 Use Google Translate to change to your preferred language.

**BELONG, believe, ACHIEVE**  
**PERTHYN, CREDU, LLWYDDO**

**Weekly Newsletter – 16.07.21**

Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

**End of Term:**

This week we have been busy with our retro Sports Days and reward assemblies. All pupils have been a credit to their Welfare Officers and Form Tutors – their ice-creams were well deserved! We'd like to take this opportunity to thank you all for your continued support throughout this year in developing the pupils' characters and manners as well as helping them academically.

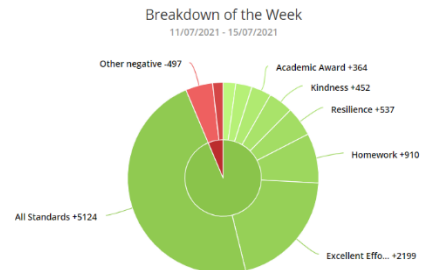
You should have received a letter from Mr. Norman regarding September return dates. Here is a reminder:

- Monday 6th September 2021 – Year 7
- Tuesday 7th September 2021 – Years 7 and 11
- Wednesday 8th September 2021 – Years 7, 8, 9 and 11
- Thursday 9th September 2021 – Years 7, 8, 9, 10, 11

If there are any more questions regarding transition from Y6 to Y7, please e-mail [Ian.Whittaker@Willows.Cardiff.sch.uk](mailto:Ian.Whittaker@Willows.Cardiff.sch.uk).

A huge Willows well done to all of this week's merit winners including Fatima Fadelmoula from Grey-Thompson and Saliu Susso from Bronte who were the highest merit winners in their classes. We are very proud of you!

**Merits – 08.07.21 – 15.07.21:**



Year Group	Total Merits	Excellent Effort	Merit Champions
Year 7	5364	7Edwards	Amal Hersi
Year 8	3493	8Attfield	Ellis Thomas
Year 9	3816	9Schumann	Shaida Tufiq
Year 10	2846	10Hepworth	Ethan Hewett

**School Uniform Help:**

A reminder of our school uniform exchange. Please contact Sam Watt to donate or request items on [07592037937](tel:07592037937).

Applications are now open for the Pupil development Grant (previously school uniform grant) for 2021/22. The grant has been extended again to include Years - Rec, 1, 3, 5, 7, 8, 9, 10, 11:

<https://gov.wales/pupil-development-grant-access>

**WILLOWS HIGH SCHOOL UNIFORM EXCHANGE**

- Pre-loved school uniforms wanted
- Swap your outgrown uniform items
- Just drop items off at school reception or tell your child to speak to their welfare officer
- Any questions, contact Sam Watt, 02922 672744, 07592037937

## School News:

### Retro Sports' Days:



The PE department rolled back the years and treated the pupils to a Retro Sports Day every afternoon this week. Reg groups competed against each other in events such as the three-legged race, egg and spoon, wheelbarrow and obstacle race as well as a round-robin tug-of-war tournament.

All pupils enjoyed an ice cream from a van on the yard and really got into the spirit of things. The weather was beautiful (apart from a few downpours on Tuesday) and everyone enjoyed their afternoon in the sunshine.

Pupils contributed towards the NHS Big Tea charity, which the staff have been supporting with afternoon cream teas all week. Thank you to everyone involved.



## **Genius Hour – First Give Project:**

This week saw the climax to the Genius Hour project that we have been running this term. With the help of First Give, the aim was to raise awareness of a social issue that was important to each group and to find a local charity that worked to support that issue. The issues researched were quite diverse. They included homelessness, suicide prevention and mental health. Each group chose a different charity to support.

**8Attfield – Boomerang**



**8Plato – Jacob Abraham Foundation**



**8Cavendish – Children in Need**



**8Socrates - Oasis**



**8Wollstonecraft – Shelter**



**8DeBeauvoir – Mind**



The groups were asked to choose a charity and raise awareness of their work. The amount of effort that each put into this project was superb. Each group contacted the charity and held a virtual meeting with their class. Some of the groups did a Willows Waves Radio Broadcast to discuss their charity and some even did some fundraising in the form of a football match and cake sales. In total the groups raised over £400 for their charities – which is a phenomenal effort.

On the day of the final, each group was asked to present their work to a panel of judges. The judges, Mr Thomas, Miss Riley and Rhiannon from First Give were very impressed with the effort that each group had put in.

After careful consideration and a lot of deliberating, they eventually decided that the group representing 8ATT, consisting of Sama Al-Battat, Sahand Mohammed, Katiba Laksari would be the winners. Their hard work and obvious commitment to his cause clearly showed. They were rewarded with a cheque of £1000 for their charity.



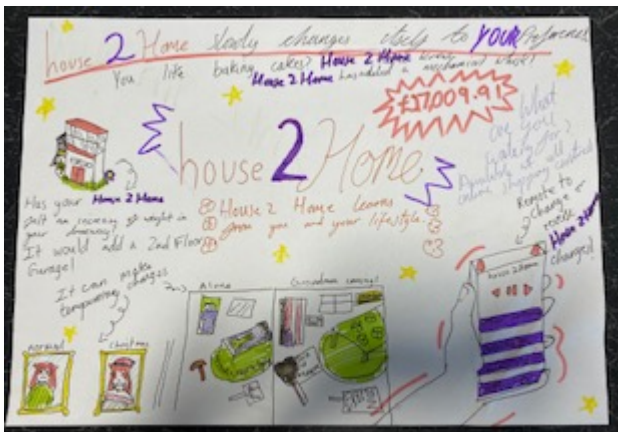
Past pupil Paul from Boomerang was then invited to the school to be presented with his prize. He was delighted, firstly, that the pupils had chosen to support him and secondly, that they had won!

