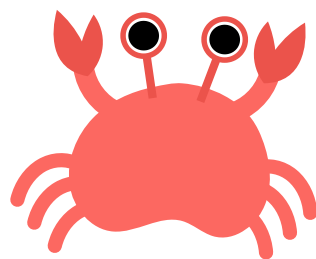


Bolton

Together

SUMMER



Registered Company Number: 08730010 (ENGLAND
and WALES) Registered Charity Number 1163466



1. Welcome to Summer

A friendly note to families and children about what to expect from the workbook.

2. Feelings Check-In

Simple tools to help children name and explore their emotions.

3. Summer Routines

Ideas for gentle structure to keep days feeling safe and steady.

4. Calm-Down Corner

Easy techniques for calming big feelings (breathing, movement, sensory).

5. Joy Jars

Fun activities that grow joy and focus on positive moments.

6. Connection Builders

Prompts and games for family bonding and friendship support.

7. Creative Time

Drawing, journaling, or storytelling pages for emotional expression.

8. Outside Adventures

Ideas for nature-based play and grounding activities.

9. Staying active

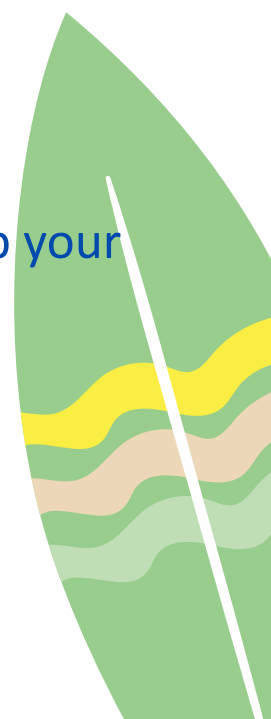
Ways to stay active this summer and how this can help your emotions.

10. When Things Feel Tough

Kid-friendly tips for hard days and how to ask for help.

11. Support & Resources

Where families can turn for more help if needed.



hello SUMMER



School is nearly out, and summer is right around the corner! Long days, no homework, and the chance to play, explore, and rest—there's so much to look forward to. But when the routines of school disappear, things can start to feel a little wobbly. Without the usual structure, it's easy to feel a bit lost.

This workbook is here to help keep your summer full of fun, calm, and connection. You're not on your own—there's support, ideas, and activities waiting for you on every page.

