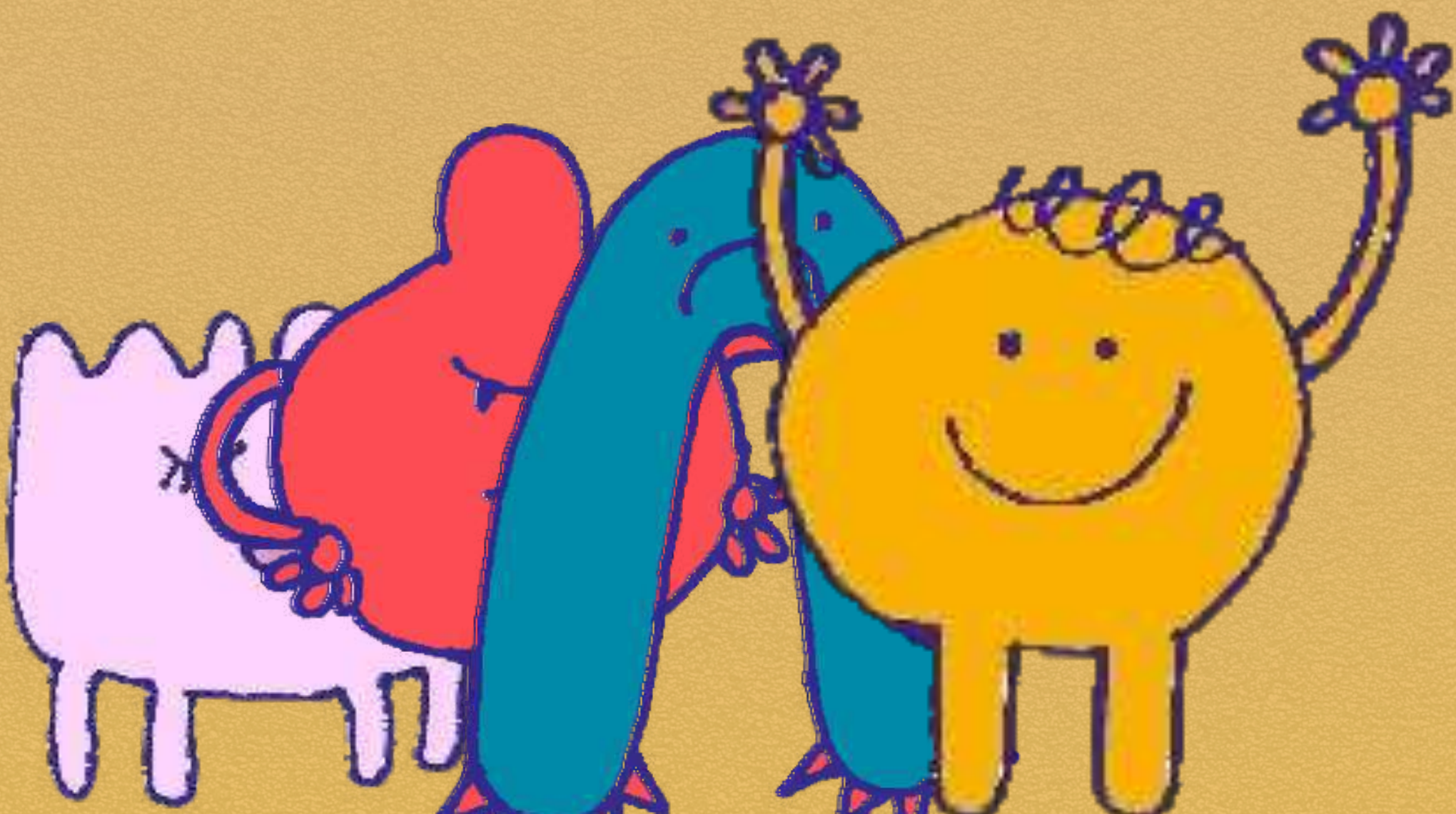


# Adventure

# DISCOVER

# FEELINGS!

- School Bag Scavenger Hunt
- Listening to Nature
- Summer Memory Boxes
- Blowing Away Worries
- ...and more!





# School Bag Scavenger Hunt

*Make school prep fun!*



- 1.** Hide school essentials like pencil cases, bottles, or snacks around your house.
- 2.** Let your little adventurer follow clues that leads back to each hidden item.
- 3.** Celebrate their success with small prizes and make returning to school fun!



