1. LET THE GRASS GROW

Long grass is one of the rarest garden habitats. By letting some or all of your lawn grow you'll make space for many plant and insect species. Mowing the lawn only once every four weeks gives 'short-grass' plants like daisies and white clover a chance to flower, creating 10 times more nectar for bees, butterflies and other insects.

2. BIRD BOX AND FEEDING

Birds are an important part your garden's ecosystem. Help them thrive by planting trees like rowan and wild cherry, creating bird boxes and putting out bird food (not bread) in winter. Place boxes and feeders well out of reach of cats and remember to keep them clean.

GO EXPLORING!

Ever explored a cave? From mysterious grottos to beach caverns that only appear at low tide, Cornwall has lots of secret hideaways. How about starting at Holywell.....

At low tide the cave can be found tucked under the southern cliffs of Kelsey Head. From the beach it appears a mere slit, but some steps lead up to several stepped pools ascending towards a hole in the cave roof. Take care on the steps and please make sure you check the tide times before you go.



The National Trust has some great ideas on how to build a wildlife friendly garden

3. PLANT CLIMBERS

Climbers are great way of covering walls and fences to hiding and nesting places for wildlife. Ivy is especially useful as the autumn flowers are sources of pollen for insects and the winter berries are loved by birds. Honeysuckle is also good for wildlife and very attractive.

4. PROVIDE NATURAL HIGHWAYS AND BYWAYS

Trees and hedges offer roosting and nesting sites and provide natural highways for wildlife to move around safely, as well as shelter from inclement weather and possible predators. Even woodpiles of cut branches, compost and twigs can be fantastic places for animals and insects to live, feed and hibernate.

5. BUILD AN INSECT HOTEL

Piles of rocks, twigs and rotting wood in your garden provide shelter for all sorts of insects, beetles and spiders. Dead and rotting wood is a habitat which is in very short supply.

6. CREATE A POND

Ponds are great for wildlife! It doesn't have to be huge – you can use a buried bucket or trough. If you do want a big pond, make sure it has sloping sides, to help wildlife get in and out. A pond is best filled with unchlorinated rainwater from a water butt and planted with native plants.

7. COMPOST

A compost heap is a win-win: it gives you a way of turning waste into compost which will naturally enrich your soil, plus it may also provide a warm hiding place for many creatures including slow-worms. To avoid attracting rats, never add bread or other cooked food.

8. LEAVE A GAP IN YOUR FENCE

Don't lock out hedgehogs and frogs. Make sure your garden fences have some gaps at the bottom that can allow wildlife to move through from plot to plot.

9. GROW FLOWERS

Flowers look beautiful and bring colour and scent into your garden, and they provide food for many insects. Grow as many kinds as you can and choose single-flowered varieties and native species, if possible.

10. TAKE A BREAK FROM WEEDING

The leaves of plants such as nettles, dandelions, groundsel and even brambles provide food for the larvae of many insects, including butterflies and moths. Some 'weeds' also flower for a long time, whatever the weather, providing nectar and pollen when other sources might be absent.



MY WAYS TO WELLBEING

GET MOVING

Moving helps you feel good! It's even better if you do it outside... but the most important thing is that you do an activity you ENJOY!



Put your favourite song on and dance!

MY FAVOURITE WAY TO GET MOVING IS...

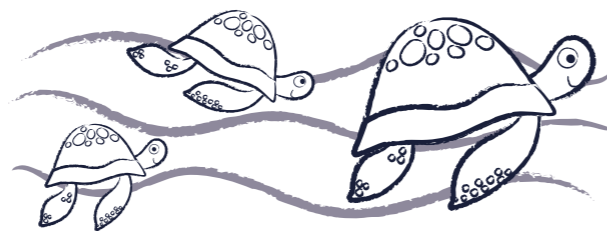
Play tag at break time!



MY FAVOURITE THING ABOUT IT IS...

MY FAVOURITE PLACE TO GET MOVING IS...

Go for a sea swim (with a grown up!)



A NEW ACTIVITY I'D LIKE TO TRY IS...



FIND TIME FOR YOU

FIND TIME FOR YOU is a reminder to take time for yourself - whether that's reading a book, sitting in your garden or shared community space, watching the world go by or practicing mindfulness on the beach. Allow yourself time to recharge and refuel your body, mind and soul.

HERE'S HOW YOU CAN MAKE SOME TIME FOR YOU...