### Science CREST Discovery Day:

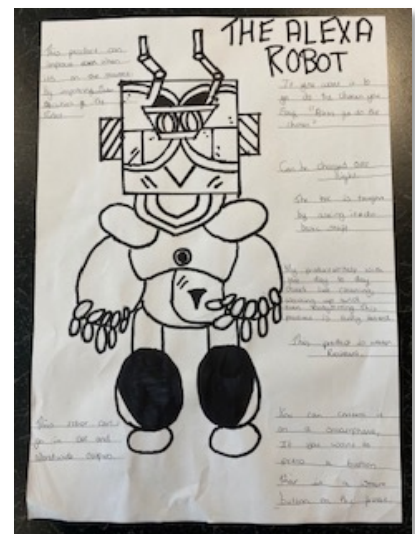


Pupils in year 7 and 8 have taken part in a CREST Discovery award. The theme of the award was based around Machines of the future. Pupils completed various workshops answering questions like; Would you trust a machine? and What is machine learning now? These workshops allowed pupils to really think and focus on the implications that machines have on our lives.

The final part of the award was where pupils worked in teams to design a household product that uses machine learning. All groups were very imaginative and produced a variety of different products that could help with different elements of home life, such as chores, security and communication.



All pupils who participated will receive a Bronze CREST certificate!



### **Careers Award:**

We are delighted to have been awarded the Careers Wales Mark this week for our careers provision. For further careers advice, pupils should see Mr. Roberts who can put them in touch with the relevant organisation or offer further guidance.

There is more college information from Cardiff and the Vale College attached to this newsletter for our current Y11 pupils. The college would like to remind all current Y11 pupils that there are spaces available for them whatever their results. For further help, please e-mail JTanner@CAVC.ac.uk . Joanne Tanner will also be available online on August 12<sup>th</sup> if pupils want to speak to her after receiving their full set of results. The link will be included in an e-mail nearer the time.



### **Health and Well-being:**

Our safeguarding Officers would like to draw your attention to the following useful services in case you need them over the holidays:

- Childline Cymru 0800 1111. <http://www.childline.org.uk/get-support/>
- Live Fear Free (for Domestic Abuse support) 0808 80 10 800. <https://gov.wales/live-fear-free>
- MEIC 0808 80 23 456. <https://www.meiccymru.org/>

There is also a six week challenge from 'Thrive' – a mental health charity attached to this newsletter that provides ideas for keeping our younger pupils and their siblings entertained over the six week holiday.

### **Adult Support:**

Cardiff Council have launched a new service to help adults who feel socially isolated and to help people manage their own well-being. The Cardiff Well-being support service seeks to boost customers' health and well-being through clubs, activities, training, volunteering and more. To find out more about the service, please contact our Adviceline on 029 2087 1071, option 1 or email [WellbeingTeam@cardiff.gov.uk](mailto:WellbeingTeam@cardiff.gov.uk)



### **Cardiff Foodbank:**

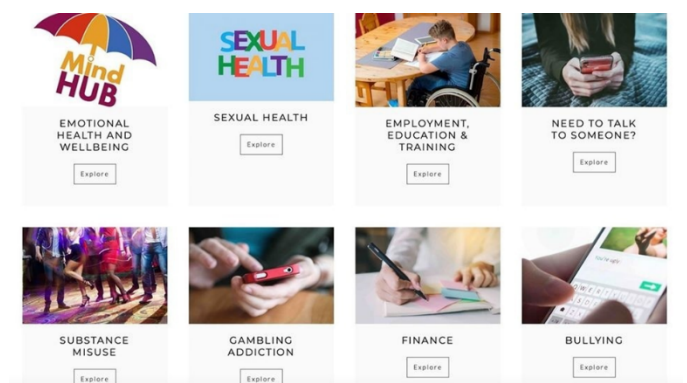
Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please call Sam Watt (Family and Community Engagement Officer, Willows) in confidence on 02922 672744/07592 037937 **Cardiff**

### **Youth Service:**

Cardiff Youth Service can support young people on a variety of topics such as emotional health, housing, finance and help lines. More information can be found on their website:

<http://cardiffyouthservices.wales/>



Here is a reminder of some of the key services available for young people and their families:

- **School nurse** – pupils can text 07520615718 or ‘chat’ on ‘Chathealth.NHS.UK’ for confidential advice and support.
- **Family Gateway** – 03000133133 – provides advice for families no matter how big or small the problem.
- **Food Bank\*** - our nearest food bank can be found at St. Saviours Church on Splott Road. For dates and times, go to <https://cardiff.foodbank.org.uk/>
- **Period Poverty** – Please e-mail Mrs. Bubbins at [Kelly.Bubbins@willows.cardiff.sch.uk](mailto:Kelly.Bubbins@willows.cardiff.sch.uk) if you need feminine hygiene products and we’ll do our best to help.

