

The background of the cover is a light beige color with faint, wavy lines. At the top, there are stylized blue waves with white foam and small white dots representing bubbles or stars. Scattered across the beige background are several small, stylized seashells in red, orange, and white. In the bottom left corner, there is a large, pink, five-pointed starfish with white dots. In the bottom right corner, there is a pink and white scallop shell. The title 'SUMMER Journal' is centered on the page. 'SUMMER' is in a bold, red, sans-serif font, and 'Journal' is in a black, cursive script font.

SUMMER Journal

The Pilgrim School



Welcome

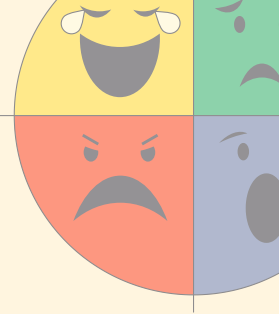
This booklet is designed just for you.

There's no pressure to complete everything - pick and choose activities that feel right for you each day.

Remember, small steps forward are still progress, and taking care of yourself is the most important thing.

If you're having a difficult day, that's okay. Put the booklet aside and come back when you feel ready.

WELL-BEING TRACKER



Each day, colour the emotion in:

Energy	<input type="checkbox"/>	Tired	<input type="checkbox"/>	Okay	<input type="checkbox"/>	Energetic	<input type="checkbox"/>
Mood	<input type="checkbox"/>	Low	<input type="checkbox"/>	Neutral	<input type="checkbox"/>	Good	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	High	<input type="checkbox"/>	Some	<input type="checkbox"/>	Low	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	None	<input type="checkbox"/>	A little	<input type="checkbox"/>	Lots	<input type="checkbox"/>

Week: 23rd July - 27th July

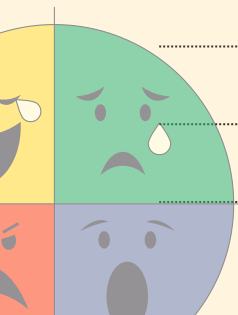
EMOTIONS	MON	TUE	WED	THU	FRI	SAT	SUN
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

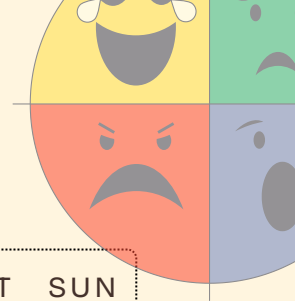
Week: 28th July - 3rd August

EMOTIONS	MON	TUE	WED	THU	FRI	SAT	SUN
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week: 4th August - 10th August

EMOTIONS	MON	TUE	WED	THU	FRI	SAT	SUN
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Week: 11th August - 17th August

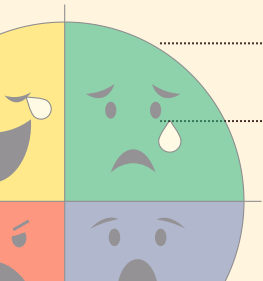
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Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

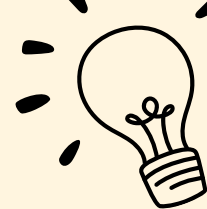
Week: 18th August - 24th August

EMOTIONS	MON	TUE	WED	THU	FRI	SAT	SUN
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week: 25th August - 31st August

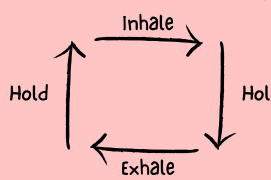
EMOTIONS	MON	TUE	WED	THU	FRI	SAT	SUN
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Breathing

Try some breathing techniques, such as box breathing.



Music

Put on your favourite album or choose some music that fits how you are feeling.



Fresh Air

If you feel like it, go for a nice walk outside or round your garden.
If that feels like too much, open a window to let in some fresh air.



Coping Strategies

Gentle Movement

If you can, do some light stretches or some yoga poses to help relax yourself.