# Listening To Nature

Discover the calm outdoors



- 1.** Find a tree that you love, give it a big hug, and connect with nature.
- 2.** Sit near the tree, close your eyes, and listen carefully to the nature around you.
- 3.** After a few minutes, open your eyes, and see how you feel.



# Summer Memory Boxes

*Treasure your adventures*



- 1.** Find a box and decorate it to make it your own special place for summer memories.
- 2.** Collect your treasures like shells, drawings, tickets, and any small keepsakes.
- 3.** Add in a note about your summer adventures and get family to add notes as well!



# Continue the Adventure

## Summer Memory Boxes



Going to school after a long summer holiday can be a little nerve-wracking. Children are usually excited to be back, but often a bit nervous too.

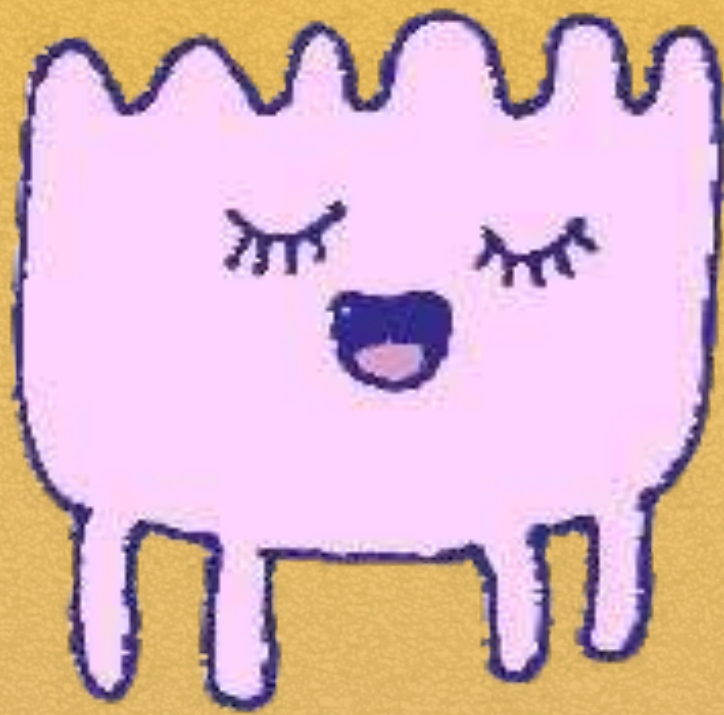


Get some back-to-school tips that will help with any worries thanks to  
**Parent Club Scotland**



# Blowing Away Worries

Experience a calm breath

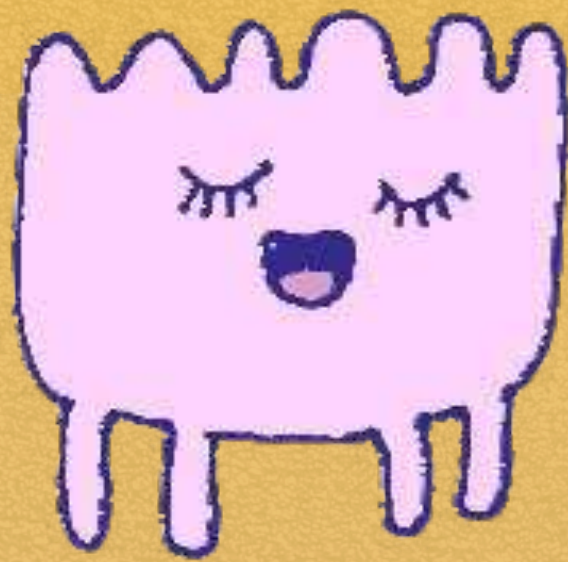


- 1.** Sit down, think about what is worrying you, then take a slow, deep breath in.
- 2.** Imagine that your worries are inside a big bubble in your mind.
- 3.** When you blow out, blow that bubble away with your worries inside it!



# Continue the Adventure

Blowing Away Worries



Here are 5 top tips to help your kids  
find their breath thanks to

Wee Seeds



Keep your family calm and focused  
with 10 mindfulness exercises for  
children from the

BBC



Check out these really helpful tips that  
will help you navigate any of your wee  
ones tantrums, thanks to

Parent Club Scotland



# Reading Adventures

