

LET'S GO!

2026

MY BRILLIANT SUMMER!

Activities and ideas for
children and families,
brought to you by...

HEADSTART
KERNOW





ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

A new messaging service has been launched across Cornwall and the Isles of Scilly linking young people and families with health visitors and school nurses.

ChatHealth offers a quick and easy way to access health advice and support for both parents/ carers and young people, on any health or wellbeing concerns. Send a message via ChatHealth (anonymously if you like) to our Health Visiting and School Nursing teams to get confidential help and advice about a range of health matters.

ChatHealth is available Monday to Friday (excluding bank holidays) from 9am to 5pm. When you send a message to any of the ChatHealth numbers, you'll get an automated reply to let you know your message has been received. A trained healthcare professional will reply to you during office hours, and within 48 hrs.

Alternatively, you can contact the service via the advice line:

t. 01872 324261

e. hvsnadvice@cornwall.gov.uk

ChatHealth
Parent Line 0-5



07312 263 423

ChatHealth
Parent Line 5-19



07312 263 499

ChatHealth Young
People 11-19



07312 263 096

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INTRODUCTION

THE THEME OF OUR SUMMER 2026 BOOKLET IS FIVE WAYS TO WELLBEING.

Inside you'll find lots of **IDEAS FOR THINGS TO DO** indoors and out - connecting you with yourselves, your family, your community and nature.

We'll help you find ways to engage in **fun activities for the whole family**. Whether you decide to sign up to planned, facilitated activities or step out on your own and try out some of our many ideas, we know **there are lots of adventures to be had in Cornwall this summer!**

Surrounded by breath-taking coastal views, charming countryside and miles of stunning coastline, there's no shortage of tranquil spots to unwind and reflect.

Making Cornwall an ideal place to nurture our wellbeing and support better all-round health.

SO, GET OUT, GO EXPLORING, AND GET INVOLVED IN THE FIVE WAYS TO WELLBEING CHALLENGES! WHAT ARE YOU WAITING FOR?

THE FIVE WAYS TO WELLBEING

PRIORITISING OUR WELLBEING AND THE WELLBEING OF THOSE AROUND US CAN HELP US LIVE HAPPIER, HEALTHIER LIVES.

The **Five Ways to Wellbeing** are simple ways to improve social, emotional, mental health and wellbeing. The Five ways are:

- CONNECT
- GET MOVING
- FIND TIME FOR YOU
- STOP AND TAKE NOTICE
- GIVE

Incorporating the **Five Ways to Wellbeing** into your daily routine is easy, free, and can be done anywhere and in a way that works for you.

WHAT ARE THE FIVE WAYS?

TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

CONNECT

Connect by spending time with other people (or pets!) - at home, in at a school or club.

GET MOVING

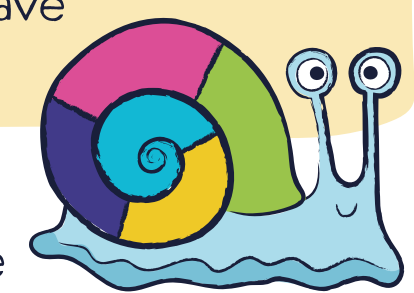
Moving makes you feel good! It's even better if you get moving outdoors... the main thing is that it's an activity you ENJOY!

GIVE

Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

FIND TIME FOR YOU!

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!



You can do these simple things every day to help you feel happier and more positive

CONNECT

Make **CONNECT**ing a core part of your day. Whether it's chatting with friendly locals at the market or joining community events. **CONNECT**ions bring joy and support to our lives and help us feel that we belong, are part of something bigger.

HERE ARE SOME IDEAS TO HELP YOU CONNECT...



PLAN A DAY OUT WITH YOUR FRIENDS

MAKE A SWEET TREAT AND DELIVER IT TO A FRIEND

CHOCOLATE BARK



HOW TO MAKE IT...

STEP 1

Melt the chocolate in short bursts in the microwave, stirring every 20 secs, until smooth. If you don't have a microwave, then place the chocolate in a heat resistant bowl and over a pan of (slow) boiling water until it melts. Spoon onto a parchment-lined baking tray and smooth over with a spatula to make a thinnish layer, around 35 x 20cm.

STEP 2

Sprinkle over the chocolate chips along with your extra decorations, then chill in the fridge until solid. For neat slices, remove the bark from the fridge and leave for a minute to come to room temperature. Use a sharp knife to cut it into shards (if it's fridge cold, the chocolate will snap rather than cut).

YOU WILL NEED

- 200g dark, milk or white chocolate (or a mix - whatever you like!)
- 2 tbsp chocolate chips
- Extras to decorate your bark! Why not try some of these...
- A handful of pretzel pieces
- 2 tbsp honeycomb pieces
- Smarties or other colourful sweets
- Mini marshmallows
- Fudge pieces
- Nuts and dried fruit

COOK AND SHARE A MEAL WITH YOUR FAMILY



POP IN ON YOUR NEIGHBOURS



CUDDLE UP WITH YOUR PET

MAKE A PICTURE FOR SOMEONE YOU LOVE

FROZEN BANANA LOLLIES



HOW TO MAKE IT...

STEP 1

Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into four equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.

STEP 2

When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for one hour.

STEP 3

Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.

YOU WILL NEED

- 2 bananas
- 4 large strawberries
- 100g natural yogurt
- 200g dark chocolate
- 1 tbsp hundreds and thousands
- 4 wooden lolly sticks

STEP 4

Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.

STEP 5

The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.

MY WAYS TO WELLBEING

CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club. Talking, playing and staying in touch with others is a great way to feel good.

MY FAVOURITE WAY TO CONNECT WITH OTHERS IS...



Try asking someone an OPEN question (where they can't answer just 'yes' or 'no')

MY FAVOURITE PLACE TO CONNECT WITH OTHERS IS...

MY FAVOURITE PERSON TO TALK TO IS...

I LIKE IT WHEN PEOPLE CONNECT WITH ME BY...



GET MOVING

GET MOVING is part of my routine, is it part of yours?

With our stunning coastal paths and sandy beaches, there's lots of opportunity to enjoy the outdoors in Cornwall. You don't have to be hiking or surfing - simply taking long walks by the sea or enjoying time in our ancient woodlands by ourselves, with others or our four-legged furry friends is all you need to do to **GET MOVING**.

HERE ARE SOME IDEAS ON HOW TO GET MOVING...



DANCE TO YOUR FAVOURITE SONG

(And sing like nobody's listening, if you want to!)