A reminder that our school safeguarding leads can be contacted if you have any worries or concerns about a child:

[-Ian.Whittaker@Willows.Cardiff.sch.uk](mailto:-Ian.Whittaker@Willows.Cardiff.sch.uk)

[-Danielle.Mackintosh@Willows.Cardiff.sch.uk](mailto:-Danielle.Mackintosh@Willows.Cardiff.sch.uk)

### **Community:**

#### **Cardiff Council – New Willows High School Vision:**

An exciting opportunity to help shape the future for Willows High School has been launched. Maybe you are a parent, pupil, local resident or just have lots of ideas? Help create a new curriculum and development of a new school building, before July 23<sup>rd</sup> by visiting: <https://www.cardiff.gov.uk/ENG/resident/Schools-and-learning/Schools/21st-Century-Schools/Keep-up-to-date-and-contact-us/Publications/willows-high>



[school/Pages/default.aspx?utm\\_source=Twitter&utm\\_medium=social&utm\\_campaign=Orlo&utm\\_content=Willows+Visioning](https://www.cardiff.gov.uk/ENG/resident/Schools-and-learning/Schools/21st-Century-Schools/Keep-up-to-date-and-contact-us/Publications/willows-high)

#### **Eastmoors Summer Programme:**

There is a fun-packed programme from Eastmoors this Summer. Young people can follow Eastmoors on social media to sign up for the following activities and trips:

Facebook : Eastmoors Youth Centre

Instagram : Eastmoors Youth Cardiff

#### **W/C 19.07.21**

**Into construction course (Mon-Friday 10am til 2pm)**

Tuesday 20<sup>th</sup> July – Graffiti/ arts project

Thursday 22<sup>nd</sup> July – Storey Arms - Kayaking

Friday 23<sup>rd</sup> July – Studio sessions, gaming club

#### **W/C 26.07.21**

**Into construction course (Mon-Friday 10am til 2pm)**

Tuesday 27<sup>th</sup> July – Mountain biking (partnership work with Wellbeing team/powerhouse)

Thursday 29<sup>th</sup> July – Storey Arms – Gorge Walking

Friday 30<sup>th</sup> July – Prep for Roadshow/Studio sessions

### **W/C 02.08.21**

Tuesday 3<sup>rd</sup> August – Pop up event with CYS bus (partnership work with Play/YMCA/MOL?)

Thursday 5<sup>th</sup> August – Storey Arms – Stand up paddle boarding

Friday 6<sup>th</sup> August - Music Course (School of rock) + Studio time (Partnership work with MOL?)

### **Star Leisure Centre holiday programme:**

Why not keep active this summer? The STAR Leisure Centre Holiday Programme is attached to this newsletter. They are also running a 'Fit, Fed and Read' programme on Tuesdays and Fridays from 10:00 – 1:00, 29<sup>th</sup> July – 29<sup>th</sup> August. This will include activities such as football, basketball, mixed sports, arts & crafts, gardening, reading, board games etc. they will also be given lunch, this is Free of charge and for 8 – 15yrs.



### **Diolch:**

Thank you, once again, for your support this year. We wish all of our families a safe and enjoyable holiday. Please remember that there are a number of free attractions and walks in Cardiff and that it benefits all children to be exposed to different events and experiences. We have attached our 'Culture in the Capital trail' to give you ideas of walks and places to take your child or for groups of children to explore safely together.

We cannot emphasise enough the importance of reading during this period too. Cardiff Libraries are open throughout the summer and are running the Summer Reading Challenge. Your child will also still be able to access MyOn so will have access to over 1000 electronic books.

Keep safe and active!

Wishing you a happy holiday,

**Team Willows**



## Summer of Smiles:

Aged 14 – 21 and live in Cardiff?

Sign up for this fantastic journalism opportunity here and the chance to earn £500!

<https://thesprout.co.uk/blog/summer-of-smiles-journalism-opportunity/>

## Summer Reading Challenge 2021:

Cardiff Libraries are looking forward to young people throughout the city joining this year's Summer Reading Challenge. This year the Reading Agency are teaming up with the World Wildlife Federation for a special nature themed challenge – 'Wild World Heroes.' Available online and in Cardiff Libraries from July 12<sup>th</sup>! We urge all pupils to become involved and continue to improve their reading by reading for pleasure over the summer.



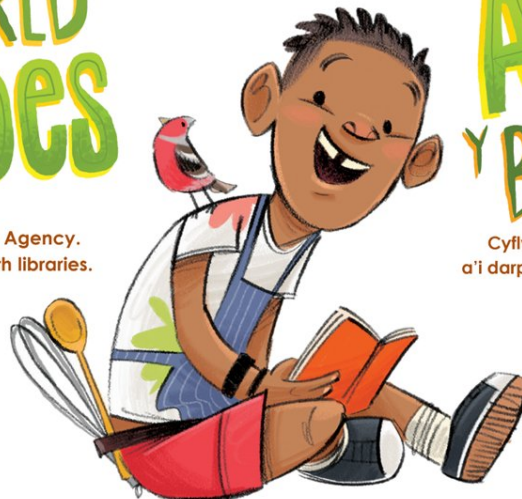
## Summer Reading Challenge 2021

# WILD WORLD HEROES

Presented by The Reading Agency.  
Delivered in partnership with libraries.



SIALENS DDARLLEN YR HAF  
SUMMER READING CHALLENGE



## Sialens Ddarllen yr Haf 2021

# ARWYR Y BYD GWYLLT

Cyflwynwyd gan Yr Asiantaeth Ddarllen  
a'i darparu mewn partneriaeth â llyfrgelloedd.

