

# 2020 SUMMER STAYCATION

## FREE ACTIVITIES

Embrace your 5  
Ways to  
Wellbeing



### Week Of 20/7/2020: TAKE NOTICE

Sessions 8-11 years and 12-15 years

Using Photography to:

- Look for beauty in the unexpected
- Create postcards
- Create stories



### BE CURIOUS BE CREATIVE – 8-11 years

Creative activities using nature

Every Thursday starting on the 30<sup>th</sup> July for 5 weeks  
at 11-12:30 or 3-4:30 pm excl 06/08/20



### Week Of 27/7/2020: GIVE POSITIVITY

Sessions 8-11 years and 12-15 years

- Creating positive phrases using newspapers
- Painting pebbles
- Blackout poetry



### Week Of 3/8/2020: KEEP LEARNING

Sessions 8-11 years and 12-15 years

Have fun learning new skills

- Bake along
- Upcycling
- Random facts Quiz



### Week Of 10/8/2020: CONNECT

Sessions 8-11 years and 12-15 years

Meet others with:

- Online games (8-11 years only)
- Murder mystery (12-15 years only)
- Mindful movements
- Show & tell



### Week Of 17/8/2020: BE ACTIVE

- Try out Boxing at Keatsey's Boxing Club for 8-11 and 12-15 years
- Out and about at Astbury Mere and Tittesworth Reservoir for 12-15 and 16+

Places limited so book now!

Subject to change due to Covid and weather



### ALL THINGS TECHIE – 11-16 years

- 5<sup>th</sup> August: Cartoon animation
- 12<sup>th</sup> August: Digital music making
- 19<sup>th</sup> August: Coding video games
- 26<sup>th</sup> August: Stop-motion animation

Places limited so book now! All 10am-12



### Calling all Parents!

- Parental support group on Wednesdays 6:30-7:30pm
- Webinar on supporting your child's anxiety and anger – 29<sup>th</sup> July at 10-10:45am
- Webinar on supporting your child back to school – 26<sup>th</sup> August at 10-10:45am
- Weekly Sessions on how to support your child back to school aged 8-12 years



FOR MORE DETAILS CHECK OUT OUR WEEKLY PROGRAMMES ON OUR WEBSITE, OR FOLLOW US ON FACEBOOK AND INSTAGRAM @VISIONLTD . TO BOOK A PLACE CONTACT VISION TEL: 01260 290 000 OR EMAIL ADMINISTRATION@VISION.ORG.UK & GET BOOKED ON TO ENJOY THE FUN!!

