



## Keep Calm and Carry on

### Surviving the Summer Holidays!

- Take one day at a time!
- Try to keep some structure and routine
- Spend some time outside - go for walks or bike rides, have picnics, go to the park
- Listen to music/ radio or do something creative – draw, act, sing, design, cook, etc
- Make a list of all the activities you can each do individually and as a family so the children can choose from the list each day/ week
- Allow time to watch TV/ Films or play on PS/ Xbox etc
- Talk to someone/ stay connected/ arrange playdates etc – friends, family etc
- Use all the wonders of technology to communicate – Facetime, Skype, Zoom, Text, Email, What's app, Facebook, Instagram, Twitter etc
- Access professionals and/or helplines if you need advice, support or information
- Practice breathing to reduce stress and anxiety – breathe in through your nose and out through your mouth (it's helpful to do it to a count of 5/7)
- Try Mindfulness – there are numerous apps – Calm, Headspace, Breathe etc. Mindfulness helps you to stay present/ in the moment and gives your brain a break from the stresses of everyday life
- Practice self-care – do things that help you to feel calm and nurtured e.g. have a bath or shower, have a treat, watch your favourite TV programme, read a magazine etc. Encourage your children to do the same
- Write a journal – this can help to get thoughts and feelings down on paper and out of your head
- Focus on the things you can control
- Try to practice positive thinking – the way you think about a situation has an effect on your feelings and behaviour so try to focus on the positives e.g. spending time with the people you love, enjoying the sunshine, slowing down the pace of life etc
- Use praise and rewards with kids rather than punishment
- Designate areas of the flat/ house that each person can go to when they need space/ time out
- Share the load – get the kids to help with easy jobs e.g. recycling, washing up/ emptying the dishwasher, polishing, vacuuming etc
- Plan meals each week to help with shopping
- Have regular family meetings to see how everyone is doing and to discuss any issues
- Use problem-solving skills e.g. what could we do next time, how can we make things better?  
Stay calm and talk things through
- Choose your battles – the summer holidays can be challenging at times so try to stay relaxed and don't put too many rules in place