HAVE A RELAY RACE IN YOUR GARDEN OR AT THE PARK



SPLASH ABOUT IN THE SEA OR IN ROCKPOOLS

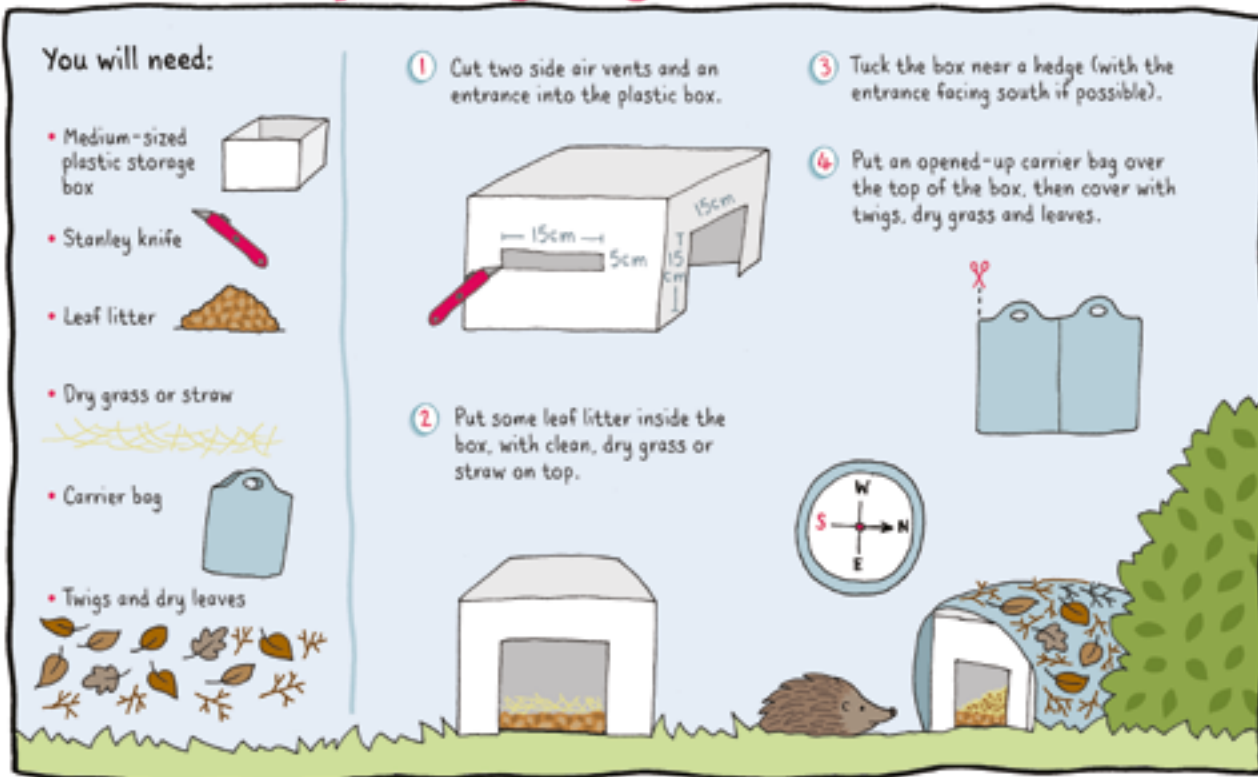


CHECK OUT CORNWALL'S NATIONAL TRUST WEBSITE FOR MORE GREAT IDEAS OF THINGS TO DO THIS SUMMER

GET MOVING... IN THE GARDEN!

GET MOVING IN YOUR GARDEN! Design your own vegetable garden or build a hedgehog hideout... check out the **WILDLIFE TRUST** for tips!

Make a simple hedgehog house



www.wildlifewatch.org.uk

Get closer to your local wildlife by making your garden a safe haven for nature. Here are...

10 THINGS YOU CAN DO TO HELP BIRDS, INSECTS AND ANIMALS

1. LET THE GRASS GROW

Long grass is one of the rarest garden habitats. By letting some or all of your lawn grow you'll make space for many plant and insect species. Mowing the lawn only once every four weeks gives 'short-grass' plants like daisies and white clover a chance to flower, creating 10 times more nectar for bees, butterflies and other insects.

2. BIRD BOX AND FEEDING

Birds are an important part your garden's ecosystem. Help them thrive by planting trees like rowan and wild cherry, creating bird boxes and putting out bird food (not bread) in winter. Place boxes and feeders well out of reach of cats and remember to keep them clean.

3. PLANT CLIMBERS

Climbers are great way of covering walls and fences to hiding and nesting places for wildlife. Ivy is especially useful as the autumn flowers are sources of pollen for insects and the winter berries are loved by birds. Honeysuckle is also good for wildlife and very attractive.

4. PROVIDE NATURAL HIGHWAYS AND BYWAYS

Trees and hedges offer roosting and nesting sites and provide natural highways for wildlife to move around safely, as well as shelter from inclement weather and possible predators. Even woodpiles of cut branches, compost and twigs can be fantastic places for animals and insects to live, feed and hibernate.

5. BUILD AN INSECT HOTEL

Piles of rocks, twigs and rotting wood in your garden provide shelter for all sorts of insects, beetles and spiders. Dead and rotting wood is a habitat which is in very short supply.

6. CREATE A POND

Ponds are great for wildlife! It doesn't have to be huge – you can use a buried bucket or trough. If you do want a big pond, make sure it has sloping sides, to help wildlife get in and out. A pond is best filled with unchlorinated rainwater from a water butt and planted with native plants.

7. COMPOST

A compost heap is a win-win: it gives you a way of turning waste into compost which will naturally enrich your soil, plus it may also provide a warm hiding place for many creatures including slow-worms. To avoid attracting rats, never add bread or other cooked food.

8. LEAVE A GAP IN YOUR FENCE

Don't lock out hedgehogs and frogs. Make sure your garden fences have some gaps at the bottom that can allow wildlife to move through from plot to plot.

9. GROW FLOWERS

Flowers look beautiful and bring colour and scent into your garden, and they provide food for many insects. Grow as many kinds as you can and choose single-flowered varieties and native species, if possible.

10. TAKE A BREAK FROM WEEDING

The leaves of plants such as nettles, dandelions, groundsel and even brambles provide food for the larvae of many insects, including butterflies and moths. Some 'weeds' also flower for a long time, whatever the weather, providing nectar and pollen when other sources might be absent.

GO EXPLORING!

Ever explored a cave? From mysterious grottos to beach caverns that only appear at low tide, Cornwall has lots of secret hideaways. How about starting at Holywell.....

At low tide the cave can be found tucked under the southern cliffs of Kelsey Head. From the beach it appears a mere slit, but some steps lead up to several stepped pools ascending towards a hole in the cave roof. Take care on the steps and please make sure you check the tide times before you go.



The National Trust has some great ideas on how to build a wildlife friendly garden



MY WAYS TO WELLBEING

GET MOVING

Moving helps you feel good! It's even better if you do it outside... but the most important thing is that you do an activity you ENJOY!



Put your favourite song on and dance!

MY FAVOURITE WAY TO GET MOVING IS...

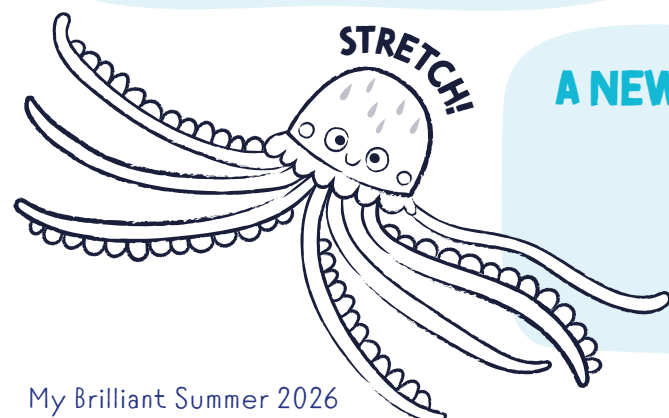
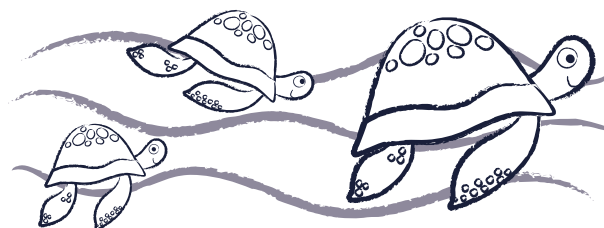
Play tag at break time!