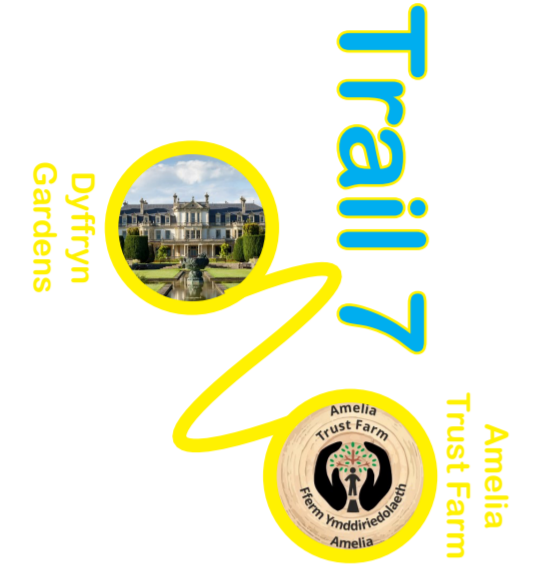
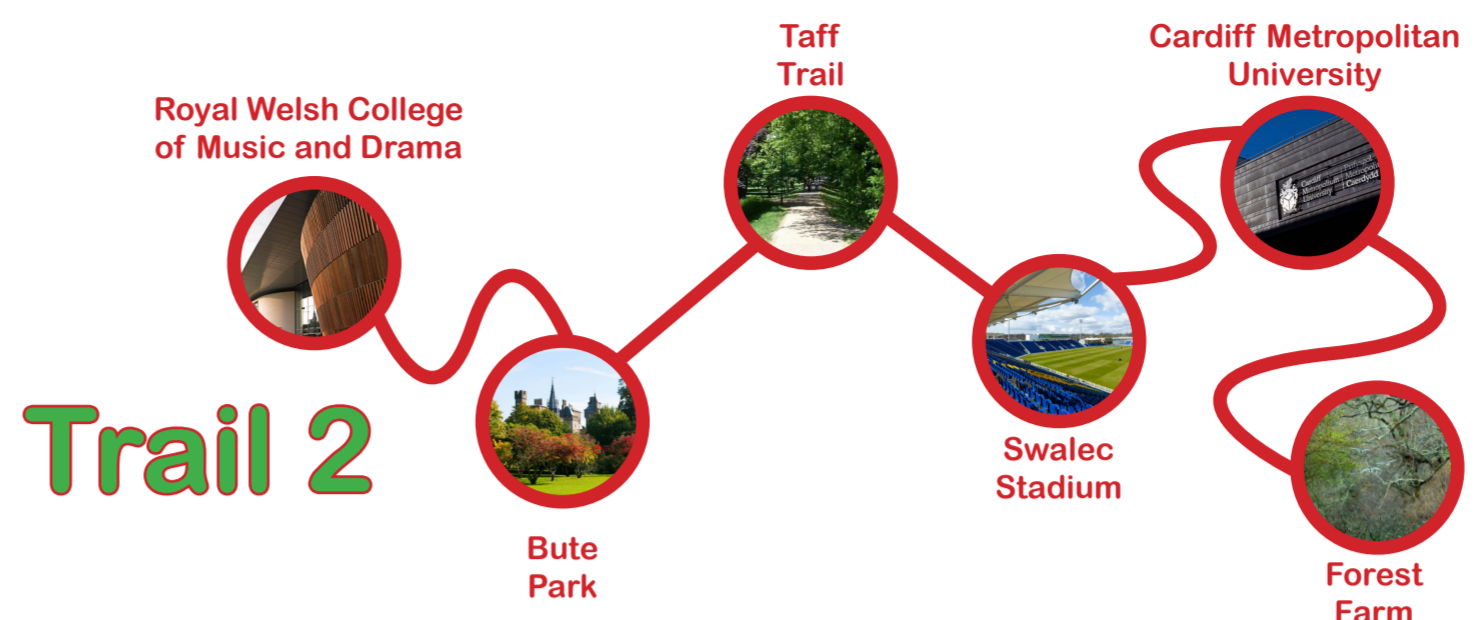
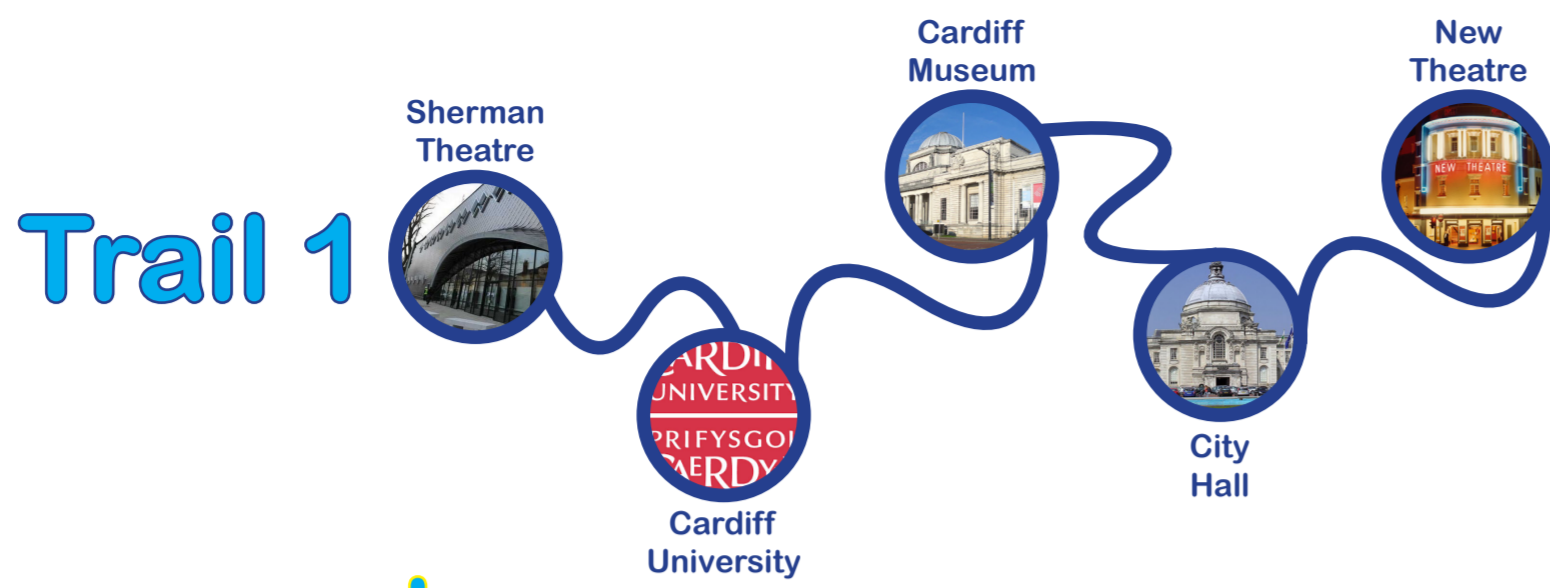


