

# Summer Holiday Activities

*Put yourself first this summer*

**Monday  
12<sup>th</sup>  
August**

12:00pm – 1:00pm: **Introduction Session**

Meet the team and play some games as we get to know each other.

1:30pm-3:30pm: **Don't You Worry**

Learn how to let your troubles melt away by building your own personalised toolkit of worry management

**Tuesday  
13<sup>th</sup>  
August**

1:00pm – 3:00pm: **Seeing Red**

Gain understanding and control over the intense emotion we call anger

**Wednesday  
14<sup>th</sup>  
August**

12:00am – 2:00pm: **Inspire-Goals and Aspirations**

Learn how to set goals and build aspirations. The sky is not the limit!

**Thursday  
15<sup>th</sup>  
August**

10:00am – 2:00pm: **Mindfulness Retreat**

Take a step forward and get away. Find peace and calm on this day trip.

**Saturday  
17<sup>th</sup>  
August**

11:00am – 4:00pm: **Mindfulness Retreat**

Take a step forward and get away. Find peace and calm on this day trip.

STEP-FORWARD.ORG

info@step-forward.org

020 7739 3082

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**Monday  
19<sup>th</sup> August**

1:30pm – 3:30pm: **Getting Creative**  
Colour, splash or sculpt. Find fun ways to express yourself creatively, focus and relax.

**Tuesday  
20<sup>th</sup> August**

11:30am – 1.30pm: **The Power of Movement**  
Have fun getting out of your mind and into your body.

**Wednesday  
21<sup>st</sup> August**

10:30am – 1:30pm: **Ready, Steady Cook**  
Learn how to how to make meals that are tasty and healthy!

**Thursday  
22<sup>nd</sup> August**

11:00am – 1:00pm: **Inspire: Self-esteem Power**  
Build tools for getting a better self esteem and create more confidence.

**Friday 23<sup>rd</sup>  
August**

11:00am – 5:00pm: **Taking Time**  
Step out from the every day stress and anxiety. Join us on a summer forest walk and learn tips for looking after yourself

Lunch and/or refreshments will be provided at every activity..

If you're 14-21 years old and are interested in our holiday scheme please get in touch for more information and to book your free place. For any enquires please contact Danielle at Step Forward on [020 7739 3082](tel:02077393082) or via email at [Danielle@step-forward.org](mailto:Danielle@step-forward.org).

SUPPORTING YOUNG PEOPLE SINCE 1988