The IThrive Hub Team



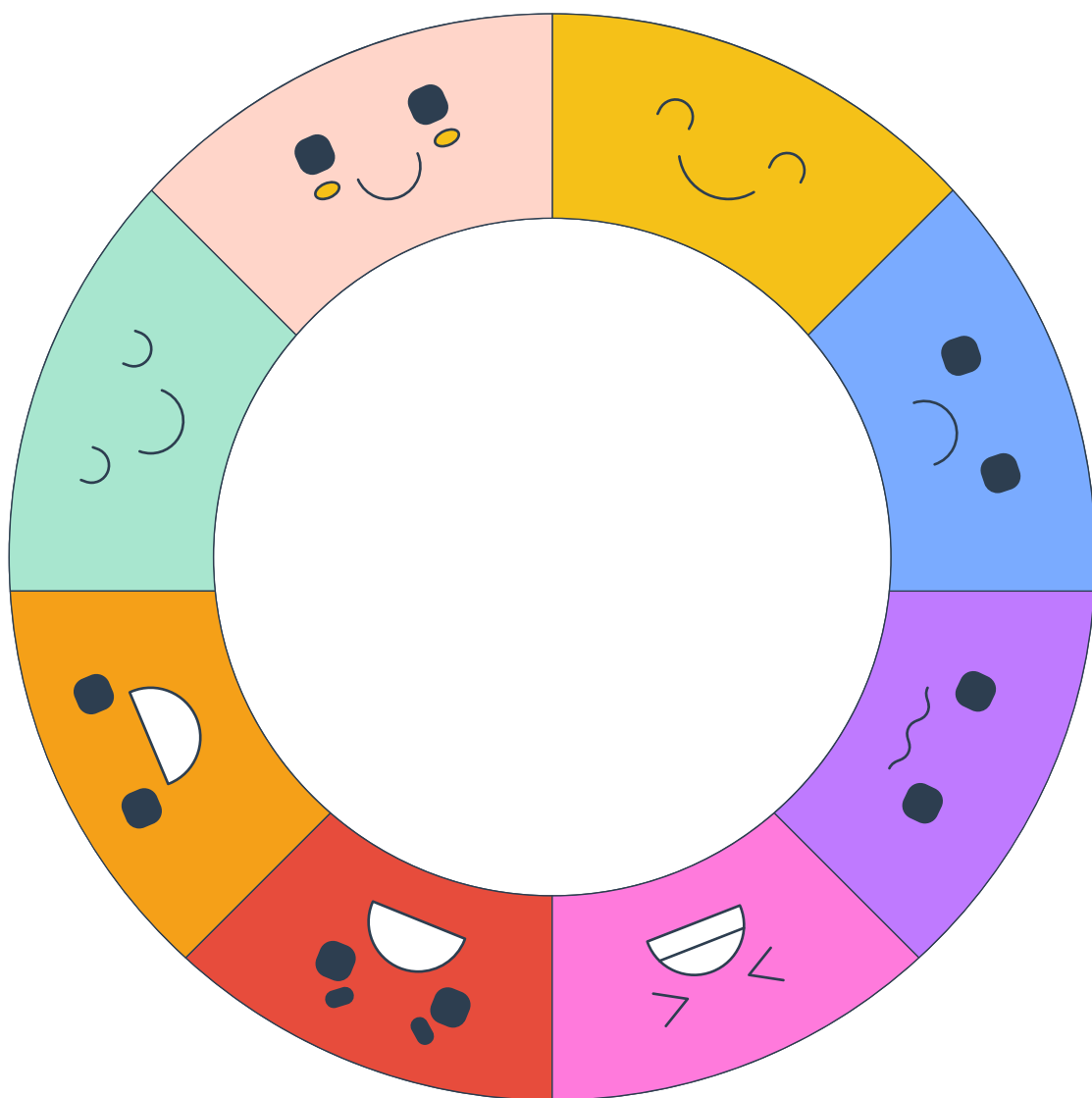


Feelings Check-In

How Are You Feeling Today?

Sometimes feelings are loud like a thunderstorm. Sometimes they're quiet like a feather. All feelings are okay. Let's find out what yours are doing today!

Circle or color all the faces that match how you're feeling right now.





Summer Routines










Summer can feel big and open—and that can be amazing and a little overwhelming. A simple routine can help your day feel steady, calm, and fun.

My Summer Day Planner

Cut, draw, or write what your ideal summer day could look like. You don't need to plan every minute—just the big pieces that help you feel your best.





On the next page, you'll find a blank Summer Day Planner you can fill in any way you like. You can draw pictures, write words, or use colors to plan your day.

Here are a few ideas to help you get started:

-   Start the day calm – stretching, deep breathing, soft music
-  Pick a snack & meal time – choose times that work for your family
-  Creative time – drawing, crafts, building, storytelling
-   Move your body – outside play, dancing, short walks
-  Quiet moments – reading, puzzles, cozy corners
-  Time to connect – play with a friend, help someone, check in with a grown-up
-  Wind-down routine – bath, favorite book, soft lights, bedtime chat

You don't have to do everything—just choose the parts that help your day feel good.



Together

Bolton



Calm-Down Corner







Big Feelings Happen

Sometimes we feel too full. Too mad, too sad, too worried, or too wiggly. That's okay. All feelings are allowed. When they start to take over, we can pause, breathe, and take care of ourselves.

Build Your Calm-Down Corner

You don't need a fancy space. A cozy chair, a pillow on the floor, a corner of your room—anywhere can be your calm-down spot.

Here are some things you might keep nearby:

-  A soft toy or blanket
-  A favorite book
-  Headphones for quiet music
-  Paper and crayons
-  A pinwheel or straw for slow breathing
-  Notes that remind you: "I'm safe," "I'm strong," or "This feeling will pass"





Try One of These Calming Tools

Balloon Breathing

Take a big breath in. Fill your belly like a balloon.

Slowly let it out like the balloon is deflating.

Repeat 3 times.