LEARN TO PLAY AN INSTRUMENT

**WRITE A STORY...
YOU COULD EVEN
DRAW THE
PICTURES TOO!**

**TRY SOMETHING
NEW! FIND A RECIPE
YOU'VE NEVER
TRIED BEFORE AND
GET COOKING!**



READ YOUR FAVOURITE BOOK

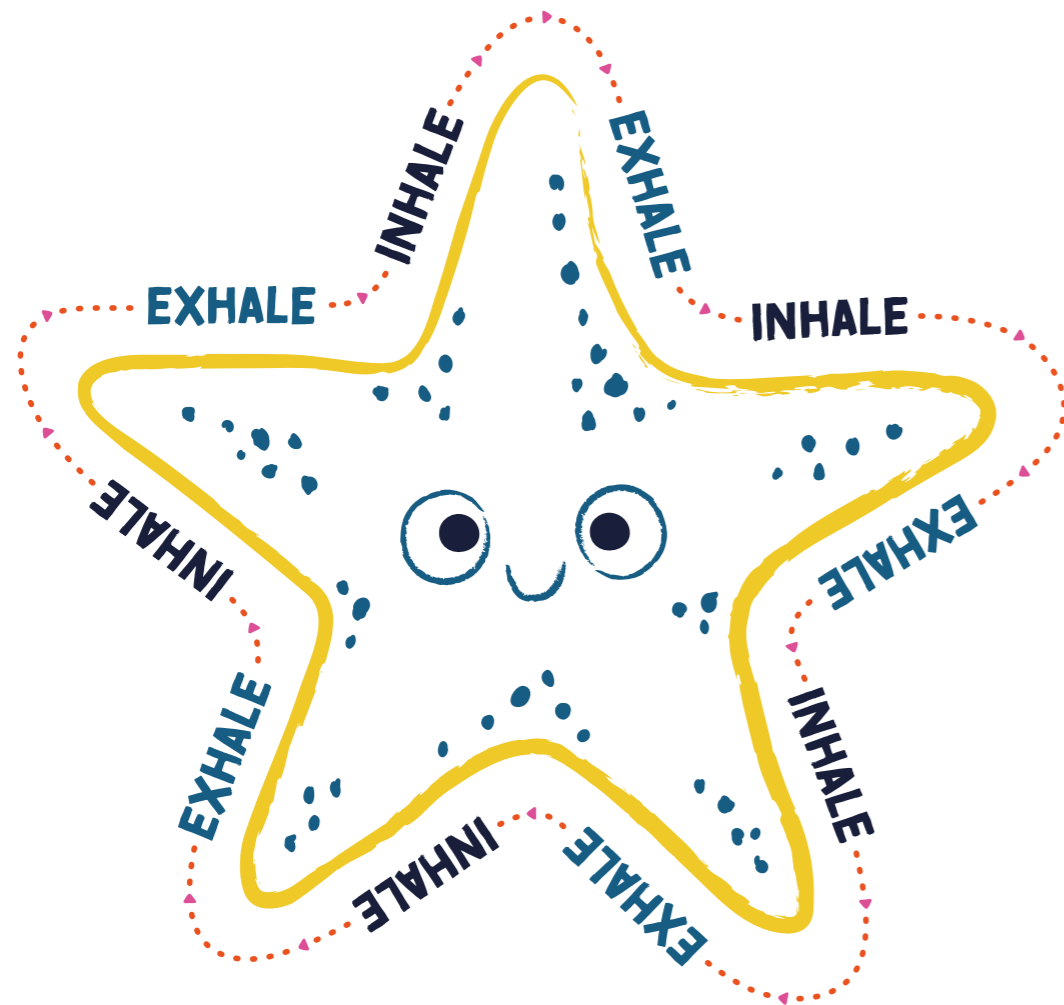


**THERE ARE MORE IDEAS
ON THE NEXT PAGE!**



DO SOME BREATHING EXERCISES...

STARFISH BREATHING



Start by placing your finger on an 'inhale' and breathe in.

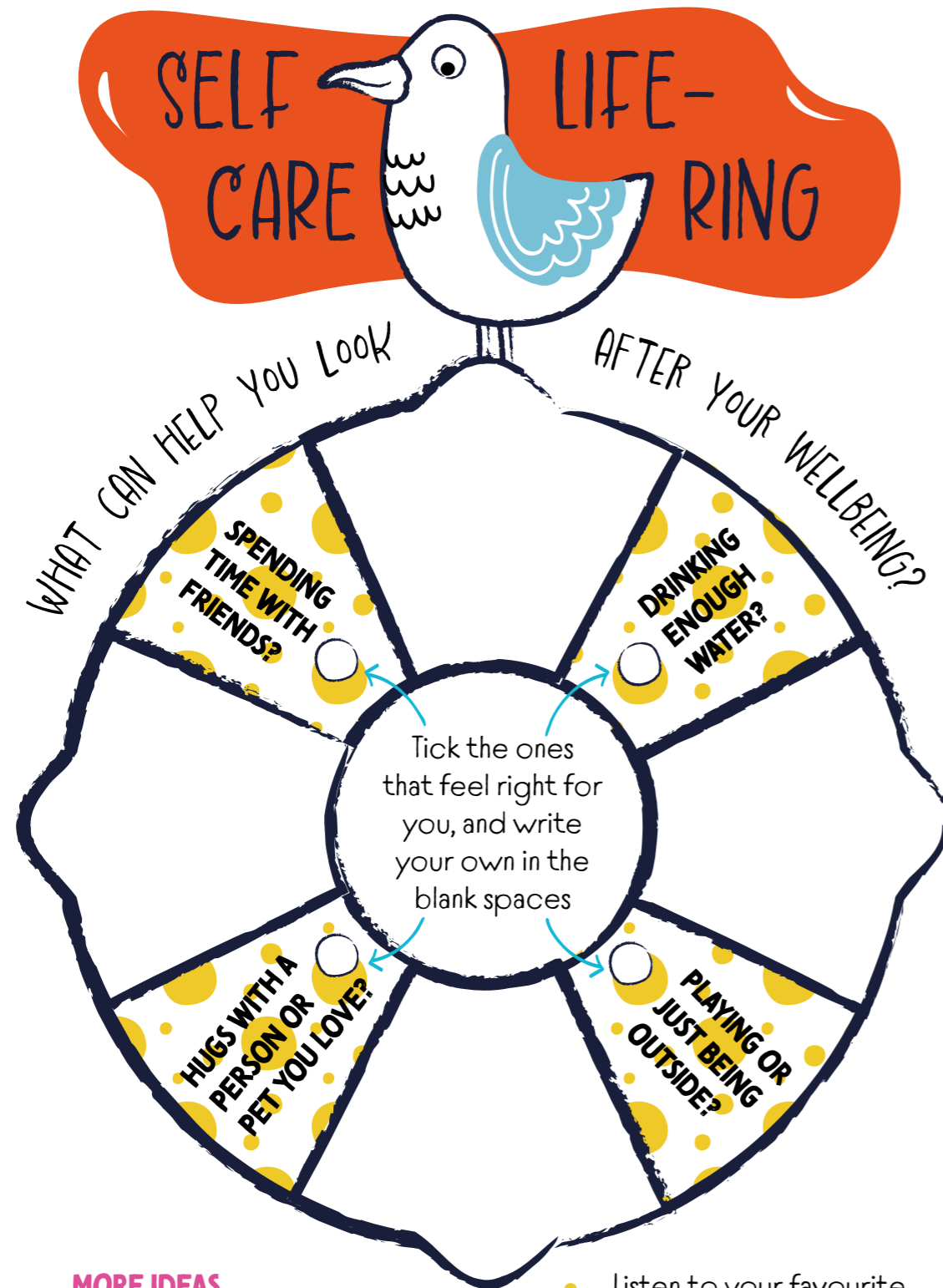
Then trace your finger around the starfish, holding your breath when you get to each point, and then breathing out on every 'exhale' and in on every 'inhale'.

Go around the starfish 2 or 3 times.

ENJOY SOME COLOURING IN...



MAKE A SELF-CARE PLAN...



MORE IDEAS...

