



Summer Holiday Challenge



It's been a tricky year but you have been brilliant! We know you have missed out on a few important experiences so we would like you to be positive and proactive and practise some essential skills over the holidays.

ITS REALLY IMPORTANT THAT YOU TALK TO YOUR PARENTS ABOUT EACH OF THESE TASKS FIRST!!!

SOCIALISING

It's not been easy to meet up with new/old friends. This is a skill. You need to work on it. Be brave and try and achieve the following tasks.

- 1 Its nice if someone contacts us and says 'Hi. How are you?' but we all need to make an effort. Text, WhatsApp, knock on the door or send a pigeon to someone to say 'Hi how's your holiday going'. How many times have you contacted someone this summer? _____
- 2 Organise to meet up with a friend from your form... in real life! (not online). Where are you going to meet? When are you going to meet? How are you going to get there? What are you going to do? Write the name of the person you met.

- 3 Reach out to someone. Get in contact with someone you might only know a bit from your form. Perhaps invite them along when you meet your friend. How did it go? Write here.

INDEPENDENCE

It's been hard to start branching out on your own. Try practising these life skills.

- 4 Get on a bus. Visit a relative, meet a friend or just enjoy the ride. It's important that you know how to work out a bus timetable and you know how to pay. If you are not sure take a trip with a parent, brother or sister or a friend. Write down how much your bus fare was and where did you go:
_____ fare £_____
- 5 Go to the shops and buy a basket of grocery. Help your parents/neighbours/grandparents. Get a shopping list and go to the shops. I think you deserve a small treat. Write the name of the small treat and the cost of the shopping.
_____ cost £_____
- 6 Start paying your way!!! I want you to get used to paying for things. When you are out and about with the family, why don't you pay? You can use your parent/carers money, just get used to asking for a bill or talking to the person behind the till. Write down the number of times you paid! _____

EXPANDING HORIZONS

There is big world out there, time to start experiencing it. Try these tasks to help you grow as a person.

- 7 Organise a day out. Decide where to go, what time to set off, what you will have for lunch? Write where you went. Get your parents/carers to rate you day out.
_____/10
- 8 Learn a new skill. It could be anything, just not online! At the beginning of the summer pick a new skill you are going to learn. Write it here → _____
- 9 Read a 'challenging' book. Get out of your comfort zone. What did you read? _____
- 10 Go exploring somewhere (not online). Could be somewhere local. Write down something you noticed

- 11 Walk up a mountain / big hill. Just because its good for the soul! Which Mountain? _____
- 12 Do something impressive.... You decide.
