

The background is a vibrant orange with scattered abstract shapes: light orange star-like flowers, thick orange wavy lines, and thick pinkish-red curved bands. In the center is a large, white, cloud-like shape with a scalloped border. Inside this white shape, the words "SUMMER PACK" are written in a bold, orange, rounded font. Below the title, a blue pill-shaped button contains the text "THE ROSEWOOD SCHOOL" in white, uppercase, sans-serif font.

# SUMMER PACK

THE ROSEWOOD SCHOOL

So, summer's here – six weeks off school. For some people, that's exciting... but if you're someone who struggles without routine, not being at school, or just in general, it can also feel a bit weird, a bit overwhelming, or even a bit lonely. If that's you – you're not alone, and this booklet is for you.

We've put together some stuff to help you get through the summer – things to do when you're bored, feeling low, anxious, or just not sure what to do with yourself.

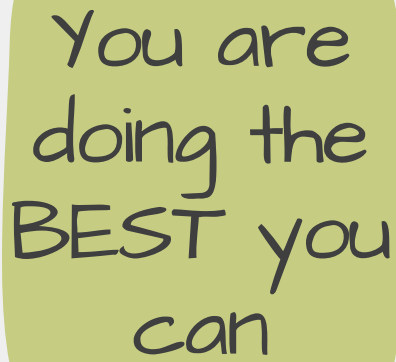
It's got a mix of ideas, tips, creative bits, and little things that might help you feel more in control or just a bit more you again.

You don't have to do it all. There's no right or wrong way to use this. Just dip in and out whenever you want, and go at your own pace.

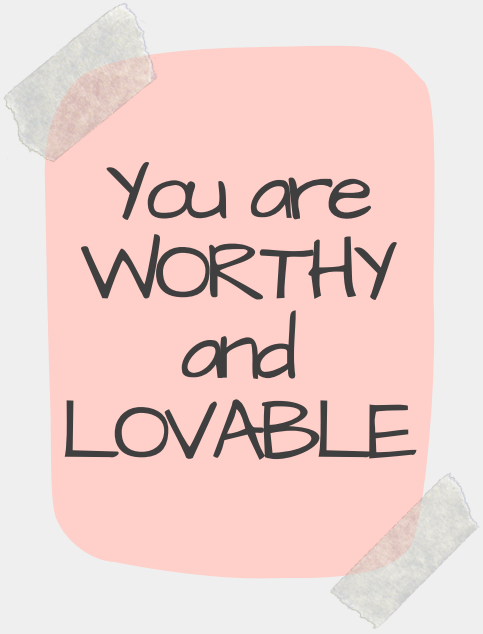
Most importantly – please remember this: You matter. Even on the tough days. Especially on the tough days.

Take care of yourself this summer. We're all rooting for you.

– The Rosewood Team 



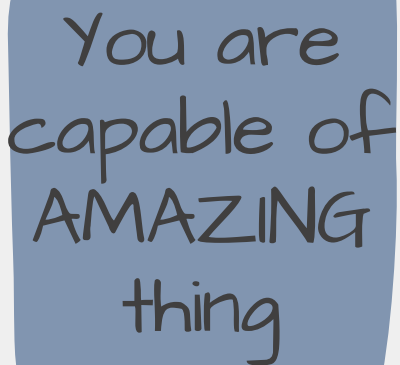
You are  
doing the  
BEST you  
can



You are  
WORTHY  
and  
LOVABLE



It's OK  
to ask  
for Help




You are  
capable of  
AMAZING  
thing

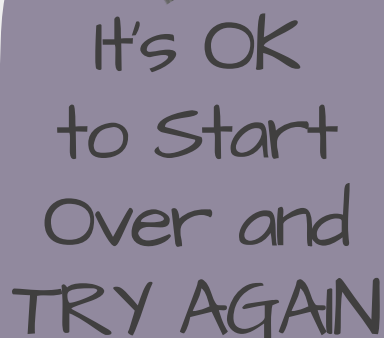
# NOTE TO SELF



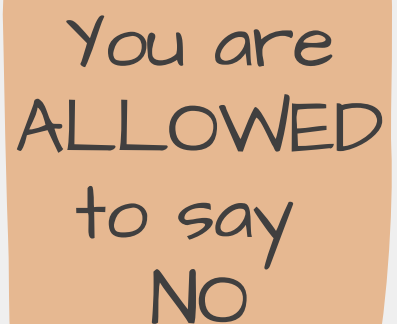
Your  
boundaries  
are  
Important



Your  
FEELINGS  
are Valid



It's OK  
to Start  
Over and  
TRY AGAIN



You are  
ALLOWED  
to say  
NO

# MOOD TRACKER

[illegible]

## KEYS

- ☐ AMAZING
  - ☐ GOOD
  - ☐ PRODUCTIVE
  - ☐ AVERAGE
  - ☐ RELAXED
  - ☐ EXHAUSTED
  - ☐ LOW MOOD
  - ☐ BORED
  - ☐ SICK

## NOTES

[illegible]

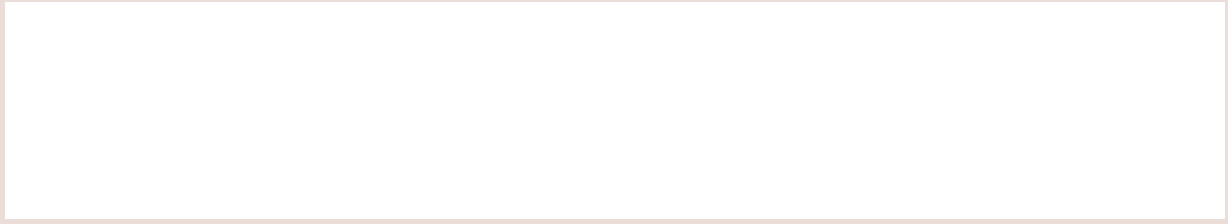


# Self-care Planner

Date:

Week:

What Is The Purpose Behind My Self-Care Goals?



What Motivates Me to Achieve Them?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How Can I Achieve Them?