- Do a breathing exercise (like Starfish breathing)
- Get moving! Run or dance
- Get plenty of sleep
- Listen to your favourite music - maybe sing along?
- Eat (mostly) healthy food
- Talk about your feelings with someone you trust

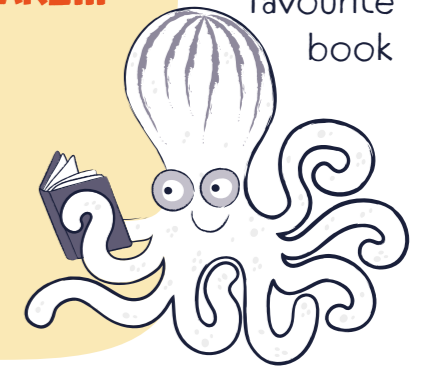
MY WAYS TO WELLBEING

FIND TIME FOR YOU

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

A FEW THINGS I REALLY ENJOY DOING ARE...

Read your favourite book



Get creative!
Draw or paint, make or cook something or write a story

SOMEONE I REALLY LIKE SPENDING TIME WITH IS...

SOMETHING NEW I'D LIKE TO TRY IS...

HOLA!



Learn a new word ... or even a word in a different language!

SOMEONE I'D LIKE TO SPEND MORE TIME WITH IS...

STOP AND TAKE NOTICE

STOP AND TAKE NOTICE is something we can all learn to do more frequently. Take the time to develop a deep appreciation for the awe-inspiring sunsets, the calming rhythm of the waves, and the intricate beauty of the Cornish flora and fauna. Be curious about the world, notice the unusual and uniqueness, take in the beauty of the world around you. Take a breath, enjoy the small moments. Slow down to help you relax and feel a sense of calm!

HERE'S SOME IDEAS TO HELP YOU STOP AND TAKE NOTICE...



DO SOME CLOUD SPOTTING

HAVE A GO AT BIRD WATCHING IN YOUR GARDEN OR AT THE PARK



PRACTICE MINDFULNESS



TRY STARGAZING



CHECK OUT THE BBC'S STARGAZING ACTIVITY PACK HERE!



How to make your own bird feeder

What you need:

- dry ingredients
 - bird seed
 - cooked rice
 - grated cheese
 - dried fruit
 - breadcrumbs
 - chopped nuts
- hard cooking fat (lard or suet)
- a pine cone, coconut shell or yoghurt pot
 - Use an old yoghurt pot for this, and always recycle after it's been used
- String

- Mix all the dry ingredients together in a bowl
- Add the fat and give it a good mix around
- Choose your feeder
 - plaster all over a pine cone
 - put it round the inside of a coconut shell
 - press into a yoghurt pot
 - You can hang this upside down like a bell or turn it out like a cake
- Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)

If you need to melt the fat, ask an adult to help

Hang your feeder where you can watch birds without disturbing them

www.wildlifewatch.org.uk

TRY THIS EXERCISE TO CONNECT WITH YOURSELF AND NATURE

GETTING STARTED

Find a green or blue space that you feel comfortable in, whether that's your back garden, your local park, the woods, moors or beach.

WHEN YOU'RE READY...

1. Start by taking a deep breath.
2. Look up at the sky - can you see clouds? Are there any shapes in the clouds? Do the clouds change shape? Whilst taking deep breaths, take a moment to watch as the clouds move in the sky.
3. Now move your attention to the ground. Can you feel the grass between your feet? Notice the sensation of your feet on the earth.
4. Listen to your surroundings. Can you hear birds or insects? Can you hear the wind moving the trees or grass?
5. Now focus on your body. Is it a warm or cold day? Can you feel the wind against your skin or the sun on your face?
6. To finish take a moment to sit and breathe. If you aren't able to go outside, try this exercise from your house with the windows open. What can you see, smell and hear from the street outside?

MY WAYS TO WELLBEING

TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

I LIKE TO DAYDREAM ABOUT...



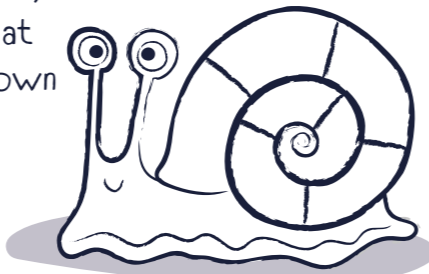
Keep a note of 3 Good Things from each day.



MY FAVOURITE BREATHING EXERCISE IS...

I CAN BE KIND TO MYSELF BY...

SLOW DOWN... Take your time, breathe, and move at your own pace



MY FAVOURITE PLACE TO STOP AND TAKE NOTICE IS...



Use your senses! Count nearby things you can see, hear, smell, touch and taste.

GIVE

GIVING TO OTHERS is something deeply ingrained in the culture of Cornwall. Whether it's volunteering for local causes, lending a helping hand to a neighbour, or simply sharing a friendly smile, the act of giving back is woven into the fabric of everyday life.

HERE'S SOME IDEAS OF WAYS YOU CAN GIVE TO OTHERS...



GIVE SOMEONE A HUG

TIDY UP AT HOME WITHOUT BEING ASKED TO

HAVE A SORT OUT AND DONATE GOOD QUALITY TOYS, GAMES, BOOKS AND CLOTHES YOU DON'T NEED TO CHARITY



SHARE!



THERE ARE MORE IDEAS ON THE NEXT PAGE!



KINDNESS CHALLENGE

HOW TO PLAY:

See how many of these **ACTS OF KINDNESS** you can do in **ONE WEEK!** Tick them off as you do them... you could even do the challenge with your family or friends (use different colour pens for each person) to see who can do the most?

Started on:

DATE

Finished on:

DATE



SMILE AT PEOPLE WHEN YOU'RE OUT & ABOUT

INCLUDE SOMEONE NEW IN A GAME OR ACTIVITY



TELL SOMEONE YOUR FAVOURITE THING ABOUT THEM



MAKE SOMEONE LAUGH! SHARE YOUR BEST JOKE



SHARE!




TELL SOMEONE YOUR FAVOURITE FACT

SAY THANK YOU TO SOMEONE WHO DOES STUFF FOR YOU (Maybe your parents, teacher, school caretaker, club leader...)




WRITE A LETTER OR A POSTCARD to a friend or family member, just to say hello!



ASK SOMEONE HOW THEY'RE FEELING... AND LISTEN CAREFULLY TO THEIR ANSWER



GIVE A HUG!