MY FAVOURITE THING ABOUT IT IS...

MY FAVOURITE PLACE TO GET MOVING IS...

Go for a sea swim (with a grown up!)



A NEW ACTIVITY I'D LIKE TO TRY IS...

FIND TIME FOR YOU

FIND TIME FOR YOU is a reminder to take time for yourself - whether that's reading a book, sitting in your garden or shared community space, watching the world go by or practicing mindfulness on the beach. Allow yourself time to recharge and refuel your body, mind and soul.

HERE'S HOW YOU CAN MAKE SOME TIME FOR YOU...



LEARN TO PLAY AN INSTRUMENT

WRITE A STORY...
YOU COULD EVEN
DRAW THE
PICTURES TOO!

TRY SOMETHING
NEW! FIND A RECIPE
YOU'VE NEVER
TRIED BEFORE AND
GET COOKING!



READ YOUR FAVOURITE BOOK

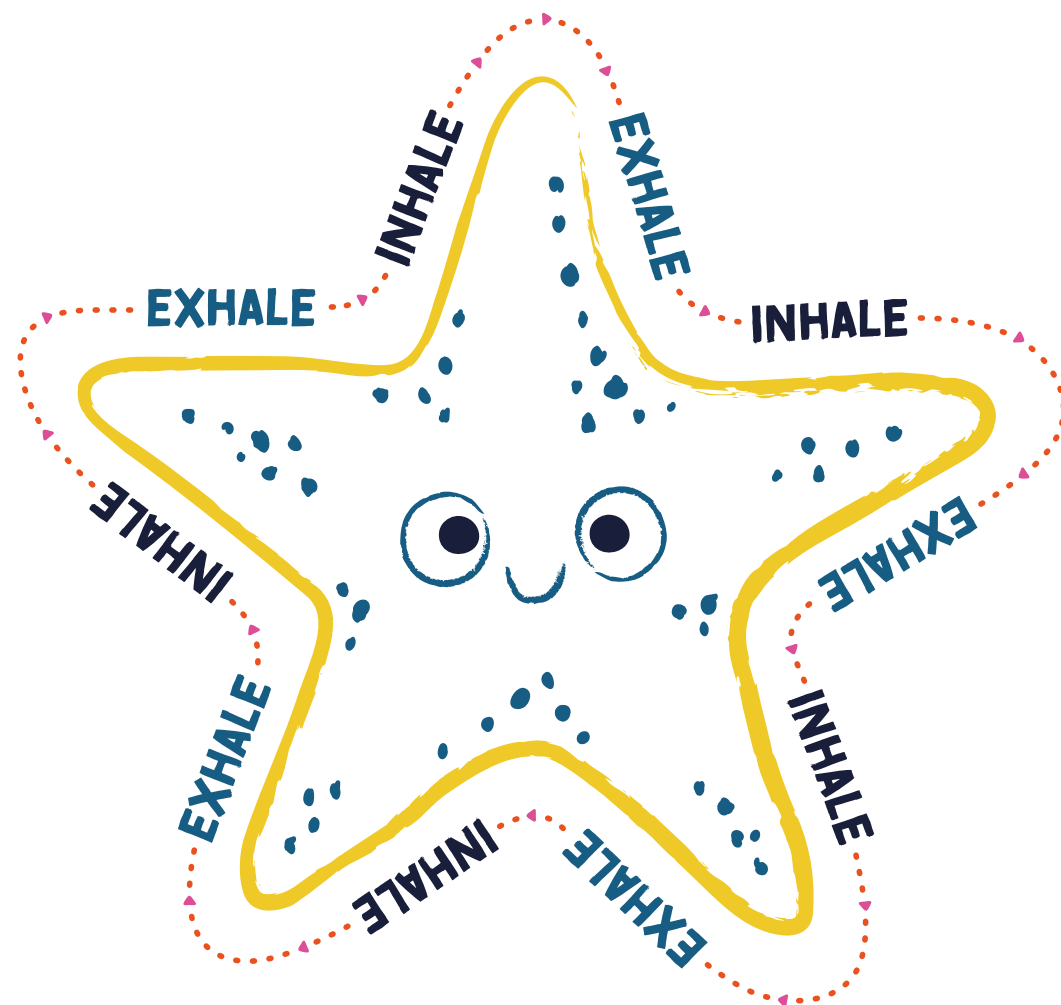


THERE ARE MORE IDEAS
ON THE NEXT PAGE!



DO SOME BREATHING EXERCISES...

STARFISH BREATHING



Start by placing your finger on an 'inhale' and breathe in.

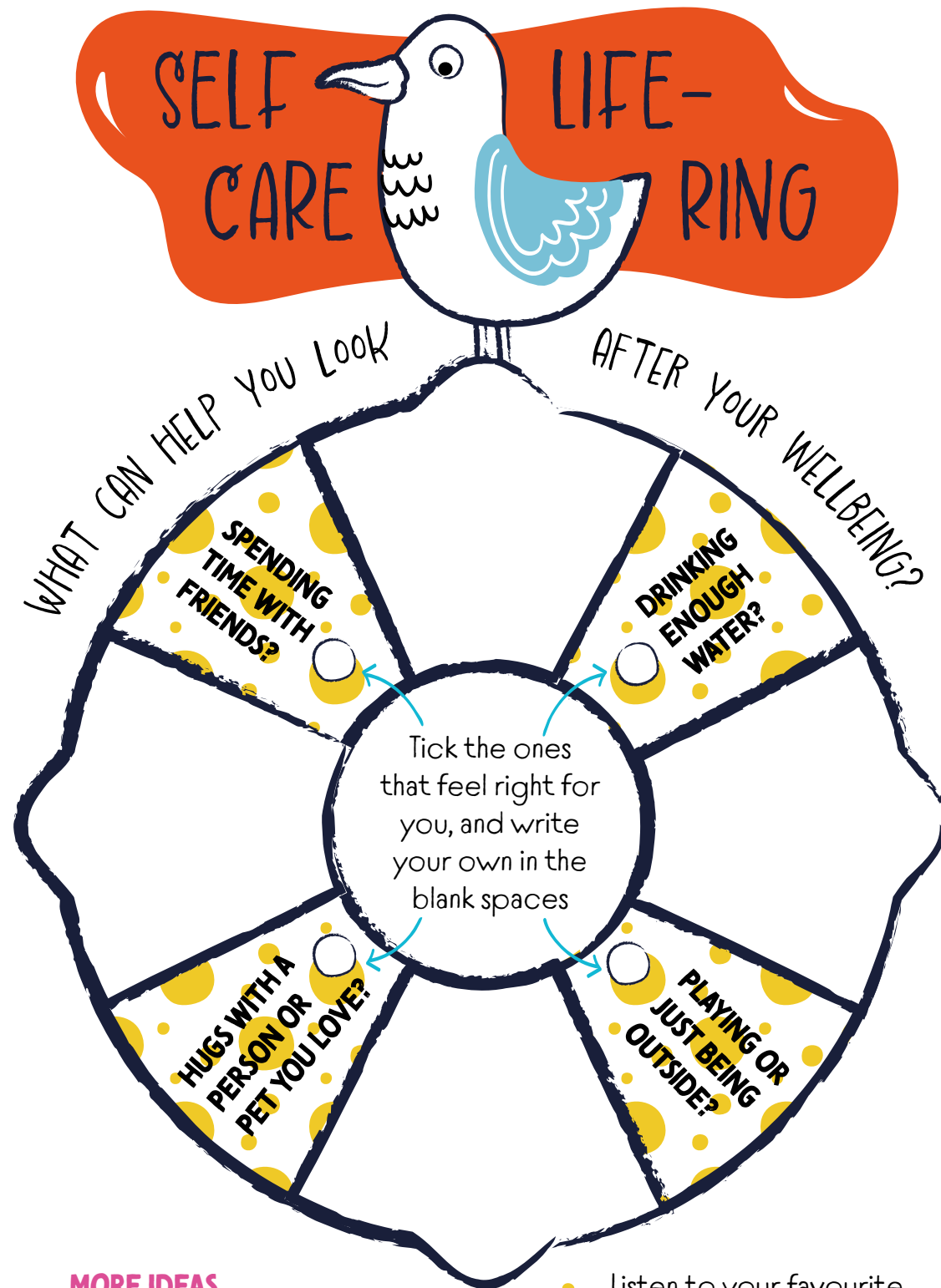
Then trace your finger around the starfish, holding your breath when you get to each point, and then breathing out on every 'exhale' and in on every 'inhale'.

