

Summer Family Planner



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c 28 July							
w/c 4 August							
w/c 11 August							



Use this planner to plan out your summer holiday fun, map out your weekly goals and help you prepare for a positive September start!

Goal ideas to get you started!

- Stay active, movement is important for mental health.
- Get outside and enjoy a walk in the fresh air.
- Make plans to connect with your friends.
- Pick up a new book to read or revisit a favourite.
- Get enough sleep - enjoy a lie in or two!



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c 18 August							
w/c 25 August							
w/c 1 September							

More goal ideas to get you started!

- Organise your new supplies for school.
- Enjoy some self-care, have a bath or get your hair cut.
- Recap the highlights of what you learnt last year.
- Reflect and share how you feel about September with your family.

Ideas for preparing for September:

- Do a couple of practices of the morning routine before the next school year - do you need to get up earlier?
- Why not try out your journey to school and get familiar with the route? Find the route that fits you best.
- Work with your family to put some tools together to help you work through stress. Find things like sensory items or fidget toys that help.