Talking

Take the time to talk to your trusted people. This could be a friend, family member or professional you see.



Hobbies

Keep your brain busy by doing things you enjoy, such as journaling, watching a TV series, playing with your pets, baking, and more.



Section 1

Week 1 & 2

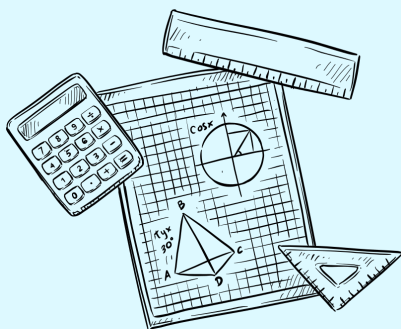
23rd July - 3rd August

Stay Connected with Learning

Daily 10 minute activities (choose one a day)

English Activities:

- Word of the Day Journal: Choose one new word you encounter (from books, TV, conversations). Write it down, find its meaning, and use it in a sentence about your day.
- Story Starters: Complete this sentence in 3-4 lines: "The most interesting thing I noticed today was..."
- Letter to Future You: Write a short letter to yourself about how you're feeling today. Seal it to open in September.



Maths Activities:

- Real-Life Maths: Time how long your favorite activities take (watching a film, making a snack, walking to the shop). Convert minutes to hours and fractions.
- Budget Challenge: If you had £20 to spend on a perfect day out, plan how you'd spend it. Calculate costs and change.
- Shape Safari: Find and photograph/sketch 5 different shapes around your home or neighborhood. Calculate their perimeters or areas where possible.



Section 2

Week 3 & 4

4th August - 17th August

Building Confidence

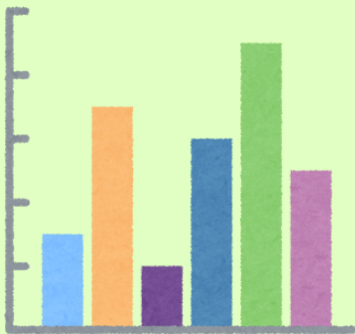
Daily activities (choose one a day)

English Activities:

- Choose Your Own Journey: Pick any book, magazine, or article that interests you. Read for just 15 minutes, then write 3 things you learned or enjoyed.
- Character Connection: If you're reading fiction, write about which character you relate to most and why.
- Fact Detective: Read a news article (appropriate for your comfort level) and identify: Who? What? When? Where? Why?



Maths Activities:



- Recipe Rescue: Take a recipe that serves 4 people. Work out ingredients needed for 2 people, then for 6 people.
- Data Detective: Keep track of something for a week (hours of sleep, glasses of water, steps taken). Create a simple chart or graph.
- Money Matters: Calculate the cost of your weekly shopping list, or work out savings needed for something you want to buy.

Section 3

Week 5 & 6

18th August - 31st August

Preparing to Return

Daily activities (choose one a day)

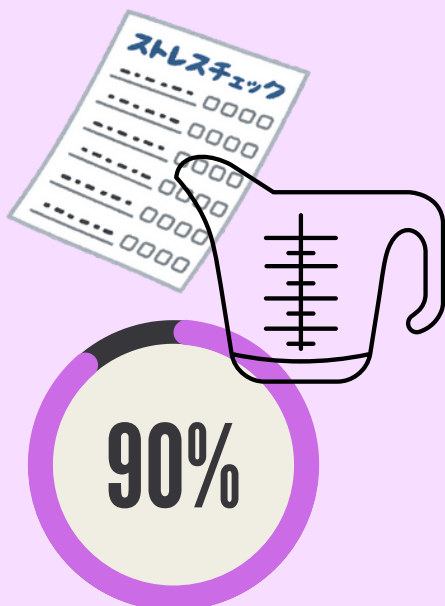
English Activities:

- **Summary Practice:** Watch a 20-minute TV show episode. Write a 5-sentence summary covering the main events.
- **Opinion Writing:** Write a short review (100-150 words) of something you've enjoyed recently - a book, film, game, or activity.
- **Grammar Refresh:** Choose 5 sentences from any book or article. Identify the nouns, verbs, and adjectives in each.