Go around the starfish 2 or 3 times.

ENJOY SOME COLOURING IN...



MAKE A SELF-CARE PLAN...



MORE IDEAS...

- Do a breathing exercise (like Starfish breathing)
- Get moving! Run or dance
- Get plenty of sleep
- Listen to your favourite music - maybe sing along?
- Eat (mostly) healthy food
- Talk about your feelings with someone you trust

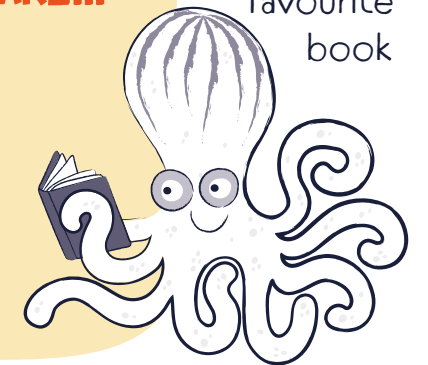
MY WAYS TO WELLBEING

FIND TIME FOR YOU

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

A FEW THINGS I REALLY ENJOY DOING ARE...

Read your favourite book



Get creative!
Draw or paint, make or cook something or write a story

SOMEONE I REALLY LIKE SPENDING TIME WITH IS...

SOMETHING NEW I'D LIKE TO TRY IS...



Learn a new word ... or even a word in a different language!

SOMEONE I'D LIKE TO SPEND MORE TIME WITH IS...

STOP AND TAKE NOTICE

STOP AND TAKE NOTICE is something we can all learn to do more frequently. Take the time to develop a deep appreciation for the awe-inspiring sunsets, the calming rhythm of the waves, and the intricate beauty of the Cornish flora and fauna. Be curious about the world, notice the unusual and uniqueness, take in the beauty of the world around you. Take a breath, enjoy the small moments. Slow down to help you relax and feel a sense of calm!

HERE'S SOME IDEAS TO HELP YOU STOP AND TAKE NOTICE...



DO SOME CLOUD SPOTTING

HAVE A GO AT BIRD WATCHING IN YOUR GARDEN OR AT THE PARK

PRACTICE MINDFULNESS



TRY STARGAZING

CHECK OUT THE BBC'S STARGAZING ACTIVITY PACK HERE!



TRY THIS EXERCISE TO CONNECT WITH YOURSELF AND NATURE

GETTING STARTED

Find a green or blue space that you feel comfortable in, whether that's your back garden, your local park, the woods, moors or beach.

WHEN YOU'RE READY...

1. Start by taking a deep breath.
2. Look up at the sky - can you see clouds? Are there any shapes in the clouds? Do the clouds change shape? Whilst taking deep breaths, take a moment to watch as the clouds move in the sky.
3. Now move your attention to the ground. Can you feel the grass between your feet? Notice the sensation of your feet on the earth.
4. Listen to your surroundings. Can you hear birds or insects? Can you hear the wind moving the trees or grass?
5. Now focus on your body. Is it a warm or cold day? Can you feel the wind against your skin or the sun on your face?
6. To finish take a moment to sit and breathe. If you aren't able to go outside, try this exercise from your house with the windows open. What can you see, smell and hear from the street outside?

MY WAYS TO WELLBEING

TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

I LIKE TO DAYDREAM ABOUT...

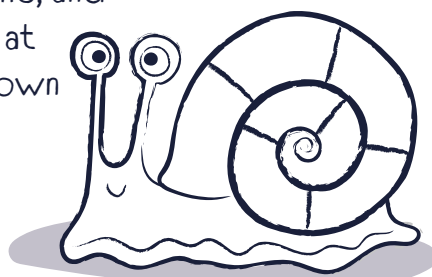


Keep a
note of 3
Good Things
from each day.

MY FAVOURITE BREATHING EXERCISE IS...

I CAN BE KIND TO MYSELF BY...

SLOW DOWN... Take your time,
breathe, and
move at
your own
pace



MY FAVOURITE PLACE TO
STOP AND TAKE NOTICE IS...



Use your senses!
Count nearby
things you can
see, hear, smell,
touch and taste.

GIVE

GIVING TO OTHERS is something deeply ingrained in the culture of Cornwall. Whether it's volunteering for local causes, lending a helping hand to a neighbour, or simply sharing a friendly smile, the act of giving back is woven into the fabric of everyday life.

HERE'S SOME IDEAS OF WAYS YOU CAN GIVE TO OTHERS...



GIVE SOMEONE A HUG

TIDY UP AT HOME
WITHOUT BEING
ASKED TO

HAVE A SORT OUT
AND DONATE GOOD
QUALITY TOYS,
GAMES, BOOKS AND
CLOTHES YOU DON'T
NEED TO CHARITY



SHARE!



THERE ARE MORE IDEAS
ON THE NEXT PAGE!

KINDNESS CHALLENGE

HOW TO PLAY:

See how many of these **ACTS OF KINDNESS** you can do in **ONE WEEK!** Tick them off as you do them... you could even do the challenge with your family or friends (use different colour pens for each person) to see who can do the most?

Started on:

DATE

Finished on:

DATE

SMILE AT PEOPLE WHEN YOU'RE OUT & ABOUT

INCLUDE SOMEONE NEW IN A GAME OR ACTIVITY

TELL SOMEONE YOUR FAVOURITE THING ABOUT THEM

MAKE SOMEONE LAUGH! SHARE YOUR BEST JOKE

SHARE!