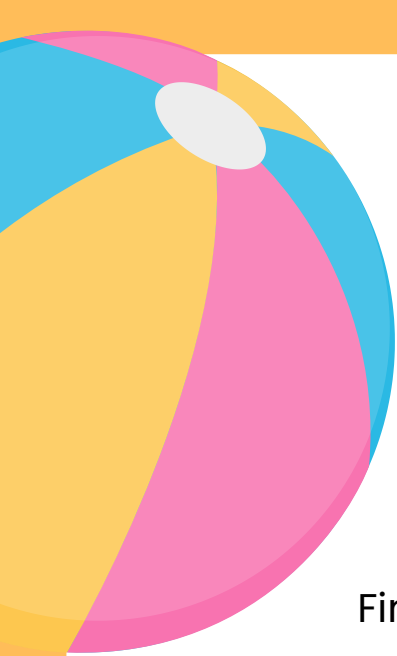


Habits To Start



Habits To Stop





# SUMMER HOLIDAY

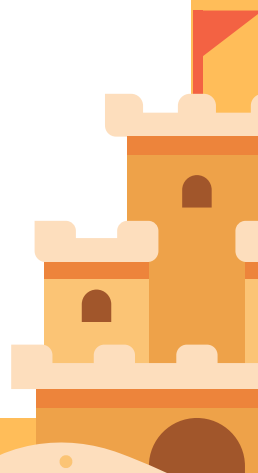
## WORD SEARCH



Find the words listed below and circle them.

G	B	X	F	L	I	P	F	L	O	P	S
Y	E	Q	S	I	C	E	C	R	E	A	M
W	A	T	E	R	M	E	L	O	N	W	O
P	C	U	A	I	G	O	G	G	L	E	S
O	H	S	U	N	G	L	A	S	S	E	S
O	R	S	U	N	S	C	R	E	E	N	E
L	S	A	N	D	C	A	S	T	L	E	A
J	T	L	B	E	A	C	H	B	A	L	L
S	W	I	M	S	U	I	T	K	U	A	M

- ICE CREAM
- BEACH
- BEACH BALL
- SUNSCREEN
- WATERMELON
- SANDCASTLE
- SEA
- FLIPFLOPS
- SUNGLASSES
- SWIMSUIT
- POOL
- GOGGLES

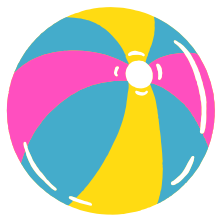


CHANGE IS SCARY  
Be  
Brave.  
BUT NECESSARY

A circular graphic with the text "CHANGE IS SCARY" at the top and "BUT NECESSARY" at the bottom. In the center, the words "Be Brave." are written in a large, colorful, stylized font. The word "Be" is in red and blue, and "Brave." is in blue, yellow, and red. The entire graphic is decorated with yellow stars and orange lines.

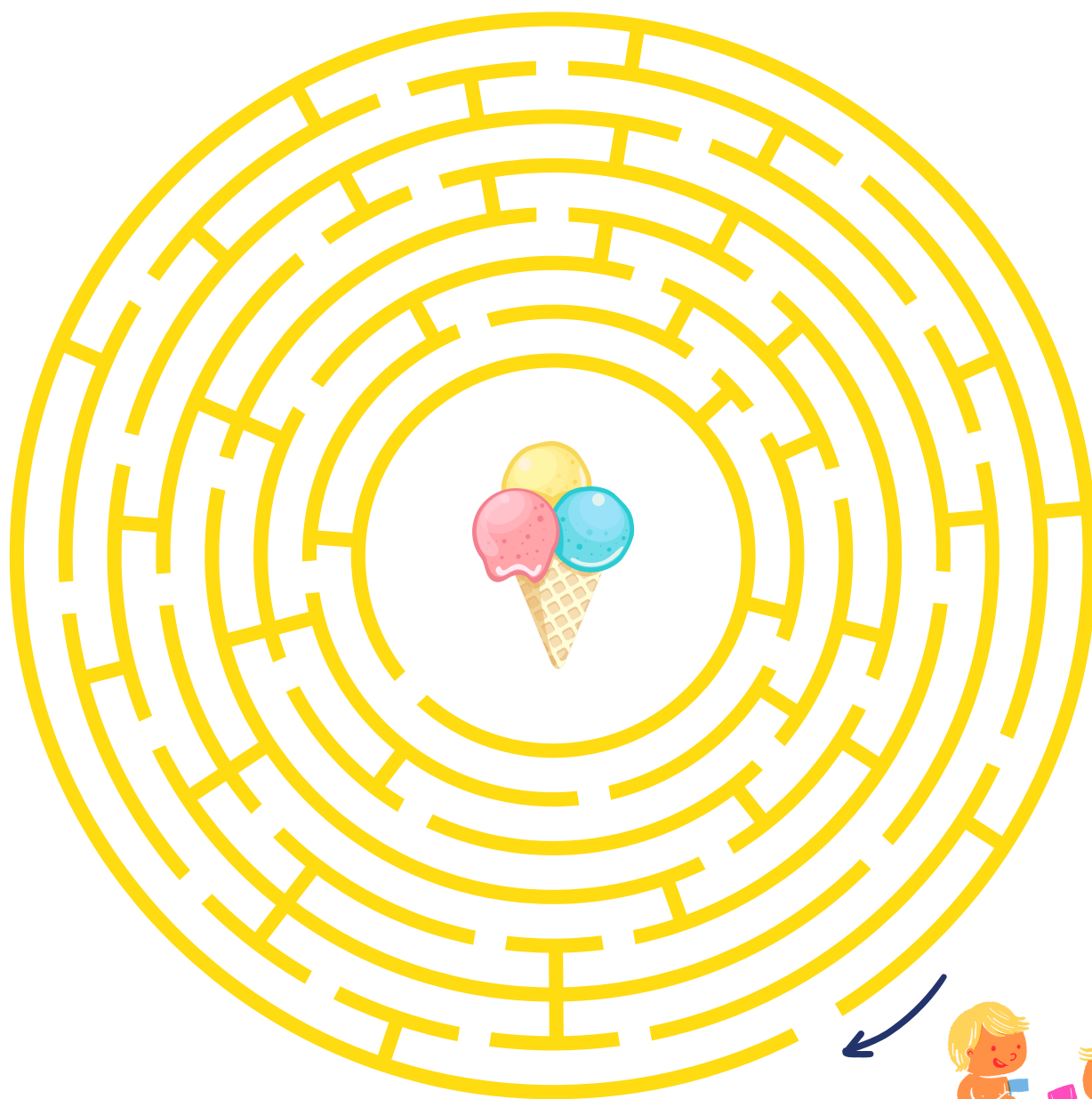
Name: \_\_\_\_\_

Date: \_\_\_\_\_



# SUMMER MAZE PUZZLE

Help the children navigate through the maze to have some ice cream.



Start here



# COPING STRATEGIES FOR STRESS MANAGEMENT



## SOCIAL SUPPORT

1. Share your feelings with trusted friends, family or professionals.
2. Seek out support groups or community activities where you can connect with others.

## PERSONAL CARE

1. Make time for activities that you enjoy and relax.
2. Eat a balanced diet and get enough sleep.
3. Avoid excessive consumption of caffeine and harmful substances.