Maths Activities:

- **Percentage Practice:** Calculate what percentage of the summer holidays you've completed each week.
- **Measurement Mix:** Measure ingredients for baking, or the dimensions of your room. Practice converting between units (cm to m, ml to litres).
- **Statistics in Action:** Survey family/friends about their favorite something (food, color, TV show). Calculate the mode, median, and range.



Week 1

Create a summer mood board (physical or digital) showing things that represent your holidays.

Week 2

Write a poem or short story about an ideal day. Don't worry about perfection - focus on expressing yourself.

Week 3

Design your perfect classroom or learning space. What would it look like? What would make you feel comfortable and ready to learn?

Weekly Creative Activities

Week 4

Create a "Things I've Learned" poster including both academic skills and life skills/insights from your summer.

Week 5

Make a playlist of songs that motivate or calm you for the new school year.


Week 6

Write a letter of advice to a new student starting at your school.



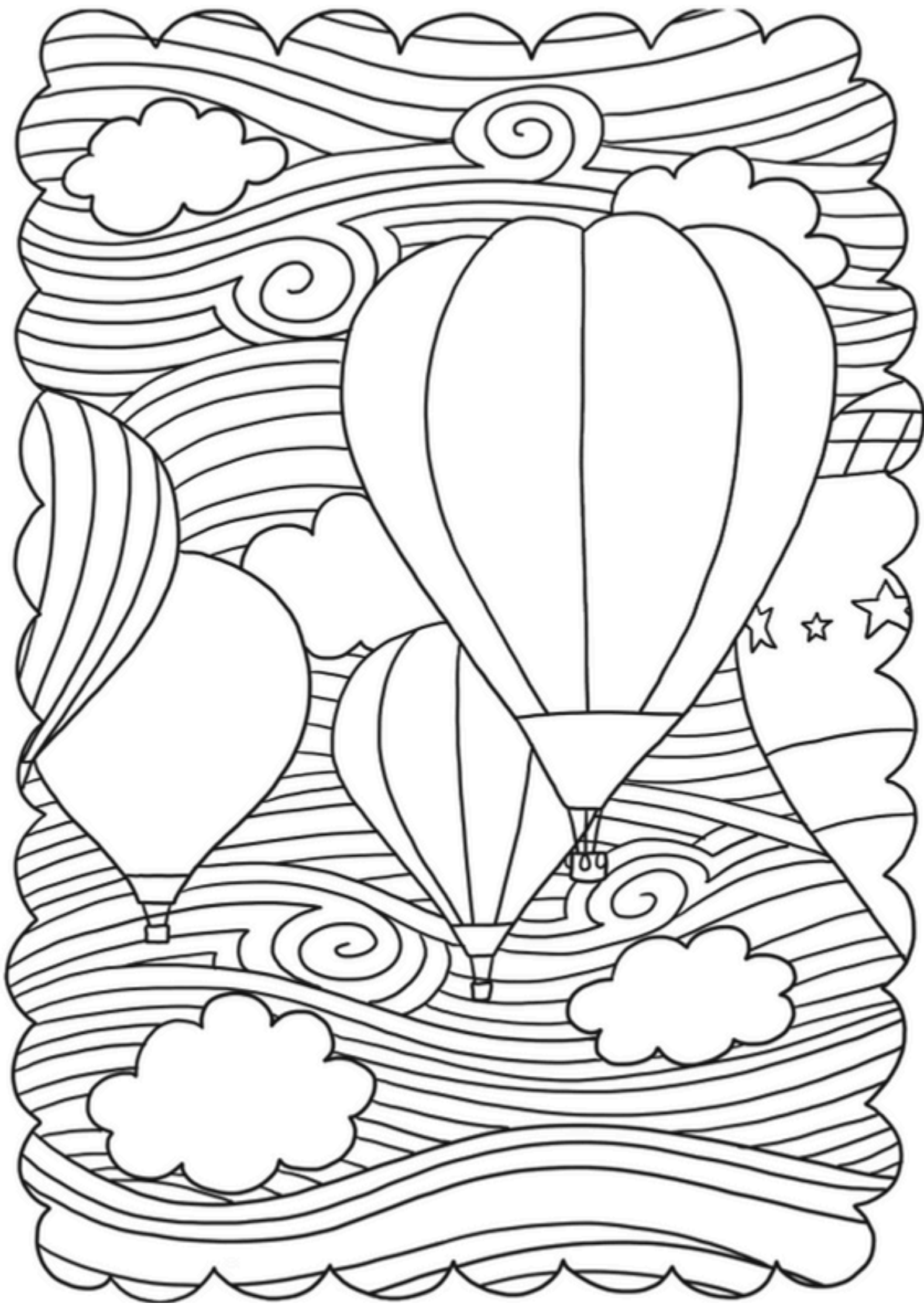
Mindfulness

OVER THE NEXT FEW PAGES ARE A SELECTION
OF MINDFULNESS ACTIVITIES TO COMPLETE AS
AND WHEN YOU FEEL LIKE IT.











Mindfulness Bingo

find
something
smooth

find a
flower that
smells good

find
something
hard

notice the
color of the
sky

find
something
that is your
favorite
color

make
someone
laugh

listen to a
song you
love

help a
family
member

give
someone a
compliment

find
something
soft

feel the
grass under
your feet

find
something
bumpy

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

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



Transition

OVER THE NEXT FEW PAGES ARE SOME THING
YOU CAN DO TO HELP PREPARE YOURSELF
FOR THE RETURN TO SCHOOL

My Goals—2025/26

Academic Goals

One subject I want to improve

in:

One skill I want to develop:

Personal Goals

One way I want to take care of

myself is:

Something new I'd like to try:

Support Goals

One way I can ask for help is:

A strategy I can use when I feel
overwhelmed:

Other Goals

Daily Routine

Use the space to the right to plan your routine for a school morning.

Use the notes section to think about what you can do the night before to help.

Note



TIME

TIME

TIME

TIME

TIME

TIME

- **Gradually Reintroduce a Routine**

Start going to bed and waking up a little earlier each day. This helps the body adjust gently, especially after a relaxed summer schedule, making those early school mornings feel less overwhelming.

- **Plan or Practice the Journey to School**

Remind yourself of the taxi pick up time, talk through the journey with an adult, or do a short practice ride if possible. This helps reduce anxiety about travelling again and builds a sense of predictability.

- **Create a Calm 'Back to School' Countdown**

Make a simple visual countdown or calendar for the last week of the holidays. Add something calming or enjoyable to look forward to each day (e.g., watching a film, going for a walk, painting nails, etc.).

Let's Get Ready For School

Start these 2 weeks before school starts to support your transition back.

- **Reconnect With the School Environment**

Look at the school's website, photos of staff, or floor plan layouts. This can help re-familiarise students with the school environment and ease uncertainty.

- **Prepare School Items Together**

Pack a school bag slowly over a few days, add one or two items each day. This can include favourite sensory items, a water bottle, or comfort objects to help reduce stress on the first day.

- **Do Gentle Brain Warm-Ups**

Play short, fun games that use thinking skills, word puzzles, memory games, or basic number activities. 10 minutes a day helps re-engage learning without pressure.

Keeping Safe

Below is a selection of services and contacts you can use to keep yourself safe throughout the summer holidays.



kooth
Free online counselling support for young people! Discover everything Kooth has to offer

DISCUSSION BOARDS
FREE COUNSELLING
KOOH MAGAZINE
HELP ARTICLES
SELF-HELP TOOLS
Sign up for free at [Kooth.com](https://www.kooth.com)



Feeling low?
Anxious?
Struggling to cope?