TELL SOMEONE YOUR FAVOURITE FACT

SAY THANK YOU TO SOMEONE WHO DOES STUFF FOR YOU (Maybe your parents, teacher, school caretaker, club leader...)

WRITE A LETTER OR A POSTCARD to a friend or family member, just to say hello!

ASK SOMEONE HOW THEY'RE FEELING... AND LISTEN CAREFULLY TO THEIR ANSWER

GIVE A HUG!

TIDY UP AT HOME OR SCHOOL WITHOUT BEING ASKED TO

PLAY WITH YOUR SIBLING OR PET

BE KIND TO YOURSELF WITH THE 5 WAYS TO WELLBEING!

PAINT PEBBLES WITH POSITIVE OR INSPIRING MESSAGES AND LEAVE THEM IN RANDOM PLACES FOR PEOPLE TO FIND

CALL OR MESSAGE SOMEONE YOU CARE ABOUT

OFFER TO HELP AT HOME. Could you make a meal, put the shopping away or wash up?

MAKE A CARD FOR A FRIEND TO SAY 'THANK YOU FOR BEING MY FRIEND'

HELP ORGANISE A GAME OR ACTIVITY FOR YOUR CLASS AT BREAK OR LUNCHTIME

HAVE A SORT OUT AND DONATE TOYS, GAMES, BOOKS AND CLOTHES (in good repair) YOU DON'T USE ANYMORE TO A CHARITY

BE KIND TO THE PLANET! Join a beach clean or pick up litter in the playground or on your way to school.

CLICK HERE TO DOWNLOAD THE KINDNESS CHALLENGE

YOU COULD
SHARE
THEM WITH
FAMILY AND
FRIENDS!

POSITIVE PEBBLES

Have fun colouring in these **POSITIVE PEBBLES** and use the blank one to **DESIGN YOUR OWN!**

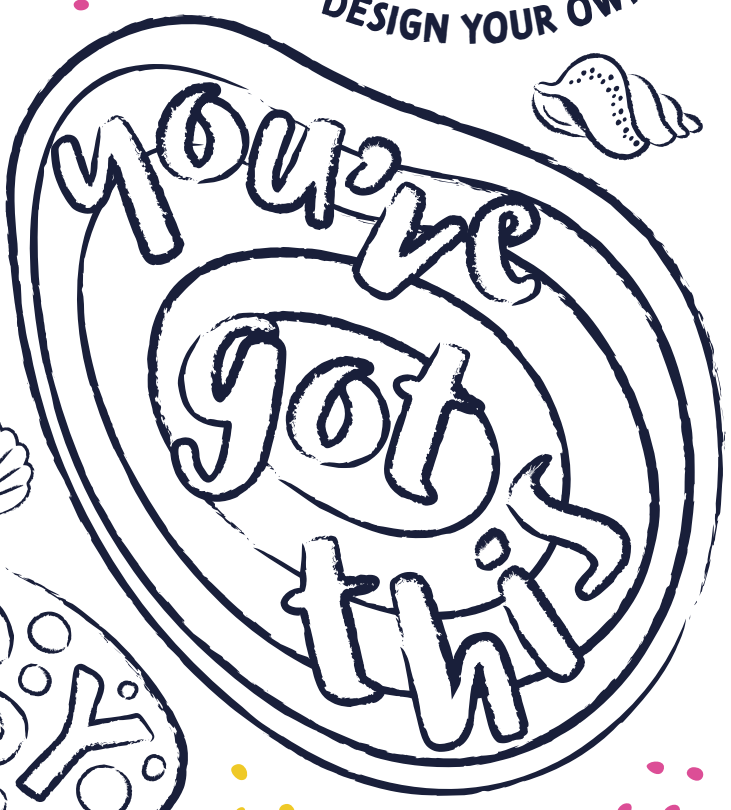


DESIGN YOUR OWN...

WHY DON'T YOU...

Brighten someone's day by decorating some pebbles and leaving them out and about for anyone to find?

WAYS
TO GIVE
TOP TIP!



GIVE BACK TO NATURE!



SUPPORT OUR LOCAL ENVIRONMENT!

Give back to nature and help out on a beach clean.

The National Trust and Beach Guardian, based here in Cornwall, both have planned activities this summer...



CHECK OUT THE
NATIONAL TRUST'S
BEACH CLEANS



CHECK OUT BEACH
GUARDIAN'S
BEACH CLEANS



MY WAYS TO WELLBEING



Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

SOMETHING I CAN DO TO HELP OUT AT HOME IS...

I CAN MAKE PEOPLE SMILE BY...



Invite someone new to join in a game or activity with you...



SOMETHING I CAN DO TO HELP OUT AT SCHOOL IS...



OUR SUMMER GOALS AND DREAMS

START HERE

Our family's summer goal is...

step one

step two

step four

step three

WELL DONE!

Colour in when you've reached your goal!

5 WAYS AUGUST 2026 CHALLENGE

How many 5 Ways to Wellbeing activities can you do in one month? Mark or colour in a circle every time you do one... use a different colour for each person in your family to see who gets the most!

ARRANGE TO SEE A FRIEND 	DO A CARTWHEEL OR A FOWARD ROLL 	TRY COOKING A RECIPE YOU'VE NEVER TRIED BEFORE 	TRY STARGAZING. LOOK UP AT THE NIGHT SKY. WHAT CAN YOU SEE? 	GIVE SOME TIME TO HELP A FRIEND 	ENJOY A GAME OR MOVIE NIGHT WITH FRIENDS OR FAMILY 	GO FOR A CLIFF OR WOODLAND WALK
TAKE 5 MINUTES TO SIT AND WATCH THE WORLD GO BY 	STUDY A NEW INSECT, ANIMAL OR PLANT 	BAKE SOME CAKES OR BISCUITS AND SHARE THEM 	TAKE TURNS STORYTELLING 	EXPLORE THE VILLAGE OR TOWN WHERE YOU LIVE 	HAVE A MINI SPA SESSION AT HOME 	IMMERSE YOURSELF IN A NEW BOOK OR PODCAST
HELP OUT AT A LOCAL COMMUNITY EVENT 	PLAY WITH YOUR PET OR SIBLING 	GO FOR A RUN OR A BIKE RIDE 	NOTICE THREE BEAUTIFUL THINGS OUTSIDE 	LEARN A NEW SKILL OR SOME NEW WORDS 	TAKE PART IN A BEACH CLEAN 	BLINK OR LAUGH CHALLENGE: STARE AT EACH OTHER AND SEE HOW LONG YOU CAN GO WITHOUT DOING EITHER
RUN A RACE OR OR DO A SKIPPING COMPETITION WITH YOUR FRIENDS 	PAUSE AND DO A BREATHING EXERCISE 	PAINT OR DRAW THE VIEW FROM YOUR WINDOW 	DONATE 5 THINGS YOU DON'T NEED TO CHARITY 	START A SUMMER PHOTO DIARY TO SHARE WITH YOUR FAMILY OR FRIENDS 	GO SEA SWIMMING OR SPLASH IN A ROCKPOOL 	PRACTICE MINDFULNESS OUTSIDE
CLOSE YOUR EYES COUNT TO 10 THEN OPEN THEM UP AND DESCRIBE WHAT YOU SEE, SMELL, TASTE AND FEEL 	MAKE A CARD OR PICTURE FOR A FRIEND OR FAMILY MEMBER 	WORK TOGETHER WITH OTHERS ON A SUMMER PROJECT 	DANCE! TEACH YOUR FAVOURITE MOVES TO A FRIEND 	DO SOME CLOUD SPOTTING 	VISIT A NEW PLACE 	HELP OUT OR TIDY UP (WITHOUT BEING ASKED TO)

5 WAYS CHALLENGE BADGES!

CELEBRATE YOUR SELF CARE! CUT OUT THESE BADGES FOR YOURSELF OR SOMEONE ELSE, WHENEVER YOU COMPLETE A WELLBEING CHALLENGE!