# CHOOSE YOUR COPING STRATEGY

Pick the Best Way to Cope!



**Instructions:** Look at each stressful or emotional situation below. Circle or highlight the coping strategies you think would help the most. Then, draw a picture showing how you would use that strategy.

Situation	Coping Strategies (Circle One or More)	Draw How You Cope
Feeling anxious	Deep breathing Talking to a friend Listening to music	
Getting upset	Taking a walk Writing in a journal Counting to ten	
Feeling overwhelmed	Breaking tasks into smaller parts Asking for help Taking breaks	
Feeling sad or lonely	Calling a friend or family member Watching a funny video Drawing or painting	

## Reflection:

Which coping strategy do  
you like the most? Why?

How does using your chosen  
strategy make you feel?



# GOING CAMPING

## WORD SCRAMBLE



Unscramble the following camping words

PAM

---

TNET

---

CAPERM

---

CPA

---

BESKAT

---

TERES

---

CIMPFERA

---

LENTARN

---

CSIAMPTE

---

FLISHLATGH

---

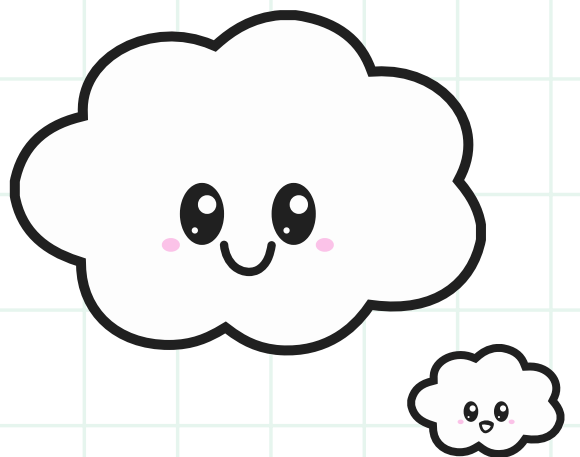
BAPCKACK

---

SELPINGE BGA

---

# THOUGHTS





It gets harder before

KEEP



GOING



It gets easier

# Positivity Jar

This jar can be filled with positive words, comments or affirmations. The purpose of the jar is to use it whenever you are feeling sad and need to remember all the positive things about you.

There are a number of slips that have already been made for you, so you can put these in your jar. However, please try and think of all the positives about yourself and complete some of the blank slips below.

You can use a jam jar, coffee jar or a large glass storage jar. Feel free to decorate the jar however you wish. You could wrap the jar, use paints, and add accessories to it such as ribbon, stickers and pom poms.

The jar needs to be personal to you and make you feel happy when you look at it. Take your time decorating your jar and then decide what slips you are going to put in.

The adult you are with may have some positive slips that they want to complete about you as well. These can all be added to your jar.

Once you have completed your jar try to look at your jar every day for a few minutes and remember how special and positive you are as a person.

You could even give a jar to a special person. The jar could have all the positive, special qualities that you love about them. Just reading the positive comments will help them to feel more positive.





# Sunflower

## Coloring



# Staying Calm

Which ideas could help you to stay calm?

Read the following ideas and then tick the ones that you think will help you to stay calm.

Have a drink of water.

Squeeze a stress ball.

Count to ten.

Sit in a quiet place.

Take a deep breath and breathe out slowly.

Talk to an adult.

Listen to music.

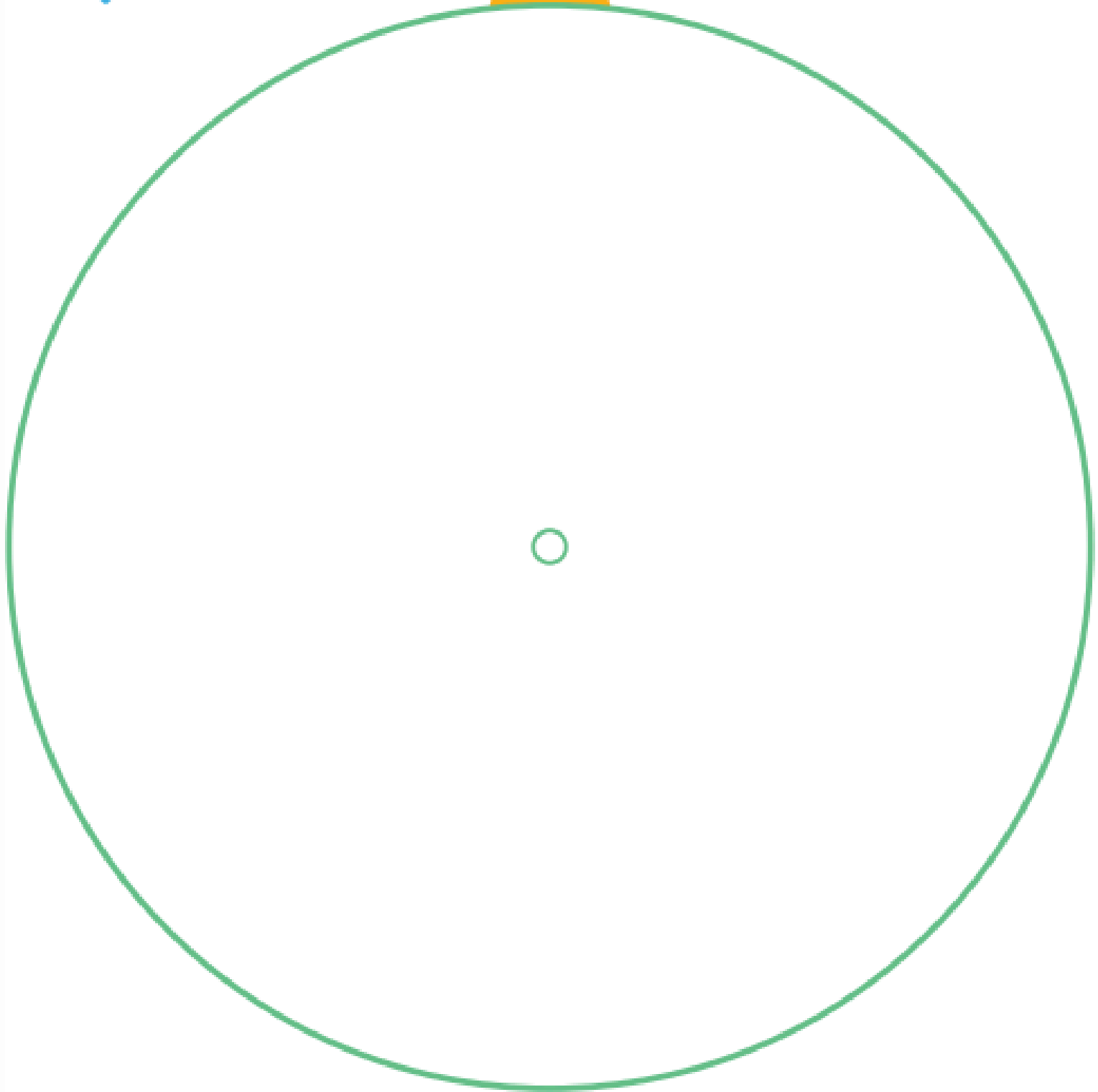
Get some fresh air.