TIDY UP AT HOME OR SCHOOL WITHOUT BEING ASKED TO



PLAY WITH YOUR SIBLING OR PET


BE KIND TO YOURSELF WITH THE 5 WAYS TO WELLBEING!



PAINT PEBBLES WITH POSITIVE OR INSPIRING MESSAGES AND LEAVE THEM IN RANDOM PLACES FOR PEOPLE TO FIND



CALL OR MESSAGE SOMEONE YOU CARE ABOUT



OFFER TO HELP AT HOME. Could you make a meal, put the shopping away or wash up?



MAKE A CARD FOR A FRIEND TO SAY 'THANK YOU FOR BEING MY FRIEND'

HELP ORGANISE A GAME OR ACTIVITY FOR YOUR CLASS AT BREAK OR LUNCHTIME



HAVE A SORT OUT AND DONATE TOYS, GAMES, BOOKS AND CLOTHES (in good repair) YOU DON'T USE ANYMORE TO A CHARITY

BE KIND TO THE PLANET! Join a beach clean or pick up litter in the playground or on your way to school.



CLICK HERE TO DOWNLOAD THE KINDNESS CHALLENGE

YOU COULD SHARE THEM WITH FAMILY AND FRIENDS!

POSITIVE PEBBLES

Have fun colouring in these **POSITIVE PEBBLES** and use the blank one to **DESIGN YOUR OWN!**

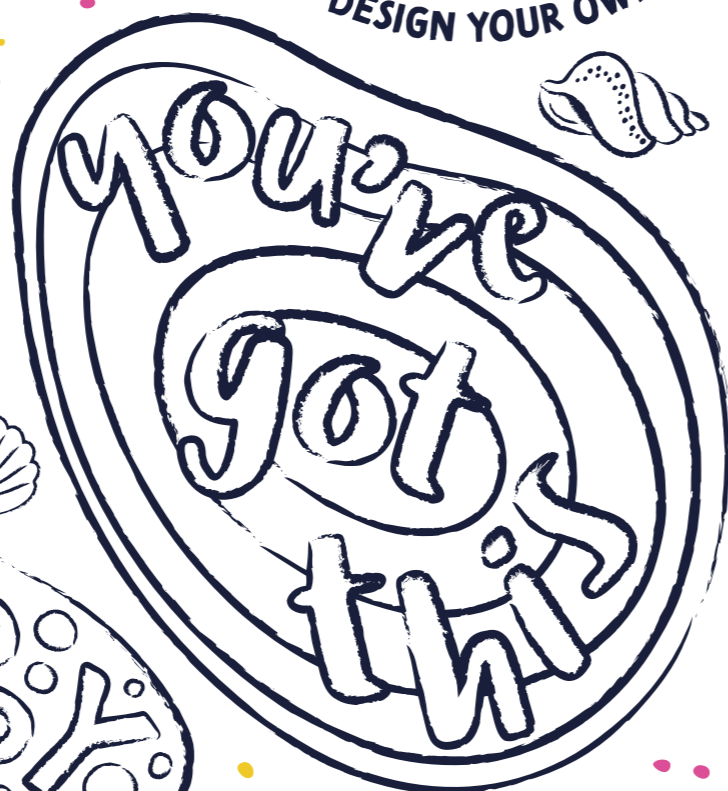


DESIGN YOUR OWN...

WHY DON'T YOU...

Brighten someone's day by decorating some pebbles and leaving them out and about for anyone to find?

WAYS TO GIVE TOP TIP!



GIVE BACK TO NATURE!



SUPPORT OUR LOCAL ENVIRONMENT!

Give back to nature and help out on a beach clean.

The National Trust and Beach Guardian, based here in Cornwall, both have planned activities this summer..



CHECK OUT THE NATIONAL TRUST'S BEACH CLEANS



CHECK OUT BEACH GUARDIAN'S BEACH CLEANS



MY WAYS TO WELLBEING

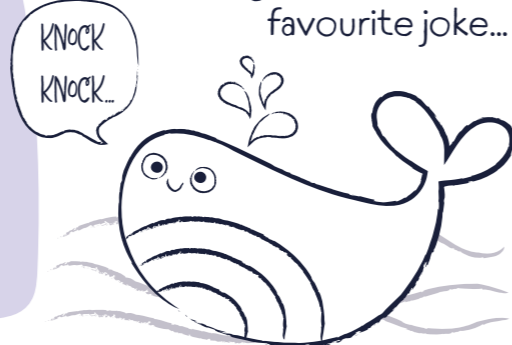


Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

SOMETHING I CAN DO TO HELP OUT AT HOME IS...

I CAN MAKE PEOPLE SMILE BY...

Make someone laugh when they're gloomy! Tell your favourite joke...



Invite someone new to join in a game or activity with you...



SOMETHING I CAN DO TO HELP OUT AT SCHOOL IS...



OUR SUMMER GOALS AND DREAMS

START HERE

Our family's summer goal is...



WELL DONE!

Colour in when you've reached your goal!

5 WAYS AUGUST 2024 CHALLENGE

How many 5 Ways to Wellbeing activities can you do in one month? Mark or colour in a circle every time you do one... use a different colour for each person in your family to see who gets the most!