Print these pages out and cut around the circles to make your own badges, or add some double-sided sticky tape to make them into stickers.





MY BRILLIANT PLACE TO BE ME

Find loads of awesome wellbeing activities and resources at Headstart Kernow's **MY BRILLIANT PLACE TO BE ME** website.

Pick and choose the ones that suit you best, or download and print the whole journal.



CORNWALL REALLY IS A GREAT PLACE TO PRACTICE 5 WAYS TO WELLBEING AND SUMMER IS THE PERFECT TIME TO EMBRACE A LIFESTYLE THAT PRIORITISES WELLBEING AND CONNECTION.

So, focus on and breathe in the sights and sounds, the vibrant wildflowers, waves crashing against the shore, and the scent of fresh summer air. Let them serve as gentle daily reminders to be present in the moment.

WHAT'S ON CORNWALL SUMMER 2026



CORNWALL LIBRARIES SUMMER READING CHALLENGE 2026



This year, Cornwall Libraries are running their own summer reading challenge: **EXTRAORDINARY EXPLORERS!** Get ready for a summer full of stories, exploration and rewards!

Check out **Brogh the Badger's guide to everything you need to know** about taking part in this year's challenge - from choosing what you love to read, to picking up exciting rewards along the way.

- Read (or listen to!) 6 books in your own way
- Earn rewards as you go
- Take part with friends, family, or by yourself
- FREE to join at any Cornwall library

There's also a **One and All Challenge**, so everyone can take part - no matter how they enjoy stories. **Running from 11 July to 12 September... sign up at your local library!**



IS YOUR CHILD
5 YEARS OLD
OR UNDER?

MOVE MORE TOGETHER



REGULAR MOVEMENT FOR ALL THE FAMILY CAN SUPPORT BETTER PHYSICAL AND MENTAL WELLBEING.

Parents that move more, particularly with their children, can improve their symptoms of depression and anxiety, sleep better and build their relationship with their children.

Young children who move regularly sleep better, are happier, learn better, socialise more easily and develop healthy habits that could see them throughout their lives.

Regular movement can be very beneficial for children with special educational needs and disabilities. For example, it can improve motor skills, balance and co-ordination, help support emotional regulation, release tension, adrenaline and anxiety, increases focus and concentration and builds self-esteem.

- **BABIES** should be doing at least **30 MINUTES OF TUMMY TIME EACH DAY.**
- **YOUNG CHILDREN** should be doing at least **3 HOURS OF PHYSICAL ACTIVITY EACH DAY.**
- **ADULTS** should aim for at least **2.5 HOURS OF MODERATE PHYSICAL ACTIVITY EACH WEEK.**

CLICK HERE FOR
FREE ONLINE
ACTIVITIES AND
LOCAL FACE TO
FACE GROUPS



WALK AND TALK | WORDS FOR LIFE



TALKING TO YOUR BABY OR CHILD WHILE YOU'RE OUT AND ABOUT

The National Literacy Trust's **WALK AND TALK TRAIL** is full of ideas and tips to help you chat to your baby or child more while you're out and about. It will help them learn new words and develop their communication skills.

Both the trail and the activities you'll find on [the NLT website](#) will support you to introduce new words to your baby or child. This will help them begin talking and communicating. If your child is already very chatty, the trail will help them develop their vocabulary.

The first five years of a child's life have a big impact. The development that happens helps improve their future learning, happiness and wellbeing. You can encourage this development by finding as many opportunities as you can to talk and listen to them, and introduce new things.

FIND OUT
MORE HERE!



IS YOUR CHILD
AGED 5-16
YEARS?

TIME2MOVE HOLIDAY ACTIVITES



The Time2Move holiday programme offers **A WIDE RANGE OF FUN SUMMER ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE IN CORNWALL**, including **WATER SPORTS, DANCE, MULTI-SPORTS, SWIMMING, CIRCUS SKILLS, BMX-ING AND MUCH MORE.**

CLICK HERE TO
FIND OUT MORE
AND SIGN UP!

Activities are **open to anyone aged 5-16 years** old. Places are fully funded for children and young people who are eligible for Free School Meals. For other children and young people there is a small fee to pay at the time of booking. Every child attending a Time2Move session will recieve a healthy meal as part of that activity.

The Time2Move holiday programme is run by Active Cornwall, which has made and continues to make, a concerted effort to include all children, including those with SEND.



SUMMER OF PLAY AT EDEN!



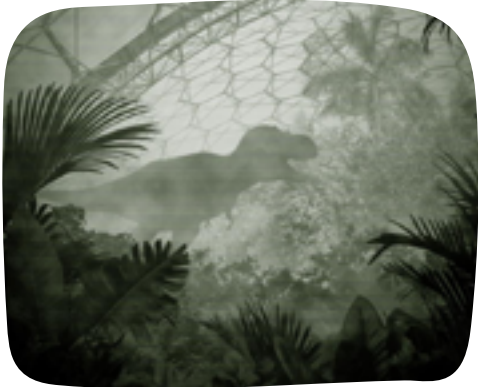
STEP INTO A SUMMER OF ADVENTURE AT THE EDEN PROJECT, WHERE NATURE, PLAY AND DISCOVERY COME TOGETHER IN CORNWALL'S WORLD-FAMOUS GARDENS AND BIOMES.

Explore the biggest indoor rainforest in the UK, wander through colourful outdoor gardens, enjoy nature-based play areas, and discover the stunning **Wildlife Photographer of the Year** exhibition set amongst the landscape.

But be warned – strange sightings have been reported in the Rainforest Biome and whispers of prehistoric creatures are spreading across Eden!

Families can join the mystery, follow the clues and embark on an exciting dinosaur-themed adventure that's sure to spark curiosity and imagination in explorers of all ages.

THERE'S SOMETHING FOR EVERYONE TO ENJOY, WHATEVER THE WEATHER!



CHECK OUT EDEN PROJECT
COMMUNITIES FOR MORE WAYS TO
GET OUT AND PLAY THIS SUMMER!



VISIT THE MAIN EDEN PROJECT WEBSITE



Healthy
Cornwall

GET ACTIVE WITH HEALTHY CORNWALL



GET ACTIVE, HAVE FUN AND MAKE THE MOST OF CORNWALL'S GREAT OUTDOORS THIS SUMMER WITH HEALTHY CORNWALL.

Families can enjoy a range of free activities designed to support health and wellbeing, including exciting Rockpool Safaris where you can discover the fascinating wildlife living along Cornwall's coastline, Beach Play sessions packed with games and activities, and refreshing Salty Swims that offer a friendly introduction to the benefits of sea swimming.