You are more than



Enough

# Relaxation Spin Wheel

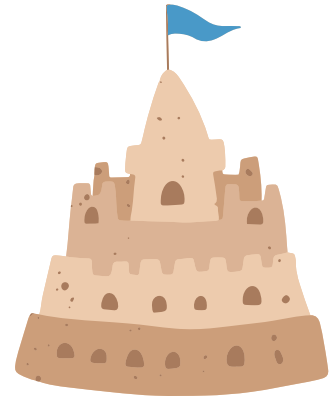






# Summer Word Search

Search for the summer words hidden in the puzzle.



V	S	S	U	N	G	L	A	S	S	E	S
D	L	A	U	H	F	I	N	E	U	R	H
A	P	I	T	N	I	C	O	S	M	G	A
I	A	S	I	R	S	E	S	T	M	P	L
S	M	N	C	Y	H	H	W	E	E	F	L
W	A	V	E	S	E	N	I	O	R	T	H
I	R	I	C	N	E	H	M	N	D	H	T
M	H	I	R	L	L	A	S	E	E	E	R
G	B	E	E	V	T	U	U	E	S	H	A
H	A	V	A	C	A	T	I	O	N	R	V
N	O	N	M	T	G	L	T	F	O	T	E
A	K	T	E	B	E	A	C	H	F	R	L

SEA

SUNGLASSES

VACATION

WAVES

SWIM

ICE CREAM

SWIMSUIT

TRAVEL

HOT

SUNSHINE

SUMMER

BEACH

# T H E   P A N C A K E S

## Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1 egg
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract



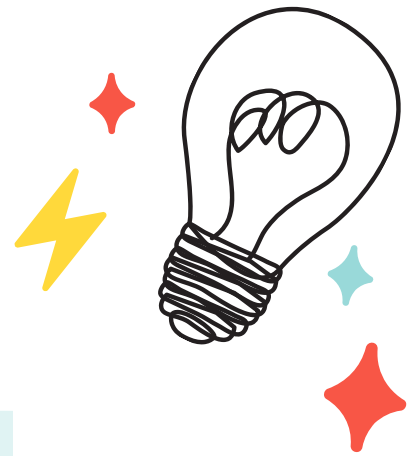
## Instructions:

1. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
2. In a separate bowl, whisk together the milk, egg, melted butter, and vanilla extract (if using).
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix the batter.
4. Heat a non-stick pan or griddle over medium heat. Scoop 1/4 cup of batter onto the pan for each pancake.
5. Cook until bubbles form on the surface of the pancake and the edges start to dry out, then flip and cook for another 1-2 minutes until golden brown on both sides.
6. Repeat with the remaining batter.

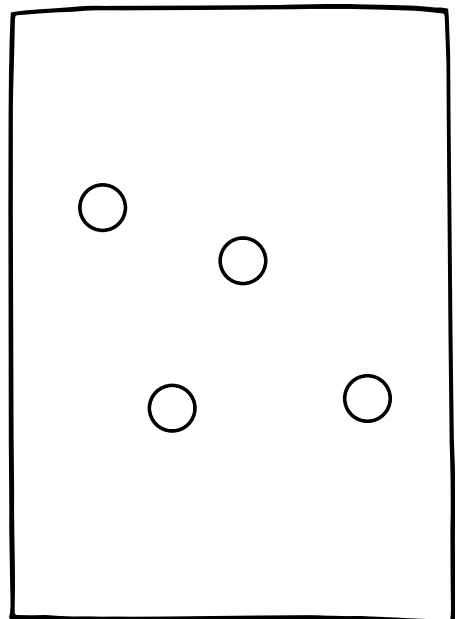
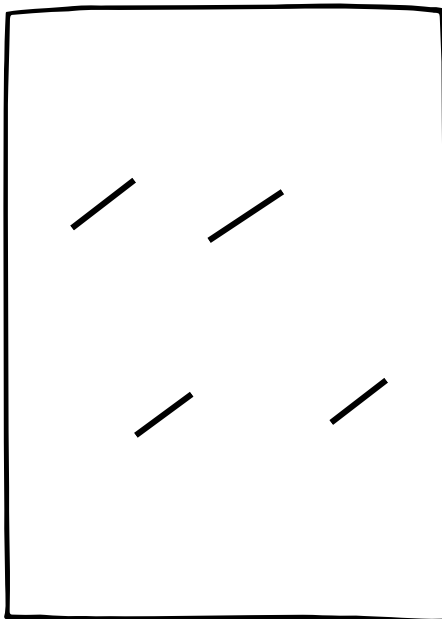
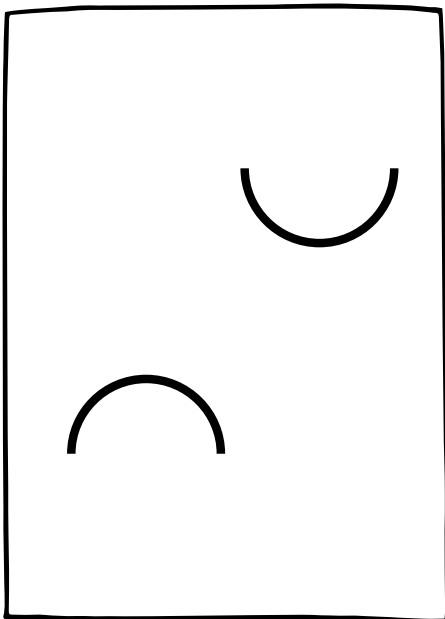
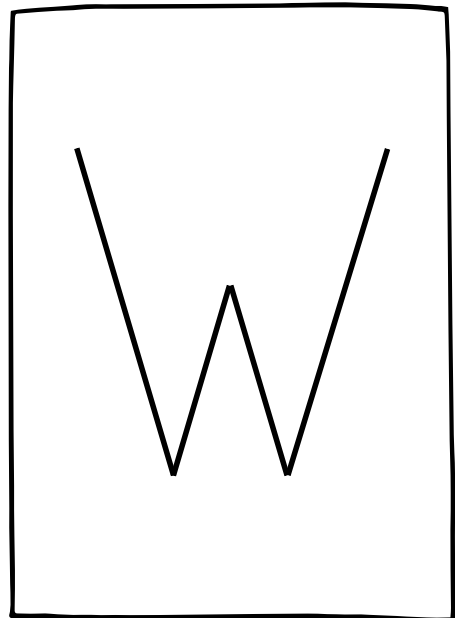
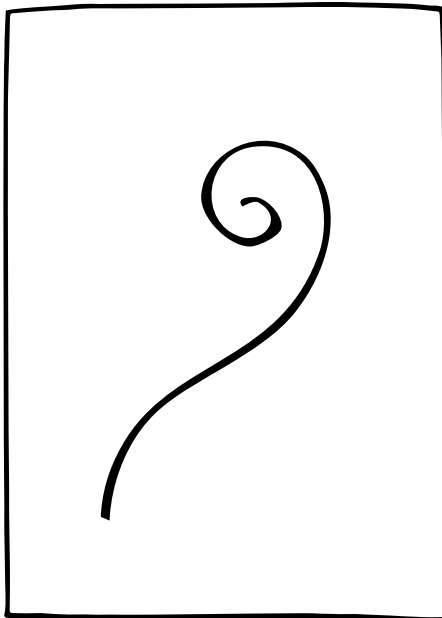
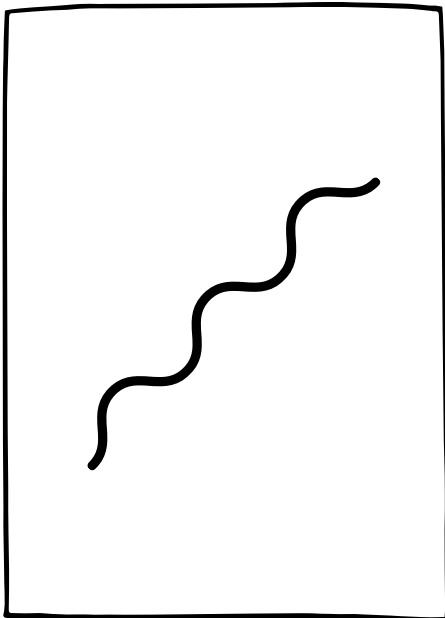
Serve the pancakes warm with your favorite toppings, such as maple syrup, butter, fresh fruit, or whipped cream. Enjoy!

