

TLC Summer activity challenge

Get social

Catch up with friends & make plans. Find out what they've been up to. Share stories and updates.



Play a board game or cards with family members or friends.

Write letters to loved ones. Even if you don't send them now, seal them and send when you can.



Sign yourself up for an activity to meet new people with similar interests.

Get productive

Clean and tidy. Give your room a tidy up or help to clean and tidy your house. Could you clean a family members car?



Have a digital clear up. Delete any apps you don't use or blurry pictures.

Get stuck into a jigsaw. It's easy to dip in and out of.



Go litter picking or join a beach clean.

Volunteer for a charity.

Learn a new skill or explore

Learn a new skill by checking out free online courses or local activities.



Plan a route, walk or cycle it.



Be a tourist for the day. Visit somewhere new or find something out about Guernsey. There is so much history to this small island.

Bake. Look up new recipes and have a go! (With supervision!)



If you have a garden, find a patch of land and make it yours. **Plant seeds or vegetables.**

Relax and self-care

Curl up with a book. In an usual place.



Journal. Keep a log of your thoughts and how you are feeling. It's a great way to differentiate days.

Swim in the sea. Nothing's better than some vitamin sea! Explore different beaches with family & friends.



Exercise. Take the opportunity to get out and about and set yourself a challenge.

Time to yourself. Take some time to sit quietly and just 'be'. Maybe try some breathing techniques.