Sound Check

Pause. Listen. Name 3 sounds you can hear right now.

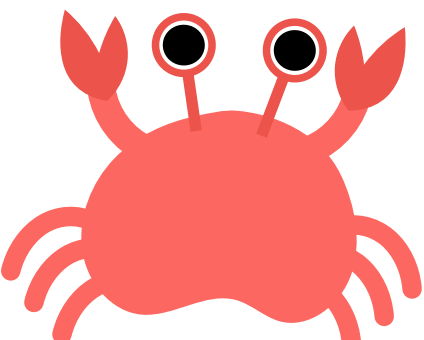
5-4-3-2-1 Grounding

Name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Draw It Out

Draw how your feeling looks. Then draw something that helps it shrink, soften, or float away.





Joy Jars

Summer brings new adventures and moments to treasure.

Finding joy in everyday things helps your happiness grow.

Showing gratitude deepens the good feelings and makes every day brighter. This summer, celebrate joy and gratitude to make your holidays truly special.

Find a jar, box, or envelope. Each day, add a note, picture, or memory of something that made you smile. It can be small—like a yummy snack or a funny moment.

Try This:

- Write or draw one good thing each day
- Decorate your jar with stickers or drawings
- Read your notes when you're having a tough day





Connection Builders

Feeling close to others helps us feel safe, seen, and supported. These simple games and prompts are made to spark laughter, sharing, and stronger bonds with the people around you.

Getting Closer Game

Cut out or choose a question from the list below and take turns answering them with a friend or grown-up.

- 💬 “What made you laugh recently?”
- 💬 “If you could have any superpower, what would it be?”
- 💬 “What’s your favorite way to be cheered up?”
- 💬 “What does being a good friend mean to you?”
- 💬 “What’s a fun memory we share?”

Kindness Challenge

- Make a card for someone
- Give 3 compliments today
- Help with a chore without being asked
- Invite someone to join your game
- Write down 5 nice things about someone and give it to them





Creative Time

Sometimes feelings are easier to show with pictures, stories, or colors than with words. These activities give your imagination space to play, explore, and speak in its own way.

Story Starter: My Adventure Day

Write or draw a story that starts like this:

"One morning, I woke up and the whole world felt a little brighter. I put on my shoes and walked outside, not knowing what adventure I'd find..."



Outside Adventures

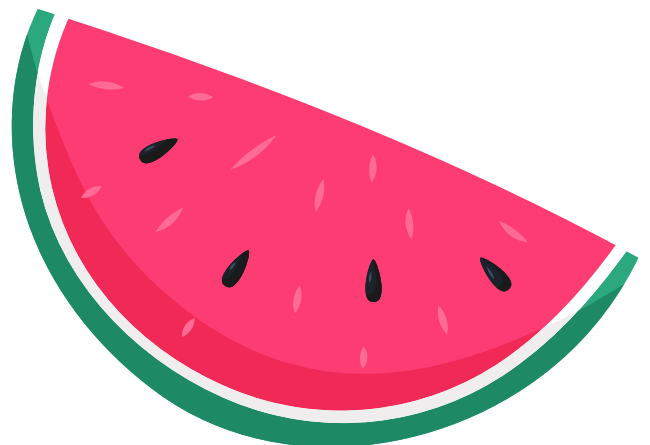
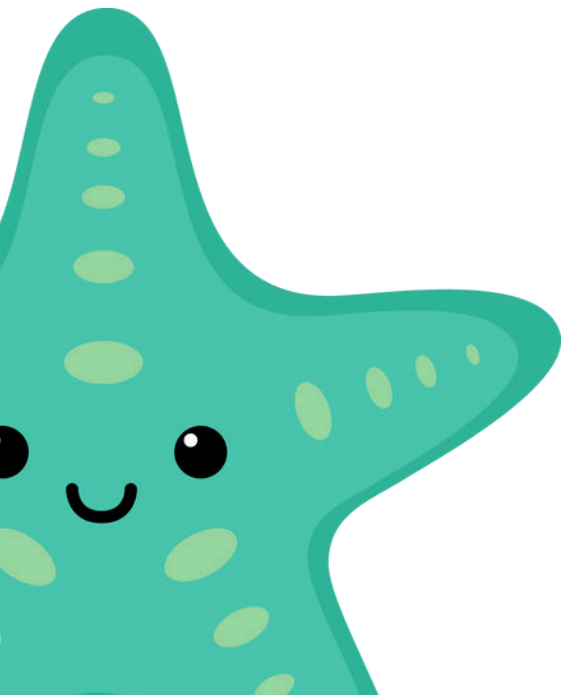


Nature is full of calm, color, and surprise—and it's always waiting for you. These outdoor activities help you feel more grounded, curious, and connected to the world around you.