<p>ARRANGE TO SEE A FRIEND</p> <p>○ ○ ○ ○ ○</p>	<p>DO A CARTWHEEL OR A FOWARD ROLL</p> <p>○ ○ ○ ○ ○</p>	<p>TRY COOKING A RECIPE YOU'VE NEVER TRIED BEFORE</p> <p>○ ○ ○ ○ ○</p>	<p>TRY STARGAZING. LOOK UP AT THE NIGHT SKY. WHAT CAN YOU SEE?</p> <p>○ ○ ○ ○ ○</p>	<p>GIVE SOME TIME TO HELP A FRIEND</p> <p>○ ○ ○ ○ ○</p>	<p>ENJOY A GAME OR MOVIE NIGHT WITH FRIENDS OR FAMILY</p> <p>○ ○ ○ ○ ○</p>	<p>GO FOR A CLIFF OR WOODLAND WALK</p> <p>○ ○ ○ ○ ○</p>
<p>TAKE 5 MINUTES TO SIT AND WATCH THE WORLD GO BY</p> <p>○ ○ ○ ○ ○</p>	<p>STUDY A NEW INSECT, ANIMAL OR PLANT</p> <p>○ ○ ○ ○ ○</p>	<p>BAKE SOME CAKES OR BISCUITS AND SHARE THEM</p> <p>○ ○ ○ ○ ○</p>	<p>TAKE TURNS STORYTELLING</p> <p>○ ○ ○ ○ ○</p>	<p>EXPLORE THE VILLAGE OR TOWN WHERE YOU LIVE</p> <p>○ ○ ○ ○ ○</p>	<p>HAVE A MINI SPA SESSION AT HOME</p> <p>○ ○ ○ ○ ○</p>	<p>IMMERSE YOURSELF IN A NEW BOOK OR PODCAST</p> <p>○ ○ ○ ○ ○</p>
<p>HELP OUT AT A LOCAL COMMUNITY EVENT</p> <p>○ ○ ○ ○ ○</p>	<p>PLAY WITH YOUR PET OR SIBLING</p> <p>○ ○ ○ ○ ○</p>	<p>GO FOR A RUN OR A BIKE RIDE</p> <p>○ ○ ○ ○ ○</p>	<p>NOTICE THREE BEAUTIFUL THINGS OUTSIDE</p> <p>○ ○ ○ ○ ○</p>	<p>LEARN A NEW SKILL OR SOME NEW WORDS</p> <p>○ ○ ○ ○ ○</p>	<p>TAKE PART IN A BEACH CLEAN</p> <p>○ ○ ○ ○ ○</p>	<p>BLINK OR LAUGH CHALLENGE: STARE AT EACH OTHER AND SEE HOW LONG YOU CAN GO WITHOUT DOING EITHER</p> <p>○ ○ ○ ○ ○</p>
<p>RUN A RACE OR DO A SKIPPING COMPETITION WITH YOUR FRIENDS</p> <p>○ ○ ○ ○ ○</p>	<p>PAUSE AND DO A BREATHING EXERCISE</p> <p>○ ○ ○ ○ ○</p>	<p>PAINT OR DRAW THE VIEW FROM YOUR WINDOW</p> <p>○ ○ ○ ○ ○</p>	<p>DONATE 5 THINGS YOU DON'T NEED TO CHARITY</p> <p>○ ○ ○ ○ ○</p>	<p>START A SUMMER PHOTO DIARY TO SHARE WITH YOUR FAMILY OR FRIENDS</p> <p>○ ○ ○ ○ ○</p>	<p>GO SEA SWIMMING OR SPLASH IN A ROCKPOOL</p> <p>○ ○ ○ ○ ○</p>	<p>PRACTICE MINDFULNESS OUTSIDE</p> <p>○ ○ ○ ○ ○</p>
<p>CLOSE YOUR EYES COUNT TO 10 THEN OPEN THEM UP AND DESCRIBE WHAT YOU SEE, SMELL, TASTE AND FEEL</p> <p>○ ○ ○ ○ ○</p>	<p>MAKE A CARD OR PICTURE FOR A FRIEND OR FAMILY MEMBER</p> <p>○ ○ ○ ○ ○</p>	<p>WORK TOGETHER WITH OTHERS ON A SUMMER PROJECT</p> <p>○ ○ ○ ○ ○</p>	<p>DANCE! TEACH YOUR FAVOURITE MOVES TO A FRIEND</p> <p>○ ○ ○ ○ ○</p>	<p>DO SOME CLOUD SPOTTING</p> <p>○ ○ ○ ○ ○</p>	<p>VISIT A NEW PLACE</p> <p>○ ○ ○ ○ ○</p>	<p>HELP OUT OR TIDY UP (WITHOUT BEING ASKED TO)</p> <p>○ ○ ○ ○ ○</p>

5 WAYS CHALLENGE BADGES!

CELEBRATE YOUR SELF CARE! CUT OUT THESE BADGES FOR YOURSELF OR SOMEONE ELSE, WHENEVER YOU COMPLETE A WELLBEING CHALLENGE!

Print these pages out and cut around the circles to make your own badges, or add some double-sided sticky tape to make them into stickers.





A wellbeing journal for young people created by Headstart and Cornwall Council

MY BRILLIANT PLACE TO BE ME

Find loads of awesome wellbeing activities and resources at Headstart Kernow's **MY BRILLIANT PLACE TO BE ME** website.

Pick and choose the ones that suit you best, or download and print the whole journal.



CORNWALL REALLY IS A GREAT PLACE TO PRACTICE 5 WAYS TO WELLBEING AND SUMMER IS THE PERFECT TIME TO EMBRACE A LIFESTYLE THAT PRIORITISES WELLBEING AND CONNECTION.

So, focus on and breathe in the sights and sounds, the vibrant wildflowers, waves crashing against the shore, and the scent of fresh summer air. Let them serve as gentle daily reminders to be present in the moment.



WHAT'S ON CORNWALL SUMMER 2024

THE SUMMER READING CHALLENGE



Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.

Libraries around Cornwall are bringing your family an unmissable adventure: **THE SUMMER READING CHALLENGE 2024!**

This year the **Reading Agency** is partnering with **Create**, a leading charity that brings creative arts to those who need it most. The theme is 'Marvellous Makers', aiming to harness creativity and build confidence in young readers during the school holidays. **All of Cornwall's libraries will be taking part** and offering **free**, fun-filled activities designed to inspire and unleash your imagination.

Join in and discover the marvellous, **free events happening near you**. Sign up at your local library **from 6 July**. Make your summer magical and creative with Cornwall Libraries!

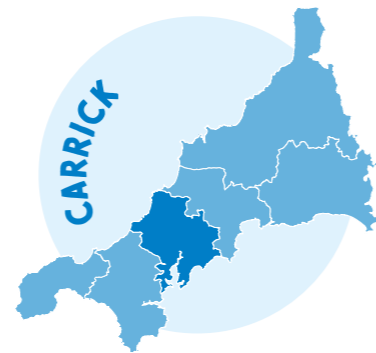


ACTION FOR CHILDREN SUMMER HOLIDAY ACTIVITIES



The Action For Children Summer Holiday Activity Programme is available to young people aged 11-19 (up to 25 SEND) across Cornwall. All the activities are **ALL TOTALLY FREE AND OPEN TO ALL.**

FOLLOW THE LINKS BELOW TO BOOK...



