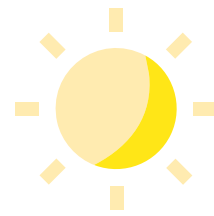


Self-care summer toolkit

Secondary and FE



Summer can be a welcome chance to rest and reset. For many, it's an opportunity to slow down, reconnect with ourselves and the things we enjoy. But the holidays don't feel relaxing for everyone.

Some education staff may find it hard to fully switch off, with September already on their minds. For young people, the change in routine, time away from friends and uncertainty about what's next can be unsettling.

That's why looking after mental health over the summer matters. The break offers space to pause and recharge, but also to build habits that support wellbeing in the long term.

This toolkit contains activities, teaching materials and guidance to help support and boost mental wellbeing over the summer and beyond.

It is divided into resources to use with students and staff.

This month's featured resources



Resources for pupils

Dealing with change lesson plan – *Department of Health & Social Care*

A lesson plan, PowerPoint and accompanying videos helping students identify strategies for managing change



[View resource](#)

Self-care form time activities – *Public Health England*

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.



[View resource](#)

Wellbeing activities: being kind to yourself – *British Red Cross*

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.



[View resource](#)

Self-care resources – *Anna Freud*

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.



[View resource](#)



Nature and mental health guide – *Mind**

A booklet that explores the benefits that nature can have for our mental health, and suggests lots of different activities to try.



[View resource](#)

Mindfulness relaxation exercise – *Meditation in Schools*

A mindfulness relaxation exercise for older students, helping to clear thoughts and release tension.



[View resource](#)

Resources for staff

How to talk about and support young people with their wellbeing – *The Children's Society*

A young person-led guide to support staff to discuss wellbeing with their pupils.



[View resource](#)

Self-care summer: advice for education staff – *Anna Freud and Education Support*

Guidance for education staff on looking after their mental wellbeing over the summer holidays and more broadly.



[View resource](#)

Mental wellbeing audio guides – *NHS*

A series of short audio guides which share professional advice for dealing with difficult feelings and improving your mental health and wellbeing.



[View resource](#)

5 ways to connect to nature to improve our wellbeing – *WWF**

A guide from the WWF sharing simple ways that we can get out in nature and improve our general wellbeing.



[View resource](#)

***This toolkit features two resources suggested by one of our Young Champions, Evie**



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Schools newsletter
for more resources



Anna Freud
Mentally Healthy Schools