Nature Treasure Hunt

Take this list outside and see what you can find:

- ☐ Something green
- ☐ A smooth rock
- ☐ A sound that makes you smile
- ☐ A smell you like
- ☐ A bug or bird
- ☐ A cloud with a fun shape





Staying active

Summer is a great time to add some sports and active games into your outdoor adventures! Staying active can make your emotions feel more manageable and reduce any stress.

Why not try some of these ideas?

- Ask a friend or family member to join you in playing an active game, like football or hopscotch
- See what games you can play on your own - football, cycling, swimming don't always need more than one person.
- Try a new sport! You can use the NHS quiz to find out what sport is right for you - <https://www.nhs.uk/healthier-families/activities/disney-sports-quiz/>
- Try playing these 10 minute shakeup games with friends and family for short bursts of activity - <https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>
- You can use <https://letskeepboltonmoving.co.uk/> to find activities in your area as well as more information about staying active.





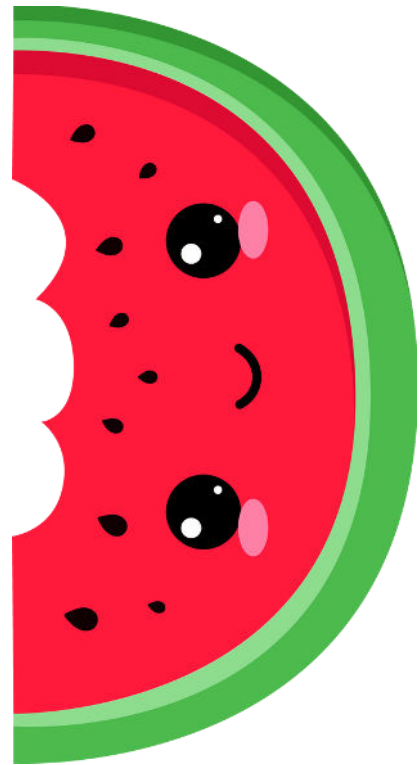
When Things Feel Tough

Some Days Feel Heavy

You might feel angry, worried, lonely, or nothing at all. That's okay.
You're not the only one. You don't have to figure it out alone.

What Helps Me?

- 💡 Ask for a hug
- 💡 Go to your Calm-Down Corner
- 💡 Say what you need out loud:
_"I feel ___ and I need ___."
- 💡 Squeeze something soft or punch a pillow
- 💡 Write it down or draw it out
- 💡 Take five deep belly breaths



People I Can Talk To

(Write or draw someone you can go to when you need help.)



Grown-ups I trust:



Friends who care:



Helpers I can call (school, doctor, support line):

Resources & Support



Bolton Council, offers free fun activities and hot meals to children who get free school meals. It runs for at least 4 hours a day, 4 days a week, over 4 weeks in summer. Families can book places by selecting their postcode and following the booking steps—just remember to use your unique HAF code to show you're eligible. If you don't have a HAF code, there are still free sessions and food available for all school-aged children through Bolton's Play & Youth Service and other summer events across the borough.

Find out more by visiting <https://www.bolton.gov.uk/HAF>



School Transition Project

IThrive Next Chapter
School Transition Project
 For those needing emotional health and well-being support moving from

Primary School to Secondary School

Aimed at those aged 10-11 years old.

Children experiencing emotional or social difficulties, such as:

- Anxiety or low mood
- School avoidance
- Emotional dysregulation
- Difficulties with confidence or peer relationships

Referrals can be made through our 2-19 referral form.