yes  
you  
can

# IMAGINATION WORKOUT



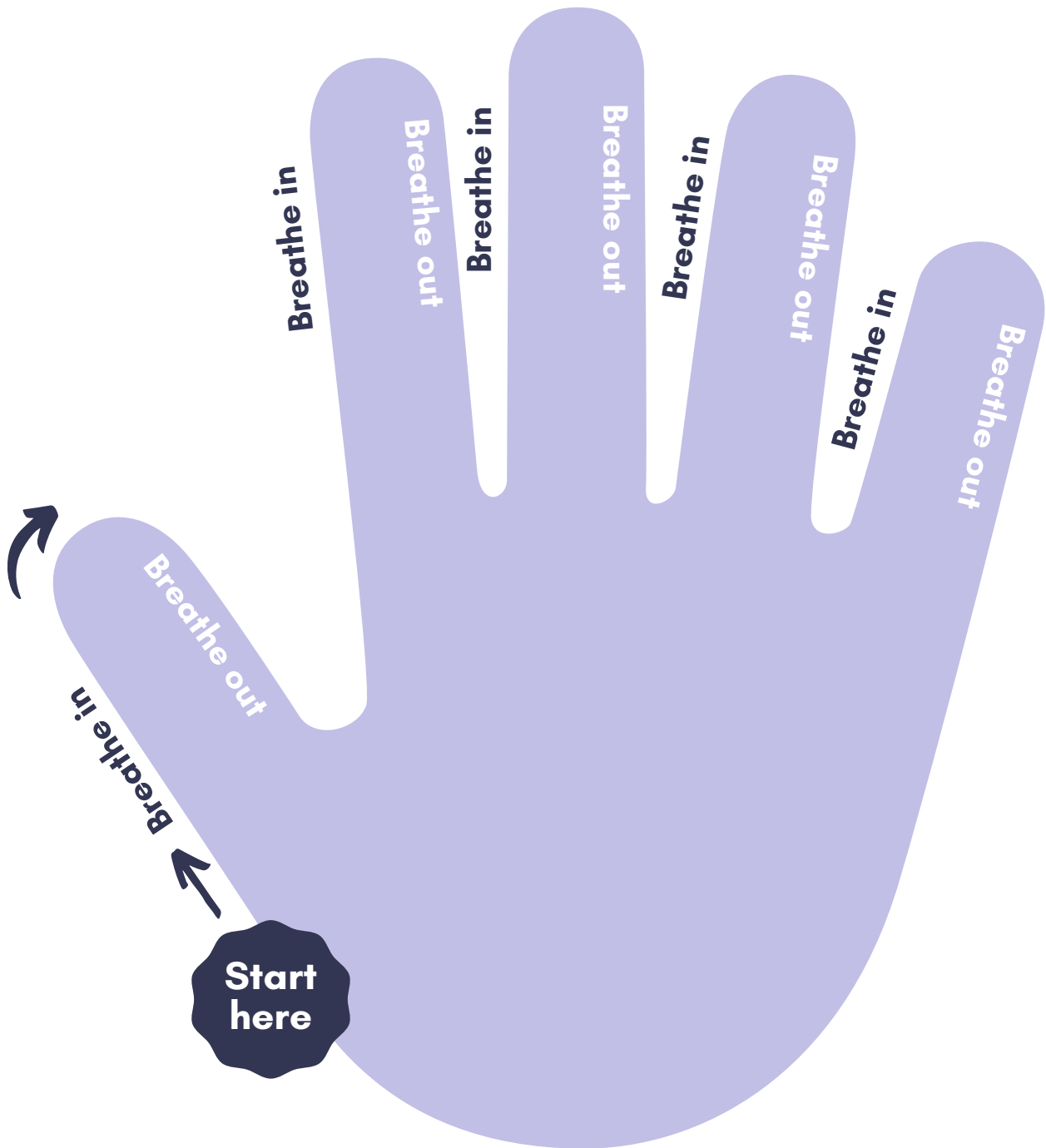
Imagine what each line can be, then finish the drawing yourself!



