



# SUMMER HOLIDAYS ACTIVITY PACK

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# Mark Lehman's Mantra for the Summer Holidays



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- S**tay focused on what's important to you.
- U**mbrella at the ready – just in case!
- M**ake time to get outside and stock up on Vitamin D.
- M**eet up with friends and family (whilst sticking to social distancing guidelines).
- E**at the colours of the rainbow to get your five a day.
- R**echarge your batteries doing the activities you love the most.

# Managing the Holidays, Children, and your Workloads Tips

1

Be kind to yourself whether you have children or not.



2

Focus on your work/key tasks rather than the hours you are doing.



3

Plan your day.



4

Take the pressure off yourself.



5

For those with younger children, could you discuss with your manager to work half days/reduced days over the summer period? Give yourself a hard stop and don't feel guilty about it.



6

If possible - take holidays and put your laptop away.



# Virtual Holidays

While it's not possible to travel the real world at the moment, you can take a virtual trip across the globe and beyond with these apps ...

**Google Earth**

**Lonely Planet Guides**

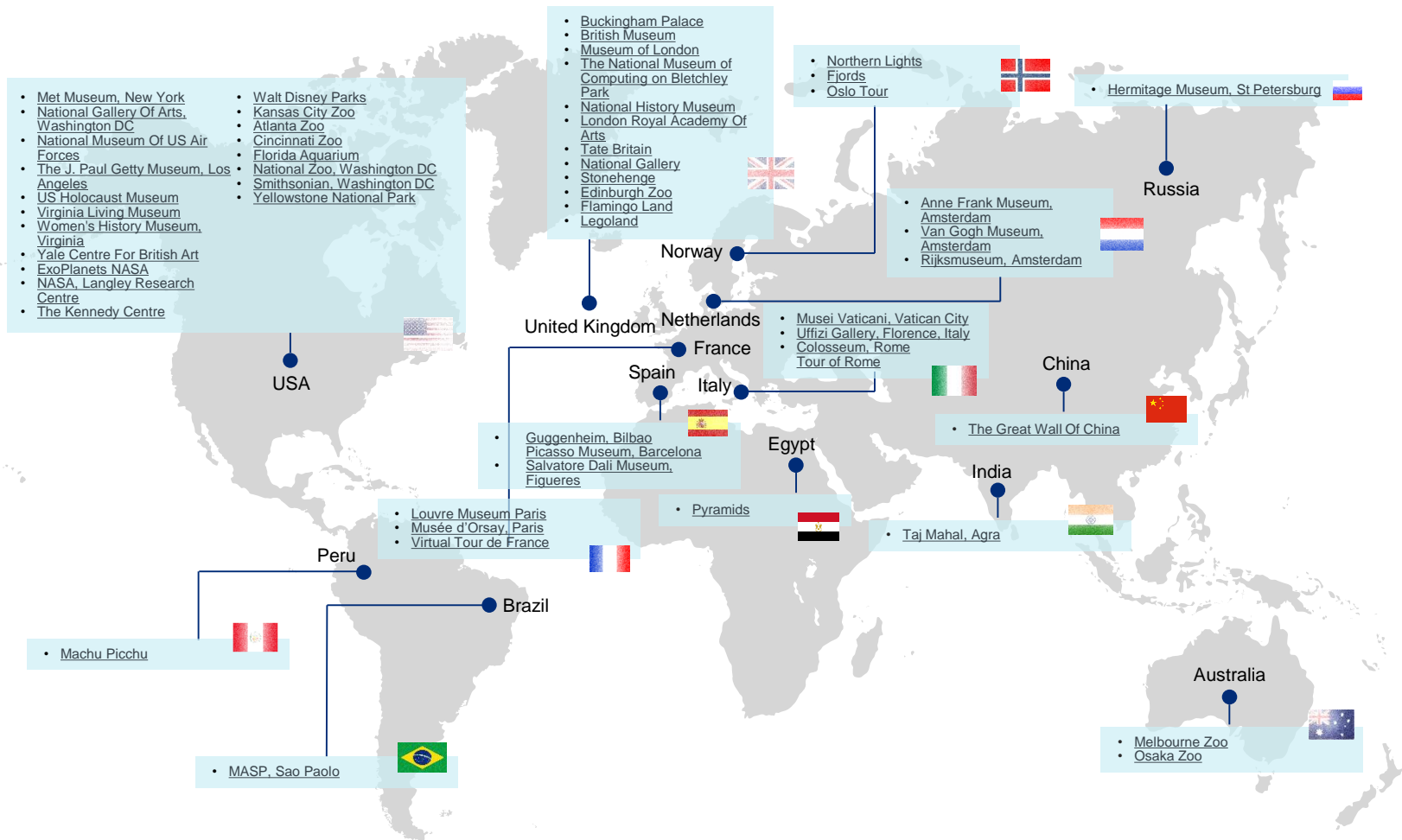
**Sky Guide**

**Airbnb**

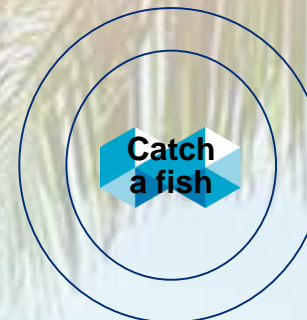
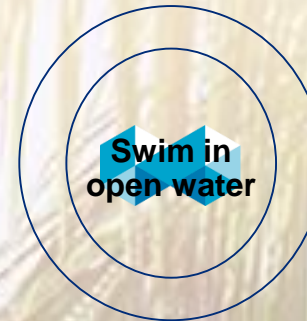
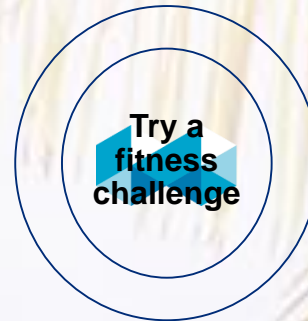
**Civilisations AR**



# Virtual Holidays – Sightseeing



# Passport Stamps



# Passport Stamps

Pick strawberries

Go into the woods

Do a self-less task

Eat s'mores

Interview a family member

Care for an egg pet

Take an "extreme reading" photo

Watch the sun rise

Play a board game

Volunteer

Learn first aid

Start a virtual book club

# Ideas

- Ride a theme park ride on YouTube.
- Create a new playlist.
- Do a family fitness competition.
- Do a family challenge – *Norris Nuts Challenges*.
- Do an online escape room.
- Make a lockdown scrap book.
- Collect sticks and make a lockdown heart.
- Have fun with glue gun activities.
- Care for an egg pet (boil an egg, paint a face on it, and keep it safe all day – don't let it crack and don't eat your pet!!).





# LinkedIn Family Challenges

Pick a challenge or do all the challenges, take pictures, tell us about your challenge:

- Pick a colour and only eat that colour for the day (you might need to add food colouring):  
#marshsummerchallenge #familyeatonecolourday
- Cycling non-stop for an hour (you can put your foot down for 10 seconds):  
#marshsummerchallenge #familynonstopcycle
- Eat no sugar for a day: #marshsummerchallenge #familynosugarday
- August step-count challenge: #marshsummerchallenge #auguststeps
- Post your passport stamps: #marshsummerchallenge #passportstamps





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