

# 2020 SUMMER STAYCATION

## FREE ACTIVITIES

Embrace your 5  
Ways to  
Wellbeing



Week commencing: 27/7/20

### 5 WAYS TO WELLBEING – No. 2: GIVE POSITIVITY



Sessions 8-11 years (11-12pm) and 12-15 years (2:30-3:30pm)

Giving a positive message using creative writing

- Create positive messages using words and letters from magazines and newspapers – Tuesday 28<sup>th</sup> July
- Paint positive messages on pebbles – Wednesday 29<sup>th</sup> July
- “Blackout Poetry” – finding poems in written texts by erasing words – Thursday 30<sup>th</sup> July

### ‘Our Visyon’ 14+

Tuesdays 1pm-2pm

Join our existing group and learn about mental health, how to share your knowledge and skills with others, effective campaign strategies and how to have a voice. Influence what mental health and other support looks like for children and young people



### PARENTS OF 8-12 YEAR OLDS

Guided session on how to support your child returning to school  
Thursday 30<sup>th</sup> July – 6pm



### BE CURIOUS BE CREATIVE – 8-11 YRS

Nature Mandalas: creating patterns with nature  
Thursday 30<sup>th</sup> July at 11-12:30pm or 3-4:30 pm



### PARENT WEBINAR

Advice and support on managing your child’s big emotions: anger and anxiety  
Wednesday 29<sup>th</sup> July – 10-10:45am



### PARENTS SUPPORT GROUP



Join our existing group on Wednesdays at 6:30-7:30pm for parental support over a virtual cup of tea. Learn and exchange ways of supporting your child experiencing mental health issues



### VISION CREATE – 11-15 YEARS

On Tuesdays at 4:30-5:30 pm  
Join our existing group and enjoy creative activities to keep those feelings under control



FOR MORE DETAILS CHECK OUT OUR WEEKLY PROGRAMMES ON OUR WEBSITE, OR FOLLOW US ON FACEBOOK AND INSTAGRAM @VISIONLTD . TO BOOK A PLACE CONTACT VISION TEL: 01260 290 000 OR EMAIL ADMINISTRATION@VISION.ORG.UK & GET BOOKED ON TO ENJOY THE FUN!!