Illustration © Heath McKenzie 2021



# Culture in the Capital

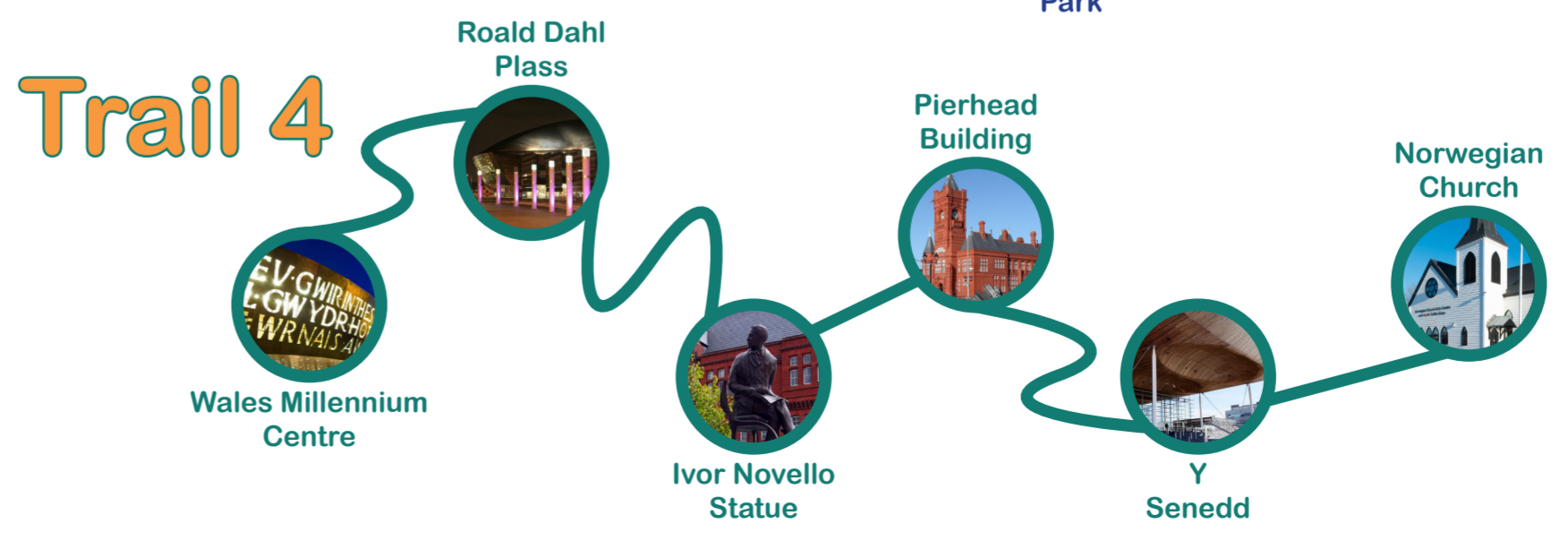
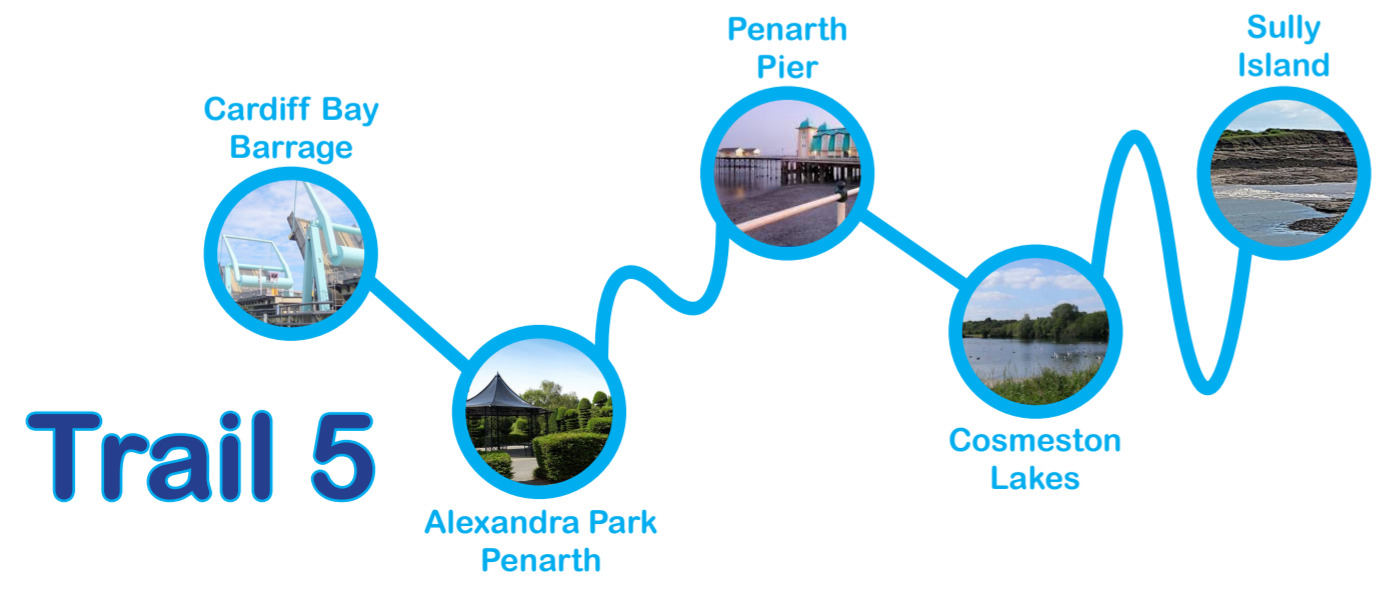
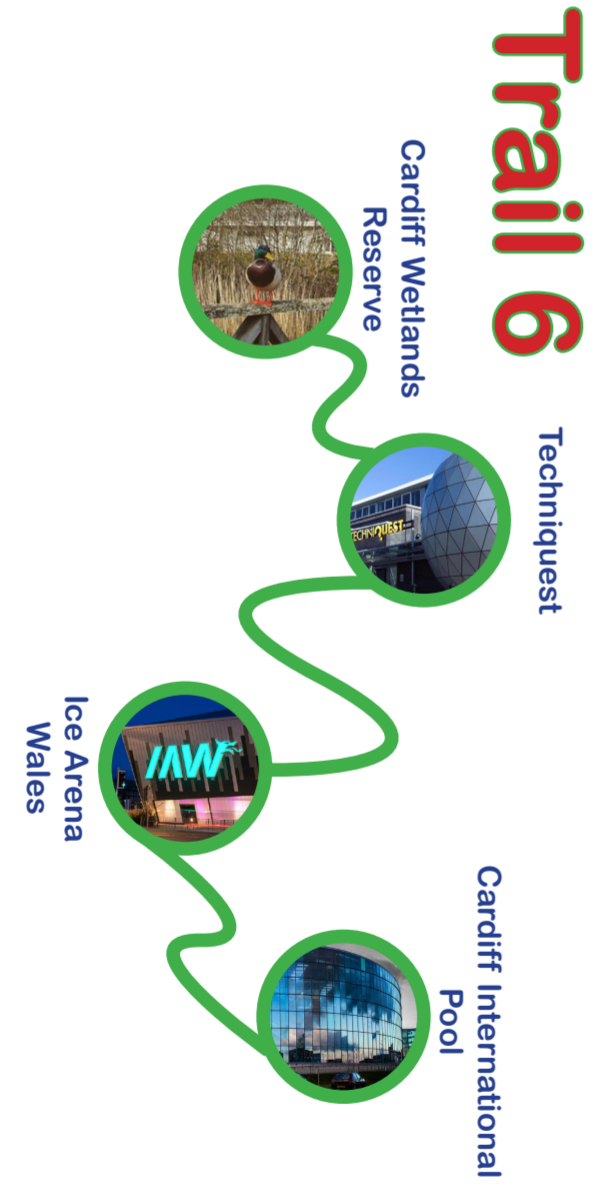
# The Willows Way