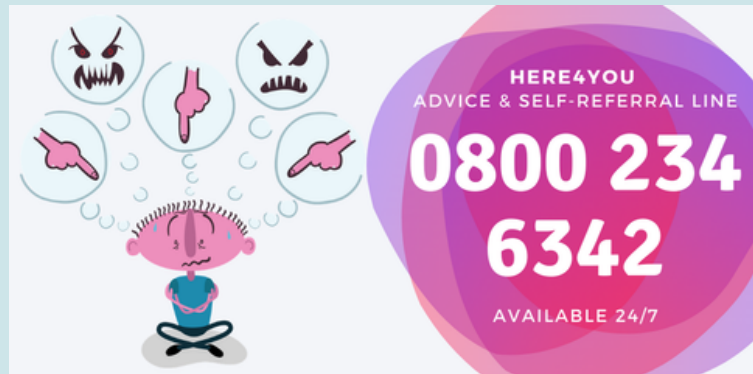
Text SHOUT to 85258
for free, confidential support, 24/7



WORRIED? NEED TO TALK?
Call Childline on 0800 1111

HELP!

childline
0800 1111 1111
It's free, you don't have to tell us your name - and we're here to talk all day and night, whenever you worry.



HERE4YOU
ADVICE & SELF-REFERRAL LINE

0800 234 6342
AVAILABLE 24/7



Beat
Eating Disorders

Helpline 0808 801 0677
Studentline 0808 801 0811
Youthline 0808 801 0711

Our Helplines are open 365 days a year from 9am-8pm during the week, and 4pm-8pm on weekends and bank holidays.

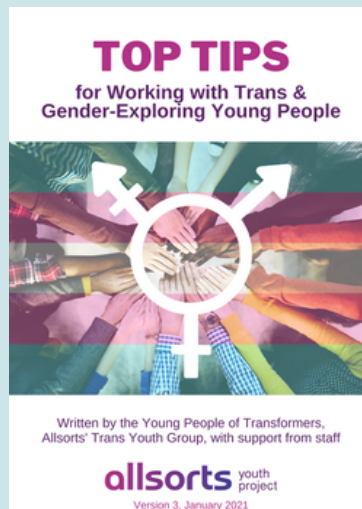
@beatED



Having thoughts of suicide?
There is **HELP** and **HOPE**.

HOPELINE247
Call: 0800 068 4141
Text: 07860 039967
Email: pat@papyrus-uk.org

PAPYRUS
PREVENTION OF YOUNG SUICIDE



TOP TIPS
for Working with Trans & Gender-Exploring Young People

Written by the Young People of Transformers, Allsorts' Trans Youth Group, with support from staff

allsorts youth project
Version 3, January 2021



TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock

SAMARITANS



NOTES



Timetable timings:

Tutor: 08:55 - 09:10
Lesson 1: 09:10 - 10:10
Lesson 2: 10:10 - 11:10
Break: 11:10 - 11:25
Lesson 3: 11:25 - 12:25
Lunch: 12:25 - 13:05
DEAR: 13:05 - 13:20
Lesson 4: 13:20 - 14:20
Lesson 5: 14:20 - 15:20
Tutor: 15:20 - 15:30

Remember, mobile phones are allowed in school but can only be used in social times unless agreed by the teacher

SCHOOL REMINDERS

Although we do not have a uniform, please make sure clothes are appropriate and non-offensive

If you bring your own pencil case in, please remind yourself of the list of prohibited items in school or ask your PSWS

If you need support in school, please speak up or contact your PSWS

School are looking forward to seeing you and hearing all about your summer



Well Done

You've made it through another summer, and that's something to be proud of. Whether you completed lots of activities in this booklet or just a few, you've taken steps to stay connected with learning and prepare for the new year.

Remember: progress isn't always linear, and everyone's journey looks different. What matters is that you're here, you're trying, and you have people who believe in you.

You've got this. ❤️