Whether you're exploring the shore, spending time by the sea or trying something new, Healthy Cornwall's summer programme is a fantastic way to get outdoors, connect with nature and enjoy an active summer together.


**FIND OUT
MORE HERE!**



Sport
In Mind

IS YOUR
CHILD
OVER 17?

SPORT IN MIND CORNWALL



OUR FREE SESSIONS ARE OPEN TO ANYONE 17+ EXPERIENCING MENTAL HEALTH PROBLEMS and carers. Our drop-in sessions are lots of fun and for all abilities - so no need to book and no referral required.


**CLICK HERE TO
CHECK OUT OUR
TIMETABLE**

The sessions are all delivered by a qualified instructor and all equipment will be provided. Carers, friends and family are more than welcome to accompany participants to the first couple of sessions – the more the merrier!

**WE JUST
ASK NEW
STARTERS
TO**


**CLICK HERE TO COMPLETE
THE ONLINE SIGN UP FORM**



YOUNG PEOPLE CORNWALL



AS WELL AS LEADING CHANGE THROUGH YOUTH PROVISION AND MENTAL HEALTH SUPPORT, YOUNG PEOPLE CORNWALL ALSO RUN SUMMER PROGRAMMES, DESIGNED TO KEEP YOUNG PEOPLE ENGAGED AND SOCIAL.

This summer, Young People Cornwall is offering a variety of fun and engaging activities independently and with Time2Move. With sessions running throughout the six weeks, including...

- dodgeball
- laser tag
- water sports
- nerf battle
- slip 'n' slide
- swimming

...THERE'S SOMETHING FOR EVERYONE!

Keep an eye on our socials for updates on activities and booking information. Join us at our centres and across Cornwall for a summer full of excitement and new experiences!

CLICK HERE TO FIND OUT MORE AND SIGN UP!



KRESEN KERNOW



YOU'LL FIND ALL SORTS OF FREE ACTIVITIES FOR FAMILIES AT KRESEN KERNOW IN REDRUTH THIS SUMMER!

Come along and get crafty at our popular badge-making and flag-making workshops or explore your family's past at a Drop-in Family History day. Learn some new Cornish words, practice your writing skills and experiment with inks and stamps at our Animal Cornish telegrams workshops, delivered in partnership with Speak Cornish. Or enjoy a captivating story-telling session with Alasdair Hoswell, as he shares tales of Cornish pirates and mermaids, inspired by legends from long ago.

All these free, drop-in events are open to all and are available on various dates throughout the summer. Check out the [Kresen Kernow website](#) for details.

CLICK HERE TO FIND OUT MORE

GWEALAN TOPS



COME AND ENJOY THE GWEALAN TOPS ADVENTURE PLAYGROUND IN REDRUTH THIS SUMMER! THIS LARGE, PLAYWORKER-SUPERVISED SITE HAS SOME STRUCTURES, WILD AREAS AND LOTS OF SPACE TO ROAM, EXPLORE, EXPERIMENT AND CREATE.

Arts, crafts and imaginative opportunities are offered alongside campfires, building, sports and outdoor experiences with the main purpose of supporting free play. Open to all age-groups when accompanied by an adult, and to unaccompanied children aged 7 and over on weekdays during school holidays. We're also open during term-time - please check our website for details.

Please complete our online registration form before your first visit. If your child needs some support to attend the playground please contact us to discuss their needs before visiting, so suitable arrangements can be made. You can email us at: manager@gwealantops.org

CLICK HERE TO FIND OUT MORE AND REGISTER!



CORNWALL WILDLIFE TRUST



GET OUTDOORS AND DISCOVER THE INCREDIBLE WILDLIFE ON YOUR DOORSTEP WITH CORNWALL WILDLIFE TRUST. From rugged coastlines and sandy dunes to ancient woodlands, wildflower meadows and peaceful wetlands, Cornwall's diverse landscapes are full of opportunities to explore, learn and connect with nature.

Whether you're enjoying a family walk, spotting wildlife, or visiting one of the Trust's many nature reserves, there's always something new to discover. And if you're inspired to do more, you can support Cornwall Wildlife Trust as a member, helping to create a Cornwall where nature thrives for wildlife and future generations alike.

FIND OUT MORE HERE!



RNLI



MAKE THE MOST OF CORNWALL'S BEAUTIFUL BEACHES THIS SUMMER WITH THE RNLI. Whether you're building sandcastles, paddling in the sea, surfing the waves or enjoying a family day by the coast, the beach is a fantastic place for fun and adventure.

To help everyone stay safe, choose a lifeguarded beach where possible, swim between the red and yellow flags, and remember the RNLI's lifesaving advice: if you get into difficulty in the water, Float to Live. With a little preparation and awareness, you can enjoy all that Cornwall's coastline has to offer safely this summer.

 **CLICK HERE TO FIND OUT MORE**

KOOTH AND QWELL



KOOTH AND QWELL OFFER FREE, SAFE, ANONYMOUS ONLINE MENTAL HEALTH SUPPORT.

Kooth is for 11-18 year olds.

 **CLICK HERE TO CHECK OUT KOOTH**

Qwell is for 19-25 year olds and all parents and carers.

 **CLICK HERE TO CHECK OUT QWELL**

There's no need for a referral, no waiting lists and no barriers. The support on offer includes counselling, and a community created via discussion boards, forums and articles written by people using the services, and tools to support mental health and wellbeing.

START NOW CORNWALL

Free wellbeing support
for young people



SUMMER CAN BE A TIME FOR FUN, NEW EXPERIENCES AND MAKING MEMORIES, BUT IT CAN ALSO BRING CHALLENGES, WORRIES OR CHANGES IN ROUTINE.

Start Now Cornwall is a free online wellbeing resource from HeadStart Kernow, designed with young people, for young people, to help build confidence, resilience and positive mental wellbeing.

Whether you're aged 10–13 or 14–16, Start Now offers a safe and supportive space packed with practical tools, advice and activities to help young people understand their emotions, manage everyday challenges and develop healthy coping strategies.



**CLICK HERE TO
FIND OUT MORE
AND ACCESS FREE
RESOURCES!**



AGES 10–13

For 10–13-year-olds, the website features interactive activities, wellbeing tools and relatable stories that help children explore feelings, manage worries, improve sleep and build emotional resilience. From Name it to Tame it and Worry Busters to calming exercises and sleep support, there are plenty of ways to develop positive wellbeing habits.



AGES 14–16

For 14–16-year-olds, Start Now provides practical advice and self-help resources on topics such as anxiety, sleep, stress and emotional wellbeing. Young people can access tools including Anxiety Hacks, grounding techniques, wellbeing activities and a supportive chatbot that signposts to further information and services when needed.

THIS SUMMER, ENCOURAGE CHILDREN AND YOUNG PEOPLE TO TAKE A FEW MOMENTS TO FOCUS ON THEIR WELLBEING, LEARN NEW COPING SKILLS AND DISCOVER WAYS TO STAY MENTALLY AND EMOTIONALLY HEALTHY.



CLICK HERE TO FIND OUT MORE

www.startnowcornwall.org.uk

Small steps today can help build confidence, resilience and wellbeing for the future.

WHY NOT MAKE WELLBEING PART OF YOUR FAMILY'S SUMMER ADVENTURE?