CALM YOURSELF WITH A

# 5 FINGER BREATHING

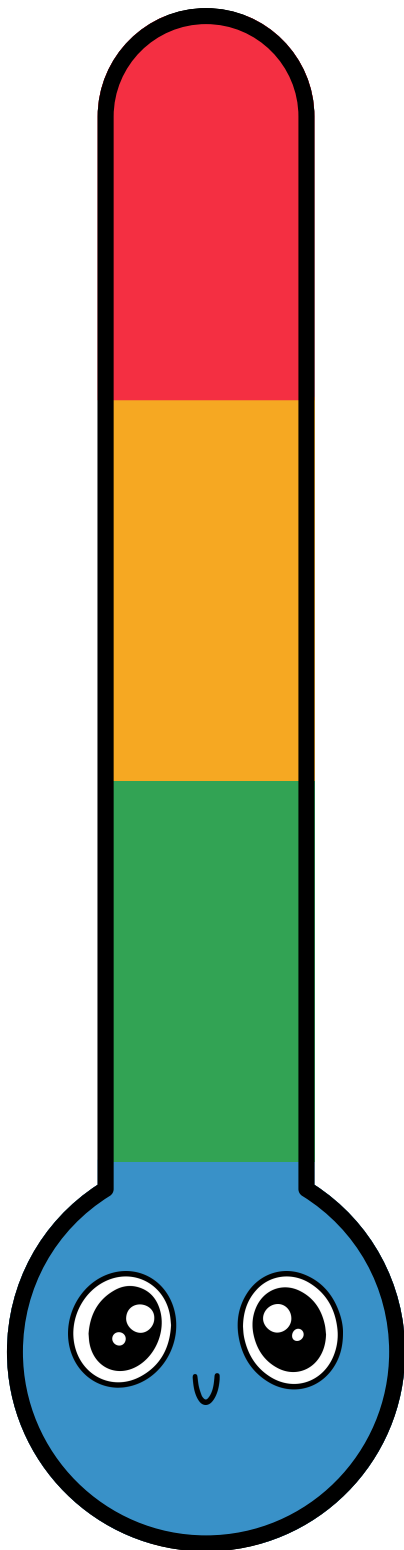
## BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

# ZONES OF REGULATION THERMOMETER

Write what helps you in each zone in the boxes below.



Red Zone

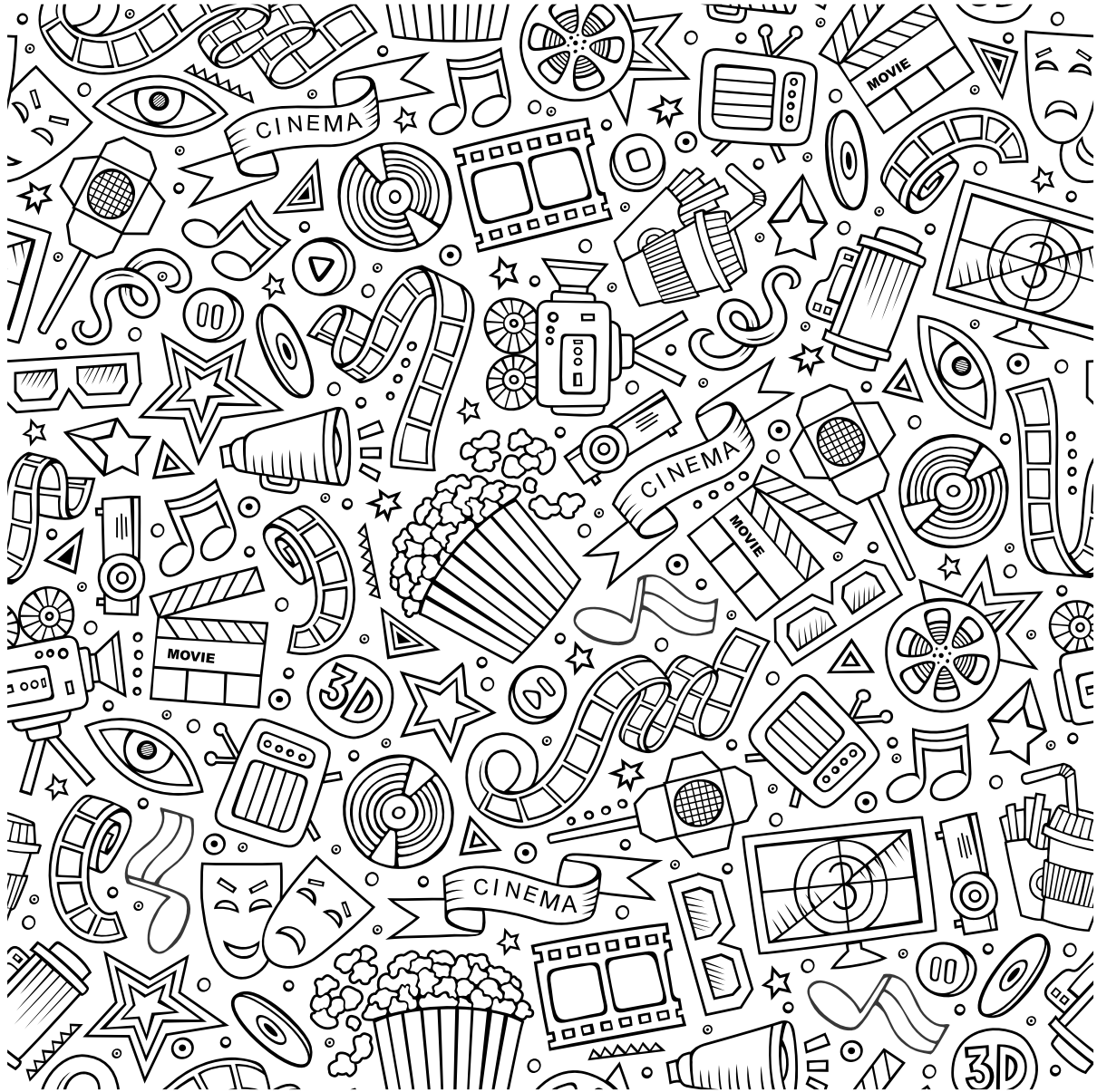
Amber Zone

Green Zone

Blue Zone

# I SPY COLORING BOOK

Name, write down and color ten things you can spy in the picture.