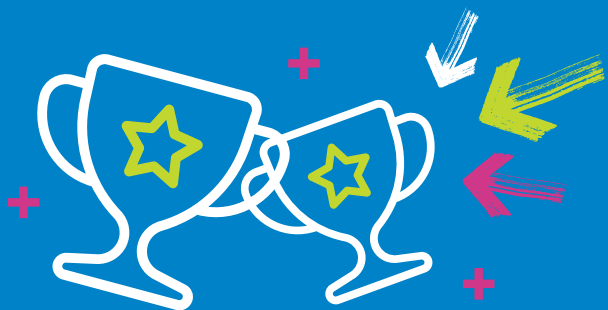
'Culture in the Capital' consists of 50 places that you should aim to visit before you leave school. These places are all well-known Cardiff landmarks. Acquiring familiarity with these, will stand you in good stead in the future. You will be able to refer to the knowledge you gain in these places in the wider world. You will be able to match and excel your peers' knowledge at University.

Many of the places are free to visit, some of them offer free events and some of them charge entry fees. You may have visited some of the places in primary school but it's always good to re-visit to brush up on your knowledge and to explore new exhibitions and areas. You may be invited to attend some of the places on Willows' school trips but it would be fantastic to complete the trails with your family so that you can all enjoy and learn together. You can take lots of photos to show your teachers and friends!

We are lucky to live in such a vibrant capital city – so why not absorb the culture, gain new knowledge and most importantly have fun exploring!



Name: \_\_\_\_\_



Cardiff and Vale College  
Coleg Caerdydd a'r Fro



## RECEIVED YOUR GCSE GRADES?

Congratulations Class of 2021. You have been brilliant and faced so many challenges during the last year. Cardiff and Vale College are here to help and support you as you start the next chapter in your learning journey.

**Whatever your circumstances, there's a place for you at CAVC.**

### ALREADY APPLIED FOR CARDIFF AND VALE COLLEGE?

If you have already applied and are holding an offer for a place on a course with us, you will get an email with the title 'It's time to enrol' (don't forget to check your junk folders if you can't find it). This includes your link to enrol and more information about what you will need to do next. If you have received Centre Determined Grades from your school or college we can enrol you based on these, you don't need to wait until August.