 **FOOTBALL GOLF**



 **ESCAPE ROOM**



 **SURFING AT HAYLE**



 **FORREST SCHOOL**



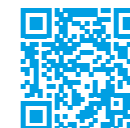
 **SURFING AT PORTHTOWAN**



 **RUGBY GOLF**



 **LASER TAG**



 **BOXING & FOOTBALL**



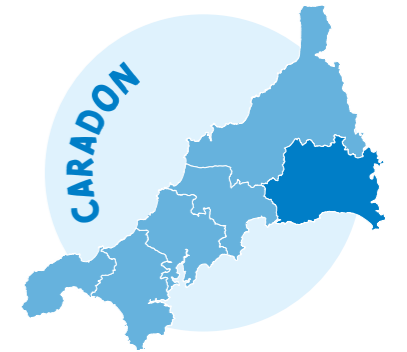
 **PERFORMING ARTS**



 **MONSTER SLIP & SLIDE**



 **CAMEL KAYAKING**



 **ADVENTURE GOLF**



MOVE MORE TOGETHER



REGULAR MOVEMENT FOR ALL THE FAMILY CAN SUPPORT BETTER PHYSICAL AND MENTAL WELLBEING.

Parents that move more, particularly with their children, can improve their symptoms of depression and anxiety, sleep better and build their relationship with their children.

Young children who move regularly sleep better, are happier, learn better, socialise more easily and develop healthy habits that could see them throughout their lives.

Regular movement can be very beneficial for children with special educational needs and disabilities. For example, it can improve motor skills, balance and co-ordination, help support emotional regulation, release tension, adrenaline and anxiety, increases focus and concentration and builds self-esteem.

- **BABIES** should be doing at least **30 MINUTES OF TUMMY TIME EACH DAY.**
- **YOUNG CHILDREN** should be doing at least **3 HOURS OF PHYSICAL ACTIVITY EACH DAY.**
- **ADULTS** should aim for at least **2.5 HOURS OF MODERATE PHYSICAL ACTIVITY EACH WEEK.**


CLICK HERE FOR FREE ONLINE ACTIVITIES AND LOCAL FACE TO FACE GROUPS

IS YOUR CHILD 5 YEARS OLD OR UNDER?

Change your story

WALK AND TALK



TALKING TO YOUR BABY OR CHILD WHILE YOU'RE OUT AND ABOUT

The National Literacy Trust's **WALK AND TALK TRAIL** is full of ideas and tips to help you chat to your baby or child more while you're out and about. It will help them learn new words and develop their communication skills.

Both the trail and the activities you'll find on the NLT website will support you to introduce new words to your baby or child. This will help them begin talking and communicating. If your child is already very chatty, the trail will help them develop their vocabulary.

The first five years of a child's life have a big impact. The development that happens helps improve their future learning, happiness and wellbeing. You can encourage this development by finding as many opportunities as you can to talk and listen to them, and introduce new things.


FIND OUT MORE HERE!



IS YOUR CHILD AGED 5-16 YEARS?

TIME2MOVE HOLIDAY ACTIVITIES



The Time2Move holiday programme offers **A WIDE RANGE OF FUN SUMMER ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE IN CORNWALL**, including **WATER SPORTS, DANCE, MULTI-SPORTS, SWIMMING, CIRCUS SKILLS, BMX-ING AND MUCH MORE.**


CLICK HERE TO FIND OUT MORE AND SIGN UP!

The activities are open to anyone aged 5-16 years old and **sessions are funded for those on benefits-related Free School Meals.** If your child doesn't receive benefits-related Free School Meals, there will be a small fee to pay at the time of booking. **There's a healthy meal available for every child taking part in an activity.**

The Time2Move holiday programme is run by Active Cornwall, which has made and continues to make, a concerted effort to include all children, including those with SEND.



GO WILD AT THE EDEN PROJECT



TAKE A DEEP DIVE INTO THE NATURAL WORLD AND DISCOVER HOW WILD YOU REALLY ARE. From adventurous family trails and nature play to puppet shows and interactive exhibitions – there's something for everyone this summer at the Eden Project.

This summer, Eden's gardens and Biomes will play host to an exciting range of games and activities, both indoors and outdoors (come rain or shine!).

Try the adventurous wild family trail and get hands on with nature in the giant mud kitchen play area. Enjoy shadow puppet shows, engaging craft activities, family games, interactive exhibitions and an under-5s nature play zone!

THE NATURAL HISTORY MUSEUM'S WILDLIFE PHOTOGRAPHER OF THE YEAR EXHIBITION IS COMING TO THE EDEN PROJECT!

Experience this astonishing collection of images like never before – and all for free with Eden admission. Moving away from the traditional gallery space and into the great outdoors, each photograph will be framed by nature against the backdrop of Eden's spectacular gardens.

 **CHECK OUT EDEN PROJECT COMMUNITIES FOR MORE WAYS TO GET OUT AND PLAY THIS SUMMER!** 

 **VISIT THE MAIN EDEN PROJECT WEBSITE**

SUMMER AT A STATE OF MIND STUDIO!

Young Minds - Age 7 - 11
 A State of Mind Studio Newquay
 A place to feel safe, grow, have fun and find happiness

SUMMER ACTIVITIES

- YOGA
- FITNESS
- FUN
- IMAGINATION
- SELF CONFIDENCE
- MINDFULNESS
- RELAXATION

Weekdays 11:30 - 12:30
 6 Week Summer Program £45
 Single Session £8

SUMMER WELL BEING
 A State of Mind Studio Newquay

HEAD SPACE - AGE 11 - 16 - MIND & BODY WELLNESS

- Gentle Fitness • Self-Confidence • Mindfulness
- Relaxation • Emotional -Regulation • Dreamscaping

Weekdays 1:30 - 2:30pm
 Book Online: www.astateofmindstudio.co.uk
 Tel No: 07949815178

Summer Program £45
 Single Session £8

If you're looking for an **EXCITING AND ENRICHING** way for your children to spend their summer holidays, jump online and book a class or workshop at **A STATE OF MIND STUDIO**, for **A FUN-FILLED ADVENTURE WHERE YOUNG MINDS AGED 7 TO 16 CAN GROW STRONGER BOTH PHYSICALLY AND MENTALLY!**

We offer:

- **Engaging physical activities:** From yoga to fitness challenges, our classes keep young minds active and energized.
- **Mental strength and confidence:** Build self-awareness, boost confidence and learn valuable life skills.
- **Creative arts and crafts:** Unleash creativity and have fun with hands-on projects.