SCAN HERE

Bolton Together's School Transition project supports children moving from primary to secondary school by building confidence, resilience, and friendships. Working with Urban Outreach and Breaking Barriers, the project offers tailored group and one-to-one support for both SEND and non-SEND children, along with guidance for parents and carers. To refer your child, visit: www.bolton-together.org.uk.

BLGC Summer Drop-Ins

The BLGC Summer THRIVE Reset is a free summer wellbeing programme designed to help young people relax, recharge, and build resilience. Through fun activities like breathing exercises, creative projects, mini challenges, and games, it offers support without pressure. Participants also receive free meals, wellbeing kits, and a certificate when they complete the programme—making summer a time to take care of YOU.

infinity
blgc
SUMMER THRIVE Plus CREW 2025 RESET

what to expect...

- TALK SPACE**
No pressure, just support
- CREATE ZONE**
DIY stress kits, vision boards & more
- MINI MISSIONS**
Mini Missions level up your resilience
- RESET TIME**
Breathing hacks, chillouts & feel-good tools
- GAMES & CHALLENGES**
Mind-matter missions

AGES 11-12 TUESDAY
 10am-1pm
 JUL 22, AUG 5, 19
 (Free lunch and entry into Holiday Camp 1-April included)

AGES 13-18 TUESDAY
 4pm-6pm
 JUL 8, AUG 5, SEPT 2
 (Free Dinner in senior club at 4pm included)

HEY!

This Summer take a break and take care of YOU!

Join the Thrive Crew – a fun, chill space where you can:

- Talk about real stuff (anxiety, confidence, stress, self-esteem)
- Try cool activities like mood boards, playlists, art, & games
- Make new mates & boost your mental strength
- Learn how to manage your mind and own your emotions

For more information please contact wellbeingprojects@blgc.co.uk

FREE wellbeing kit + certificate for all who complete the program!

Infinity
 18 Spa Road
 Bolton



Youth Against Violence

YOUTH AGAINST VIOLENCE

Led by Bolton Together four organisations are working together to reduce antisocial behaviour, providing protective factors for young people at risk of youth violence, developing skills and increasing opportunities.

Partners will be engaging with young people aged between 12 and 17 years

- ✓ Youth Voice
- ✓ Diversionary activities & Outreach
- ✓ Mentoring and One to One Support

Standing Together Partnership

- ✓ Brightmet
- ✓ Halliwell
- ✓ Farnworth
- ✓ Johnson Fold

Scan me!

BSCA flowhession URBAN OUTREACH

Registered Charity in England and Wales (1163466)

Bolton Together has launched the Youth Against Violence. In collaboration with Urban Outreach, The Flowhession Foundation, and BSCA, the program supports 12–17-year-olds in Halliwell and Brightmet through mentoring and activities aimed at promoting positive choices and reducing risks. More information can be found at: bolton-together.org.uk/youth-against-violence.

Parenting, especially with a child facing mental health challenges, can be tough. Bolton Together offers a Parent Peer Support service to help parents feel heard and connected. Participants can join group sessions and wellbeing activities like mindfulness, sharing experiences and accessing helpful resources. For more information, view the overview and complete the referral form to get involved - <https://bolton-together.org.uk/parent-peer-support-referral/>

Parent Peer Support

iThrive Parent Peer Support

Breaking Barriers

Bringing together parents/carers of children with SEND to offer support and advice and signpost to useful information.

Location - Tuesdays 5-6:30pm or Thursdays 10-12:30
Breaking Barriers NW café, upper ground floor of Market Place (next to TUI).

Contact - breakbarriers3@gmail.com / 07717 434 840

Families Together

Weekly Groups, one to one support and signposting for parents/carers looking to improve their wellbeing and receive support and guidance.

Location - Wednesday's 10-11am Oxford Grove Family Hub, BL1 3BH.

Contact - familiestogether445@gmail.com / 07514484157 / familiestogether.org.uk

To refer to Parent Peer Support, go to our website: bolton-together.org.uk or contact us at ithrive@boltontogogether.org.uk

Bolton

Together

URBAN
OUTREACH (BOLTON)



Urban Outreach's Summer Recharge is the perfect way to unwind and connect with your community all season long. With fun games, delicious food, creative crafts, and a relaxing wellbeing walk, there's something for everyone to enjoy. Whether you're looking to get active, express your creativity, or simply spend quality time with others, Summer Recharge offers a welcoming space to refresh and recharge. Join us across the summer for uplifting activities that feed the body, mind, and spirit.