### RECEIVED YOUR RESULTS AND NOT SURE WHAT TO DO NEXT?

Cardiff and Vale College staff are here to help and support you. If you need to speak to someone about your grades, your offer or you are unsure about your next step, our friendly team is here to help throughout the Summer:



Speak to an adviser on our Helpline  
**029 20 250250**



Speak to an adviser via our Live Chat function on our website [www.cavc.ac.uk](http://www.cavc.ac.uk)



Email [info@cavc.ac.uk](mailto:info@cavc.ac.uk)

### NOT YET APPLIED FOR CARDIFF AND VALE COLLEGE?

Firstly, don't panic, it's not too late to apply. Visit [www.cavc.ac.uk](http://www.cavc.ac.uk) to browse our courses and apply online. Our 24/7 Virtual Open Day is also available where you can 'meet' our tutors, find out about the support available, take a virtual tour of campus and more [www.cavc.ac.uk/virtualopenday](http://www.cavc.ac.uk/virtualopenday)

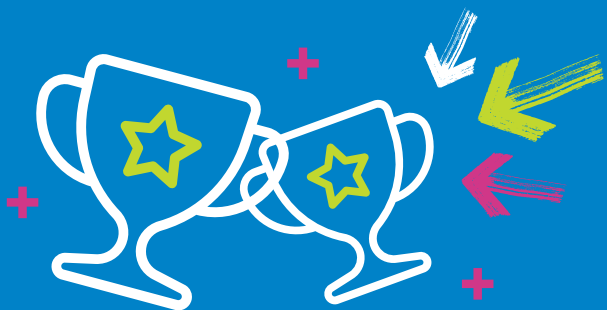
Got a question? visit [www.cavc.ac.uk/applynow](http://www.cavc.ac.uk/applynow) for advice and frequently asked questions.

### SUPPORTING YOU WITH:

- Enrolment
- Applying to College
- Course & Careers Advice
- Student Finance & Support
- Additional Learning Needs
- And more

[cavc.ac.uk](http://cavc.ac.uk)





Cardiff and Vale College  
Coleg Caerdydd a'r Fro



## WEDI DERBYN EICH GRADDAU TGAU?

Llongyfarchiadau Dosbarth 2021. Rydych wedi bod yn wych ac wedi wynebu sawl her yn ystod y flwyddyn ddiwethaf. Mae Coleg Caerdydd a'r Fro yma i helpu ac i'ch cefnogi chi wrth ichi ddechrau pennod nesaf eich taith ddysgu.

**Beth bynnag yw eich amgylchiadau, mae lle i chi yn CAVC.**

### DDIM WEDI GWNEUD CAIS AR GYFER COLEG CAERDYDD A'R FRO ETO?

Yn gyntaf, peidiwch â phoeni, nid yw'n rhy hwyr i wneud cais. Ewch i [www.cavc.ac.uk](http://www.cavc.ac.uk) i bori ein cyrsiau ac i wneud cais ar-lein. Mae ein Diwrnod Agored Rhithiol 24/7 hefyd ar gael lle gallwch 'gwrdd' â'n tiwtoriaid, dysgu mwy am y cymorth sydd ar gael, mynd ar daith rithiol o amgylch y campws a mwy [www.cavc.ac.uk/virtualopenday](http://www.cavc.ac.uk/virtualopenday)

Oes gennych gwestiwn? Ewch i [www.cavc.ac.uk](http://www.cavc.ac.uk) / **applynow** am gymorth a chwestiynnau cyffredin.

### WEDI DERBYN EICH CANLYNIADAU OND DDIM YN SIŴR BETH I'W WNEUD NESAF?

Mae staff Coleg Caerdydd a'r Fro yma i'ch helpu a'ch cefnogi chi. Os ydych chi angen siarad â rhywun am eich graddau, eich cynnig, neu os ydych yn ansicr am eich cam nesaf, mae ein tîm cyfeillgar yma i'ch helpu drwy gydol yr Haf:



Siaradwch â chynghorydd ar ein llinell gymorth **029 20 250250**



Siaradwch â chynghorydd drwy'r nodwedd Sgwrsio Byw ar ein gwefan [www.cavc.ac.uk](http://www.cavc.ac.uk)



E-bost [info@cavc.ac.uk](mailto:info@cavc.ac.uk)

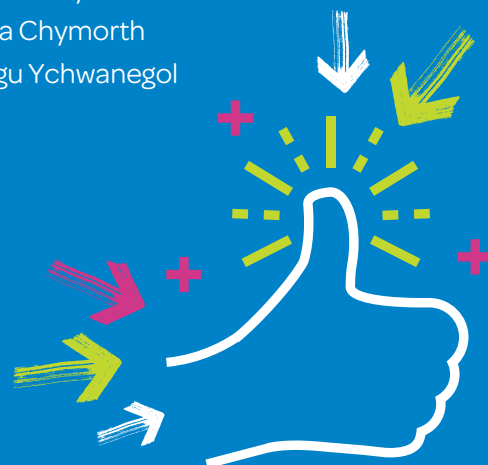
### WEDI GWNEUD CAIS AR GYFER COLEG CAERDYDD A'R FRO EISOES?

Os ydych wedi gwneud cais a chael cynnig ar gyfer lle ar gwrs gyda ni, byddwch yn cael e-bost gennym ni gyda'r teitl 'Mae'n amser ymrestru' (peidiwch ag anghofio gwirio'ch ffolderi sbam os nad ydych yn medru ei weld). Mae hwn yn cynnwys eich doleri i ymrestru a rhagor o wybodaeth ynghylch beth sydd angen i chi ei wneud nesaf. Os ydych wedi derbyn Graddau a Bennir gan Ganolfan gan eich ysgol neu goleg, gallwn eich ymrestru yn seiliedig ar y rhain, nid oes angen ichi ddisgwyl tan fis Awst.