- **Team-building games:** Foster teamwork and make new friends in a supportive environment.

Give your children the gift of a summer filled with growth, fun, and new friendships.

 **CLICK HERE TO FIND OUT MORE AND SIGN UP!**

ROLL THE DICE

ROLL THE DICE
 COMMUNITY GAMING GROUP

ROLL THE DICE CORNWALL C.I.C.

- TABLETOP GAMES
- BOARD GAMES
- CARD GAMES
- SOCIAL SKILLS GROUPS
- THERAPEUTICALLY APPLIED GAMING
- MENTAL HEALTH GAMING
- EDUCATION SUPPORT
- HOME EDUCATION GROUPS

WWW.ROLLTHEDICECORNWALL.COM

SCAN ME

FREE CHILDREN'S CLUB
 Thursdays (term time)
4-6PM at Breaney Chapel, **BREAGE**

ROLL THE DICE CORNWALL C.I.C. PROVIDES SOCIAL AND MENTAL HEALTH AND EDUCATIONAL OPPORTUNITIES THROUGH IN-PERSON GAMES, including board games, tabletop games (Warhammer being the most known) or Role Playing Games.

 **CLICK HERE TO FIND OUT MORE AND SIGN UP!**

We currently offer a **free Children's Club**, which runs between 4pm-6pm each Thursday **during term time** at Breaney Chapel, Breage. Other clubs are available at a small cost. Please **contact us** for more information.

SUMMER of WELLBEING Festivals 2024

Our wellbeing festivals are happening across Cornwall this summer.

Why not attend one close to you?

- 1 Redruth Rugby Club and CN4C at The Elms Saturday 3 August
- 2 Park House Centre, Bude Saturday 3 August
- 3 Humphry Davy School and Trelya, Penzance Friday 9 August
- 4 Poltair Park and CN4C at The One and All Bank, St Austell Saturday 17 August
- 5 Town Hall, Launceston Saturday 17 August
- 6 Hayle Recreation Ground Saturday 14 September
- 7 Basset Centre, Camborne Saturday 14 September
- 8 Newquay Orchard Saturday 21 September

Enjoy free activities and try new things

Find out about local wellbeing support

Health checks and advice from the NHS

Fun for all ages!

Scan to find out more and sign up to be kept informed on latest news and events happening near you!



Sport In Mind

IS YOUR CHILD OVER 17?

SPORT IN MIND CORNWALL



OUR FREE SESSIONS ARE OPEN TO ANYONE 17+ EXPERIENCING MENTAL HEALTH PROBLEMS and carers. Our drop-in sessions are lots of fun and for all abilities - so no need to book and no referral required.

CLICK HERE TO CHECK OUT OUR TIMETABLE

The sessions are all delivered by a qualified instructor and all equipment will be provided. Carers, friends and family are more than welcome to accompany participants to the first couple of sessions – the more the merrier!

WE JUST ASK NEW STARTERS TO

CLICK HERE TO COMPLETE THE ONLINE SIGN UP FORM

YOUNG PEOPLE CORNWALL



AS WELL AS LEADING CHANGE THROUGH YOUTH PROVISION AND MENTAL HEALTH SUPPORT, YOUNG PEOPLE CORNWALL ALSO RUN SUMMER PROGRAMMES, DESIGNED TO KEEP YOUNG PEOPLE ENGAGED AND SOCIAL.

This summer, Young People Cornwall is offering a variety of fun and engaging activities independently and with Time2Move. With sessions running throughout the six weeks, including...

- silent discos
- football
- water sports
- movie nights
- slip 'n' slide
- arts and crafts

...THERE'S SOMETHING FOR EVERYONE!

Keep an eye on our socials for updates on activities and booking information. Join us at our centres and across Cornwall for a summer full of excitement and new experiences!



**CLICK HERE TO
FIND OUT MORE
AND SIGN UP!**

KRESEN KERNOW



YOU'LL FIND ALL SORTS OF FREE ACTIVITIES FOR FAMILIES AT KRESEN KERNOW IN REDRUTH THIS SUMMER!

Come along and get crafty at our popular badge-making and flag-making workshops or explore your family's past at a Drop-in Family History day. Learn some new Cornish words, practice your writing skills and experiment with inks and stamps at our Animal Cornish telegrams workshops, delivered in partnership with Speak Cornish. Or enjoy a captivating story-telling session with Alasdair Hoswell, as he shares tales of Cornish pirates and mermaids, inspired by legends from long ago.

All these free, drop-in events are open to all and are available on various dates throughout the summer. Check out the [Kresen Kernow website](#) for details.



CLICK HERE TO FIND OUT MORE

GWEALAN TOPS



COME AND ENJOY THE GWEALAN TOPS ADVENTURE PLAYGROUND IN REDRUTH THIS SUMMER! THIS LARGE, PLAYWORKER-SUPERVISED SITE HAS SOME STRUCTURES, WILD AREAS AND LOTS OF SPACE TO ROAM, EXPLORE, EXPERIMENT AND CREATE.

Arts, crafts and imaginative opportunities are offered alongside **campfires, building, sports and outdoor experiences** with the main purpose of supporting **free play**. Open to all age-groups when accompanied by an adult, and to unaccompanied children aged 7 and over on weekdays during school holidays. We're also open during term-time - please **check our website** for details.

Please **complete our online registration form** before your first visit. If your child needs some support to attend the playground please contact us to discuss their needs before visiting, so suitable arrangements can be made. You can email us at: manager@gwealantops.org

 **CLICK HERE TO FIND OUT MORE AND REGISTER!**



WELLBEING SUPPORT

KOOTH AND QWELL

Free, safe and anonymous mental health support.

Commissioned by your local NHS for both young people and adults.

[Kooth.com](https://kooth.com) | [Qwell.io](https://qwell.io)



KOOTH AND QWELL OFFER FREE, SAFE, ANONYMOUS ONLINE MENTAL HEALTH SUPPORT.

Kooth is for 11-18 year olds.

 **CLICK HERE TO CHECK OUT KOOTH**

Qwell is for 19-25 year olds and all parents and carers.

 **CLICK HERE TO CHECK OUT QWELL**

There's no need for a referral, no waiting lists and no barriers. The support on offer includes counselling, and a community created via discussion boards, forums and articles written by people using the services, and tools to support mental health and wellbeing.