Summer offers a valuable opportunity to pause, reconnect and build skills that will support your family's wellbeing long after the holidays are over.

Explore Start Now together to discover practical ways to understand emotions, build resilience and develop positive habits that help children and young people flourish.

Start Now is just one part of the support available through HeadStart Kernow, where parents and carers can also access a wealth of information, resources and ideas to promote positive mental health and wellbeing across the whole family.

**A NOTE FOR
PARENTS
AND CARERS**



YOUTH ART CONNECT



THIS SUMMER, YOUR ART CONNECT IS OFFERING A VIBRANT PROGRAMME OF CREATIVE ACTIVITIES DESIGNED TO BRING PEOPLE TOGETHER THROUGH ART.

From hands-on workshops and community art projects to outdoor creative sessions and opportunities to explore different artistic techniques, there's something for all ages and abilities. Whether you're looking to develop new skills, meet like-minded people, or simply enjoy getting creative in a welcoming and supportive environment, Your Art Connect provides plenty of opportunities to get involved, express yourself, and make meaningful connections through creativity. Find out more and explore upcoming events a


**CLICK HERE TO
FIND OUT MORE
AND BOOK!**



CORNWALL ACCESSIBLE ACTIVITIES PLAN (CAAP)

SCHOOL HOLIDAY ACTIVITIES FOR CHILDREN WITH ADDITIONAL NEEDS, THEIR SIBLINGS AND FAMILIES.

CAAP is a small, Cornwall-based charity set up by a group of parents of children with additional needs, to help local families like theirs access fun activities during school holidays. Offering a wide variety of events, including a beach BBQ, swimming, summer karaoke and a trip to indoor soft play centre Raze the Roof, CAAP aims to ensure that every child has the opportunity to enjoy accessible, fun activities during the holidays.


**CLICK HERE TO
FIND OUT MORE
AND BOOK!**



FAMILY INFORMATION SERVICE

CORNWALL'S FAMILY INFORMATION SERVICE (FIS) IS A FREE AND IMPARTIAL SUPPORT SERVICE, THAT OFFERS INFORMATION ON LOCAL SERVICES FOR CHILDREN AND YOUNG PEOPLE.

It is for children aged 0-19 years (up to 25 years with Special Educational Needs and Disabilities, SEND). Visit the website to find childcare support and things to do.

 **CLICK HERE TO FIND OUT MORE**

RESOURCES



BLACKBIRD PIE MAGAZINE

CORNWALL'S WHAT'S ON GUIDE FOR FAMILIES

The eagerly-anticipated summer edition is **jam packed full of ideas of things to do!** You'll find lots of **offers, vouchers and free activities** throughout the magazine. Get out and about on exciting adventures, join in with arts and craft events, or keep it local.



CLICK HERE
TO GET YOUR
FREE COPY!

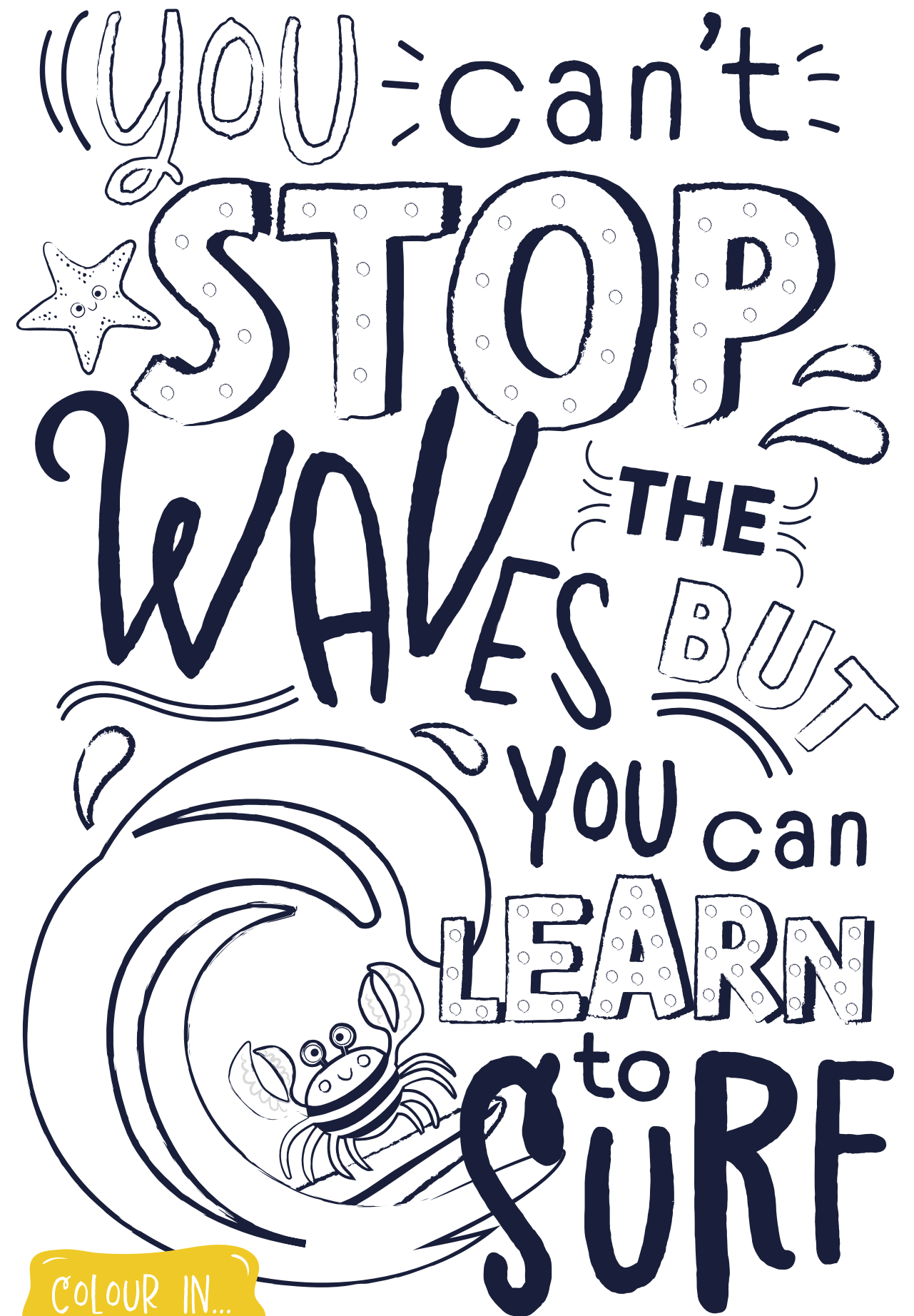
THE CONNECT CARD

FOR 10 - 16 YEAR OLDS

The **Connect Card** was created and designed by young people in Cornwall for 10-16 year olds. They wanted something that would be **a handy way to quickly find advice and information**. To encourage young people to keep the card/key fob, the cards are linked to a website where you can find **free stuff and fun stuff, as well as mental health stuff**.



CLICK HERE TO FIND OUT MORE AND ORDER YOUR CARDS!



COMPILED BY HEADSTART KERNOW

If you would like this information in another
format or language please contact us:

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Treyew Road, Truro TR1 3AY

e: customerservices@cornwall.gov.uk

t: 0300 1234 100

www.cornwall.gov.uk