Join us for some friendly wellbeing sessions at our
Amber Centre, Snowden Street, BL12PU
Interested? Call 01204 385848 or email nicola.gillard@urbanoutreach.co.uk or
speak to your Urban Outreach contact

SUMMER RECHARGE

JULY 24TH 2–3.30 P.M.
GAMES AND FOOD

JULY 31ST 2–3.30 P.M.
WELLBEING WALK

AUGUST 7TH 2–3.30 P.M.
CRAFTS

AUGUST 14TH 2–3.30 P.M.
WELLBEING WALK



URBAN
OUTREACH (BOLTON)

Bolton Together

URBAN
OUTREACH (BOLTON)

NEXT
CHAPTER

Please join us for our
transition sessions
@ Urban Outreach, Salop Street, BL2 1DZ
from 3.45 – 4.45 p.m.

Weds 6th August: Facing the Fear – understanding resilience and capacity for change.

Weds 13th August: Embracing the opportunities – reviewing the new landscape with excitement and adventure.

Weds 20th August: Making new relationships – increasing confidence to build friendships.

Weds 27th August: Being Together – Consolidating knowledge of strategies, understanding of safe spaces, comprehension of growth mindset and trusted people.

Any queries, please contact
Nicola Gillard on 01204 385848 or
nicola.gillard@urbanoutreach.co.uk



Urban Outreach's School Transition Support is a four-week programme helping young people build confidence and resilience as they move to secondary school. Each session focuses on key themes like facing change, embracing new opportunities, building friendships, and developing a growth mindset.



Breaking Barriers is offering a range of inclusive activities and support for families over the summer. Their Sensory Room at The Market Place is open for walk-ins from 10am to 3pm during the holidays, costing just £3.50 per child for all-day access, with families welcome to come and go as they please. The Sensory Garden and Snack Shack, located on The Patio (right of the main entrance), are open daily and free for families to enjoy. The Charity Shop on the Upper Ground Floor is also open daily from 10am to 3pm, serving drinks and homemade cakes in a welcoming space. For more details and a full list of events, visit: [Breaking Barriers Events Calendar](#).



**Bolton
Family Hubs**

The Bolton Start Well Family Hub Guide is a great resource for families looking for activities, support, and services over the summer holidays. It includes details of what's on at local Family Hubs, from play sessions to parenting support, helping families stay connected and supported throughout the break. Access the full summer programme here: [Bolton Start Well Family Hubs Programme](#).



**GREATER
MANCHESTER**
FIRE AND RESCUE SERVICE

Safe4Summer

Safe4Summer is an annual partnership campaign launched on 2 June 2025, aimed at keeping young people across Greater Manchester safe during the summer months.

Led by Greater Manchester Fire and Rescue Service, Greater Manchester Police, local councils, and other partners, the campaign focuses on education, engagement, and promoting social responsibility.

This summer's priorities include tackling anti-social behaviour through targeted interventions and fun local activities, encouraging communities to report ASB, raising awareness of its consequences, promoting water safety, and reducing incidents of deliberate fires and hoax emergency calls.

Safe4Summer supports both young people and their families with key safety messages to ensure a safer summer for all.

Discover more by visiting

<https://www.manchesterfire.gov.uk/your-safety/campaigns/safe4summer/>



Crisis Support

iThrive is not a crisis service, so if you feel you or someone else is at risk you can access the following services:

Childline for children and young people under 0800 1111

Samaritans 116 123

Text "SHOUT" to 85258

GMMH 24/7 helpline 0800 953 0285

NHS 111 to enquire about mental health or risk concerns.

Contact 999 or attend your local A & E service if you are in urgent need of medical treatment.



Beyond Summer How to refer to iThrive

If you feel like you may need some more structured support, you can refer into the iThrive service at the link here: <https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>

You can complete a referral yourself, with the help of a trusted adult (parent/carer, teacher etc), or someone can complete one on your behalf with your consent and help to make sure we know what support you would like.