NORMAL MAGIC



NORMAL MAGIC PROVIDES OPPORTUNITIES FOR PARENTS, CARERS, CHILDREN AND YOUNG PEOPLE TO EXPLORE THE WAYS TO IMPROVE THEIR MENTAL HEALTH AND THEIR ONWARD EXPERIENCE OF LIFE ITSELF. IT'S FOCUSED ON EARLY INTERVENTION AND PREVENTION.

If you are concerned about new or emerging mental health needs of your child or young person, or you simply want to review and improve your family's mental health and lifestyle, we are here to help.

Our team offers personal wellbeing conversations and support for everyone aged 0-18 years and their families, if they're registered with one of the following GP surgeries:

- Oak Tree, Liskeard
- Saltash Health Centre, Saltash
- Rosedean, Liskeard
- Quay Lane, St Germans
- Old Bridge, Looe
- Rame Group, Torpoint
- Port View, Saltash

Normal Magic is a free service with no access criteria, commissioned by the East Cornwall Primary Care Network for Cornwall Council.



BADGER FOREST SCHOOL MAKING TRACKS | Accessible open day



JOIN US FOR OUR 'SOFT LAUNCH' EVENT, AND DISCOVER OUR NEW SENSORY SPACES AND WHEELCHAIR-FRIENDLY LANDSCAPED AREAS.

We welcome children identifying as having disabilities, additional needs and neurodiversities, and their families.

Come along and join in with...

- Campfire cooking
- Sensory indoor and outdoor play
- Summer arts and crafts
- Child-led play
- Tipi opening ceremony
- Makaton songs and stories
- Gardening

There will be lots of time to play and explore, and to **share your thoughts, ideas and feedback** to help us continue creating the site and tailoring it to meet your needs.

If you require assistance accessing the site and parking, please contact us. There's limited parking onsite, with options to drop off and park at Wheel Martyn's main car park.





YOUTH ART CONNECT



JOIN US THIS SUMMER IN NEWQUAY FOR AN EXCITING SCHEDULE OF ART ACTIVITIES WITH YOUTH ART CONNECT!

Discover your creative side with our **Urban Sketch sessions every Tuesday**, where you can capture the vibrant life of the town through drawing. On **Sundays**, dive into the dynamic world of **Street Photography** and learn how to tell compelling stories through your lens.

Alongside these, we offer **various workshops**, including mixed media and participatory art projects, all designed to inspire and engage. Don't miss out on this opportunity to explore art in a fun, supportive environment!



CALLINGTON YOUTH PROJECT



A VOLUNTARY YOUTH CLUB AT THE VAULT IN CALLINGTON FOR 13–21 YEAR OLDS.

We offering a range of activities including music making in our dedicated band area, games, table tennis, pool, karaoke, PS4 and Wii. We also provide free food.

Drop in sessions are **every Wednesday 4-7pm**. We support young people to attend **Live Wire in Saltash** (bus provided) **every Monday at 6:30pm**.

For more information and to find out what else is on over the summer, please email us at INFO@CALLINGTONYPG.ORG or call **07778709274**



CORNWALL ACCESSIBLE ACTIVITIES PROGRAMME

CHARITY NUMBER 1169565

CORNWALL ACCESSIBLE ACTIVITIES PLAN (CAAP)

SCHOOL HOLIDAY ACTIVITIES FOR CHILDREN WITH ADDITIONAL NEEDS, THEIR SIBLINGS AND FAMILIES.

CAAP is a small, Cornwall-based charity set up by a group of parents of children with additional needs, to help local families like theirs access fun activities during school holidays. Offering a wide variety of events, including a beach BBQ, swimming, summer karaoke and a trip to indoor soft play centre Raze the Roof, CAAP aims to ensure that every child has the opportunity to enjoy accessible, fun activities during the holidays.



Family Information Service

FAMILY INFORMATION SERVICE

CORNWALL'S FAMILY INFORMATION SERVICE (FIS) IS A FREE AND IMPARTIAL SUPPORT SERVICE, THAT OFFERS INFORMATION ON LOCAL SERVICES FOR CHILDREN AND YOUNG PEOPLE.

It is for children aged 0-19 years (up to 25 years with Special Educational Needs and Disabilities, SEND). Visit the website to find childcare support and things to do.



RESOURCES



BLACKBIRD PIE MAGAZINE

CORNWALL'S WHAT'S ON GUIDE FOR FAMILIES

The eagerly-anticipated summer edition is **jam packed full of ideas of things to do!** You'll find lots of **offers, vouchers and free activities** throughout the magazine. Get out and about on exciting adventures, join in with arts and craft events, or keep it local.



THE CONNECT CARD

FOR 10 - 16 YEAR OLDS

The Connect Card was created and designed by young people in Cornwall for 10-16 year olds. They wanted something that would be a **handy way to quickly find advice and information**. To encourage young people to keep the card/key fob, the cards are linked to a website where you can find **free stuff and fun stuff, as well as mental health stuff**.



LEGENDARY JOURNEYS BY BUS!



TRANSPORT FOR CORNWALL IS TRANSFORMING FAMILY OUTINGS INTO LEGENDARY JOURNEYS BY BUS!

We know family days out can be pretty hectic. But getting around by bus shouldn't have to be. To help you make the most of your travel time with the little ones, Transport for Cornwall has created a fun-filled activity pack. Enjoy it together on your journey and prepare for your adventure-filled day ahead.

On board the bus, we invite you to become immersed in Cornish myths, legends, and folklore. Discover mythical creatures, engage in fun activities, and take a fresh look at the world around you to experience Cornwall's enchanting history first-hand.

To find out more or to locate your nearest pick-up point visit [legendaryjourneys.co.uk](https://www.legendaryjourneys.co.uk).

If you can't make it to a pick-up point and would like a free activity pack, please email us to request one at: transportforcornwall@itp.rhdhv.com and remember to include your name and postage address.



**CLICK HERE TO
FIND OUT MORE**

All packs will be available from 22nd July 2024. Competitions close 31st August 2024. T&Cs apply.



If you would like this information in another format or language please contact us:

Cornwall Council, County Hall,
Treyew Road, Truro TR1 3AY

e: customerservices@cornwall.gov.uk

t: 0300 1234 100

www.cornwall.gov.uk