---

---

---

---

---

---

---

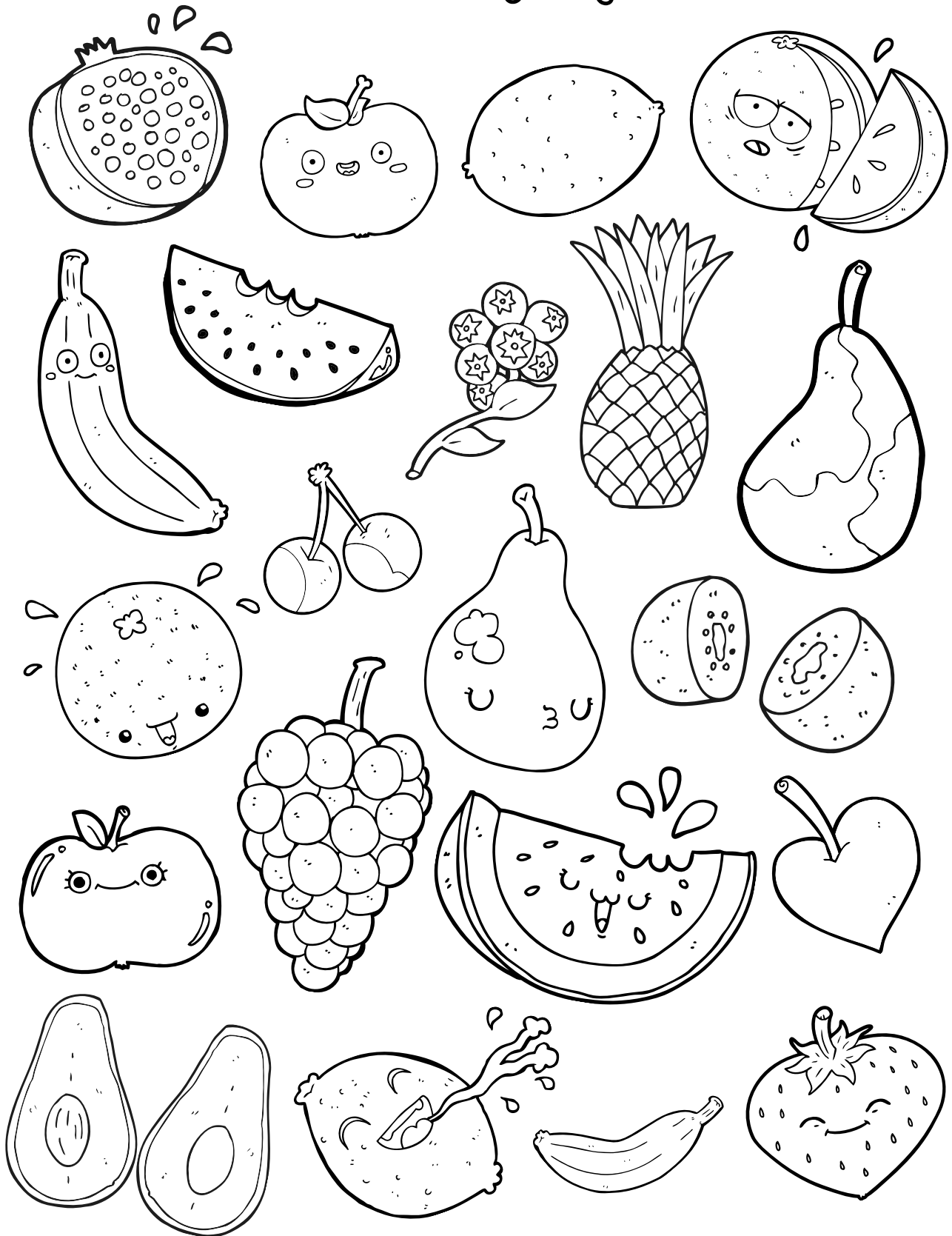
---

---

---

# FUN FRUIT

## COLORING





YOU'RE

*free*

TO BE

*different*

# 5-4-3-2-1

## GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



DESIGN YOUR  
**OWN T-SHIRT**



# My Daily Mindful Moments

Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help us to settle our busy minds and racing thoughts, especially when we are feeling stressed, worried or anxious. Mindfulness can also help us to appreciate ourselves and the world around us. Making time each day to have a mindful moment can help our minds to feel and stay well.

Use this calendar to take a mindful moment each day of the month to help you look after yourself and your mental health.

**1** Find a quiet space. Breathe in for three seconds and out for five seconds, three times. Close your eyes and just be.

**2** Go outside and find a quiet space. Look at the sky and take time to really notice what it is like.

**3** Create a doodle on a piece of paper. Let it go wherever it likes. Notice how it feels.

**4** Write down three things that make you special. Notice how it feels to focus on you.

**5** Blow up an imaginary balloon – deep breath in and slow breath out. Release the balloon along with any stress or worry.

**6** Sit comfortably. Look around the space you are in. Slowly, name each thing you see.

**7** Sit comfortably. Focus on the sounds you can hear and acknowledge each one in your mind.

**8** Write down three things that make you feel happy. Notice how it feels to focus on the positive.

**9** Make a hot drink – sit comfortably and smell it. Really notice all of the aromas.

**10** Sit or lie down. Starting at your toes, notice how each part of your body feels until you reach your head.

**11** Make a creation of your choice. Really notice and appreciate it.

**12** Write down three things you are grateful for. Notice how it feels to focus on these.

**13** Listen to a relaxing piece of music and notice how your body and mind feel.

**14** Think of three things you love about yourself. Notice how it feels to focus on these.

**15** In a quiet space, eat your lunch and notice how each bite feels in your mouth.

**16** Go on a mindful walk, really noticing what you see, hear and feel.

**17** Create a colour pattern to show how you are feeling.

**18** Sit comfortably. Tense all the muscles in your body – hold the squeeze for three seconds. Then, flop and relax your muscles for five seconds. Repeat.

**19** Sit comfortably. When you drink, really notice how the process feels.

**20** Look closely at your evening meal. Acknowledge and describe what you see.

**21** Write down three things you are looking forward to today. Notice how it feels to focus on these.

**22** Find a moment to feel the breeze on your face. Really notice how it feels.

**23** Sit comfortably. Touch items of different textures. Really notice how they feel.

**24** Find a moment to colour in a picture mindfully, really noticing the colours and shapes.

**25** Make time to learn something new about a subject of your choice. How does it feel?

**26** Share kindness with someone else. Notice how it feels.

**27** Throughout the day, as you move, really notice how your body feels.

**28** Chat with a friend. Really notice what they are saying with their words and body.

**29** Trace your finger in a pattern on a flat surface. Notice how it feels.

**30** Sit quietly for one minute. Focus on your breath and let your mind and body settle.

**31** Take a mindful moment in any way you choose.



Well done for making time to be mindful each day this month!  
How has it impacted your mental health and wellbeing?  
How are you going to use your experience going forwards?



[illegible]

# AFFIRMATION CARDS

Fill this document with your favourite quotes  
or thoughts, then print and cut them out!

**I am capable of  
achieving  
my dreams.**

**I attract positivity  
and abundance  
into my life.**

**I am confident  
in my abilities.**

**I embrace change  
as an opportunity  
for growth.**





# AFFIRMATION CARDS

Fill this document with your favourite quotes  
or thoughts, then print and cut them out!

