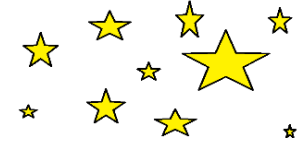


Looking After Your Wellbeing During the Summer



Have a look at top tips from Cherwell School students Theodore, John, Adiba and Shalva on how to take care of yourself over the summer holidays.

Top Ten Tips

1. **Exercise** – go for a run or do a home workout. You'll feel great afterwards!
2. Do things that make you **happy**
3. **Revisit a hobby** you haven't done in a while – why not pick up an old language?
4. **Schedule** your days so you can manage your time in your own way
5. Have a **video call** with friends
6. **Change up your room** – rearrange the furniture, redecorate, clear out old things
7. Try a **new hobby**. Step outside your **comfort zone** and try something you wouldn't normally do
8. Learn a **new skill** and set yourself a **goal** to work towards
9. Change up your **style** – try out a new hairstyle, make a new outfit out of old clothes, or even make some new ones
10. Immerse yourself in **nature**; go out for a walk or a run

Take a look at our Summer Challenge if you need help getting started!