### EICH CEFNOGI CHI GYDA:

- Ymrestru
- Gwneud cais i'r Coleg
- Cyngor ar Gyrsiau a Gyrfaoedd
- Cyllid Myfyrwyr a Chymorth
- Anghenion Dysgu Ychwanegol
- A mwy

[cavc.ac.uk](http://cavc.ac.uk)



# HOLIDAY ACTIVITIES WEEKLY TIMETABLE



Date

Days	Activities
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Find out more about holiday activities at [better.org.uk/activities-for-kids](https://better.org.uk/activities-for-kids)



**BETTER**  
the feel good place

Look after your wellbeing this summer - choose one, two or three activities to complete each week and tick them off as you go! Share your favourite activities on social media and tag @ThriveApproach in your post.



## 1. Nature week

Make a bird feeder. Find a toilet roll tube and cover it in peanut butter\*. Roll it in bird seed until covered, and then thread a piece of string through the tube and tie a knot. It's ready to go! Hang where birds can enjoy, and you can watch them.

Use the Thrive Rainbow colour hunt and take it outside to a beach, park or your garden. Draw, write or even collect what you find.

Have a digital detox and plan a day out somewhere new to you. Your plan could include how you get there, what to take for lunch, any items you might need (walking boots for a hike, or towels for the beach). Once you've planned it, invite your friends and family.



## 2. Mindfulness week

Enjoy time outside and take note of what surrounds you. Notice the sounds, smells, colours and textures. How does your body feel when you are walking? Try describing this to who you are with.

Take time eating your food and appreciate the taste, texture and smell of what you're eating.

Take photos throughout the day of things you are grateful for - they can be big or small. Reflect on your pictures at the end of the day. You could ask friends and family to do the challenge too and share your pictures with each other.



# Thrive's 6 weeks of summer

## 3. Music week

Have a game of musical statues or musical bumps!

Make your own musical instrument. It could be a replica of a real instrument or one of your own imagination! Use items such as boxes, elastic bands, tubes, beads and string and have fun!

Create a playlist of your favourite songs. They could be songs that remind you of people, holidays, events or just songs you really like. Why not create different playlists; one for fun and dancing, one for relaxing and one for motivation.



## 4. Art week

Make your own paintbrushes by collecting sticks, grass, leaves and petals. Attach the grass, leaves or petals to the stick with string and away you go! Explore the different patterns and textures the paintbrushes can create.

Recreate the cover of your favourite book. Use anything from crayons to modelling clay and have some fun. Think about why this book is so special to you.

Make a tin foil sculpture. Set a time limit of 1 hour and see what you come up with. Why not invite friends and family to make their own sculptures too!



## 5. Sports week

Set up an obstacle course; you could jump over pillows, do a hopscotch, crawl through a tunnel or balance a ball on a racket. Or, visit a local park and use the equipment there to plan out your course.



Create your own sports day and invite friends to join in the fun. Plan sports with items you already have; balloon tennis, pillowcase race, hula hooping or mark out a long jump. Any activity that you enjoy! You could make certificates for your friends that join in.



Set yourself a target of achieving a daily step goal. See if you can beat your previous day's goal. Why not get your friends and family to join in and encourage each other to get those steps in.

## 6. Kindness week

Find a rock or stone and paint it with a happy message. On your next walk, leave it somewhere for someone else to find and re-hide to pass on the positive message!

Create a kindness jar; find a jar (or box or bag!), paper and pencil. When you do something nice, or someone does something nice for you, write it down and add it to the jar. When it's full, take all the pieces of paper out and enjoy reading all the acts of kindness you've shared in.

Offer to do a chore for a family member, friend or neighbour who might need some extra help.



Yay, you've completed Thrive's 6 weeks of summer! Celebrate by downloading your certificate from [thriveapproach.com/resources](https://thriveapproach.com/resources)\*

\*Or a peanut butter alternative of your choice

\*\*Available from 23 August

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Make your own paintbrushes by collecting sticks, grass, leaves and petals. Attach the grass, leaves or petals to the stick with string and away you go! Explore the different patterns and textures the paintbrushes can create.

Recreate the cover of your favourite book. Use anything from crayons to modelling clay and have some fun. Think about why this book is so special to you.

Make a tin foil sculpture. Set a time limit of 1 hour and see what you come up with. Why not invite friends and family to make their own sculptures too!



## 5. Sports week

Set up an obstacle course; you could jump over pillows, do a hopscotch, crawl through a tunnel or balance a ball on a racket. Or, visit a local park and use the equipment there to plan out your course.



Create your own sports day and invite friends to join in the fun. Plan sports with items you already have; balloon tennis, pillowcase race, hula hooping or mark out a long jump. Any activity that you enjoy! You could make certificates for your friends that join in.



Set yourself a target of achieving a daily step goal. See if you can beat your previous day's goal. Why not get your friends and family to join in and encourage each other to get those steps in.

## 6. Kindness week

Find a rock or stone and paint it with a happy message. On your next walk, leave it somewhere for someone else to find and re-hide to pass on the positive message!

Create a kindness jar; find a jar (or box or bag!), paper and pencil. When you do something nice, or someone does something nice for you, write it down and add it to the jar. When it's full, take all the pieces of paper out and enjoy reading all the acts of kindness you've shared in.

Offer to do a chore for a family member, friend or neighbour who might need some extra help.



Yay, you've completed Thrive's 6 weeks of summer! Celebrate by downloading your certificate from [thriveapproach.com/resources](https://thriveapproach.com/resources)\*\*

\*Or a peanut butter alternative of your choice

\*\*Available from 23 August