**I radiate  
positivity and  
attract positive  
people.**

**I trust in the  
journey of life.**

**I am a magnet  
for success and  
prosperity.**

**I am constantly  
evolving and  
improving.**



# Easy Chocolate Chip Cookie

## Ingredients

100 gr unsalted butter  
65 gr brown sugar  
70 gr white sugar  
2 eggs

1 tsp vanilla extract  
200 gr all purpose flour  
½ tbsp baking soda  
200 gr chocolate bar chopped into bits



## Directions

1. Heat the oven to 160 C
2. Combine butter, brown sugar, white sugar, egg and vanilla, mix thoroughly using a mixer
3. Once combined, add flour and baking soda, mix it again with chocolate bits and a pinch of salt
4. Take a scoop of dough, spread it across the trays, make sure it has enough spaces in between
5. Bake for 10-15 minutes until the edge is crispy
6. Let cool for at least 10 minutes on cooling rack



# Do you need some more support?

**Try these support services, but don't forget, if you can, talk to your parents or carer and professionals that are working with you.**

## **Alumina**

Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.  
[alumina.selfharm.co.uk](http://alumina.selfharm.co.uk)

## **Kent Autistic Trust**

Families can book a telephone appointment with family support autism advisor via the phone clinic link, book onto an information session/workshop for various topics (dates to be added), or email to ask to join mailing list or parent support groups etc.

Links are below – Website – [www.katfamilysupport.co.uk](http://www.katfamilysupport.co.uk)

Phone Clinic – <https://www.katfamilysupport.co.uk/phone-clinic>

Parent Support Groups – <https://www.katfamilysupport.co.uk/childrens-support-groups>

Information Sessions – <https://www.katfamilysupport.co.uk/info-sessions>

FAQs – <https://www.katfamilysupport.co.uk/q-a>

Useful links – [USEFUL LINKS | KAT Family Support](#)

The parent support groups provide a great opportunity to meet and connect with other parents/carers in similar situations to discuss ideas and experiences. These are currently running virtually on Zoom, and I advertise them through the mailing list. These run during the last week of the month.

The mailing list is a large information sharing forum with over 4000 members including parents/carers and professionals. They share current information, resources, activities, advertise events, workshops, coffee mornings, support groups etc. You can also ask the group questions and ask for replies to other questions asked which is totally anonymous

# Digital Resources

BIG WHITE WALL: [www.bigwhitewall.com](http://www.bigwhitewall.com)

This is a digital mental health support service which is available online, 24/7. It is completely anonymous so you are able to express yourself freely and openly. It provides tailored self-help programmes covering topics such as depression and anxiety.

CALM HARM: <https://calmharm.co.uk>

This is an award-winning app developed for teenage mental health. It uses the basic principles of dialectical behavioural therapy (DBT), which is an evidence-based therapy. The app provides tasks to help you resist or manage the urge to self-harm.

ELEFRIENDS: <https://www.elefriends.org.uk>

Elefriends is a mental health social network, managed by mind. It aims to provide a supportive online community for people aged 18 and over to chat about their lives, including any mental health problems, and just to be themselves. The name Elefriends refers to mental health being 'the elephant in the room'.

HEADSPACE: <https://www.headspace.com/mindfulness>

This is a site which uses meditation and mindfulness techniques to reduce stress and help relieve anxiety.

KIDS SLEEP DR: <http://kidssleepdr.com/index.html>

The app helps parents understand and improve the sleeping and waking patterns of children and young people from newborns, right through to teenagers.

KOOTH: <https://kooth.com>

Provides free, safe and anonymous online support for young people. Resources include being able to chat to counsellors and read articles written by other young people.

LIVE WELL: <https://livewellkent.org.uk>

Offers advice around improving mental and physical well being. Provides useful contact numbers if you are in emotional distress and require urgent support.

MIND - <https://mind.org.uk/information-support/a-z-mentalhealth>

Valuable resource that provides advice, support and information on an extensive set of topics from sleep problems to suicidal thoughts.

MINDED - <https://www.minded.org.uk>

Free educational resource on children and young peoples' mental health for parents and carers.



## Digital Resources



MIND FRESH - <https://mindfresh.nelft.nhs.uk>

A website that provides information, support and advice. If you enter your postcode, it will show you resources that are located within a 5-mile radius, as well as those located nationwide.

MIND SHIFT - <https://anxietybc.com/resources/mindshift-app>

An app that can help teenagers and young adults manage their anxiety. Gives useful advice and strategies.

MY MIND - <https://apps.nelft.nhs.uk/MyMind>

Provides information, support and advice. You can enter your postcode to discover resources that are located within a 5-mile radius, along with those that are located nationwide.

THE MIX - <https://themix.org.uk>

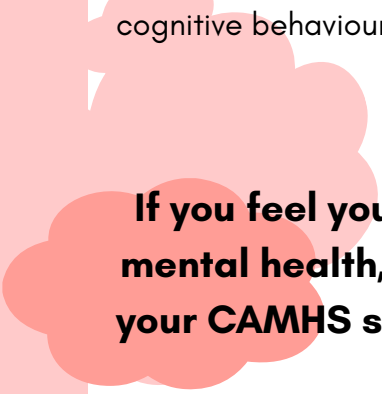
Provides support and information for the under 25's on a range of topics including, mental health, substances, your body, relationships and others. Also has a free phone number: 0808 808 4994.

WELLMIND - <https://www.dwmh.nhs.uk/wellmind/>

A free NHS mental health and wellbeing app designed to help with stress, anxiety and depression. Includes advice, tips and tools to improve mental health and wellbeing.

WYSA APP - <https://www.wysa.io>

A virtual coach that can help manage emotions and thoughts. It uses evidence-based cognitive behavioural techniques (CBT) among others, to help build resilience and move forward.



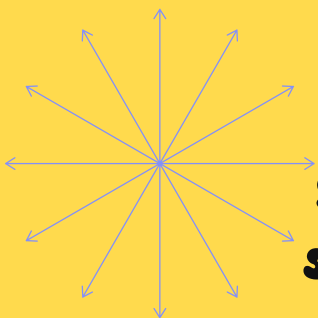
**If you feel you are in crisis or need additional support with your mental health, please ask your parents or carer to contact either your CAMHS support worker, or the crisis line on 111 and selecting option 2.**

---

# HAVE A GREAT SUMMER



**ENJOY THE SUNSHINE, RELAX, AND  
CREATE MEMORIES WITH THOSE  
THAT MATTER MOST TO YOU.**



**STAY SAFE! WE LOOK FORWARD TO  
SEEING YOU AGAIN IN SEPTEMBER!**