

OTR

SUMMER

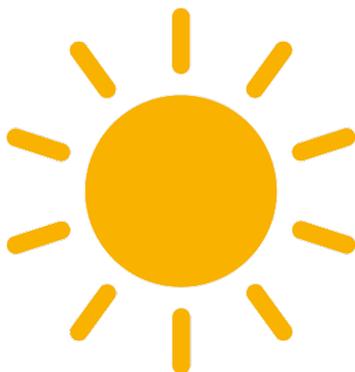
GOALS

June 2018

THIS BOOK BELONGS TO...

WELCOME TO THE OTR GUIDE TO MAKING THE MOST OF SUMMER!

We've created this little booklet to assist you in your summer adventures. Super simple activities and ideas to get the most out of your summer vibes - no £££ needed, just a willingness to give it a go. Enjoy!



1. PREVIOUS SUMMERS...

Now, as we've already said - summer can be a really nice thing with loads of stuff to look forward to. However, some of the best stuff about summer are the little things - the every day stuff that we might not think about, but summer wouldn't be the same without! Here are some activities to help us to notice this stuff.

Think about some things that you really enjoy about summer. Look at some of the below headings to help...



What does summer feel like? E.g. Sun, cold showers, sand etc...



How does summer sound? E.g. Music, bird song, people etc...



How does summer smell? E.g. BBQs, sun-screen, cut grass etc...



What are the tastes? E.g. Ice cream, fresh salad, fruit...



What does summer look like? E.g. Light, colours, life, the sea, sunsets...

Now that you've got a handle on these little pleasures of the summer, see if you can play around with noticing them more.

The more good stuff you pay attention to, the better you might notice yourself feeling. The next page will help you think about places where you might get lots of chances to notice this stuff...

2. WHERE DO YOU SPEND YOUR TIME?

Now we've thought about the little things we enjoy... Let's have a think about where we actually are when we enjoy them!

1. Think of your favourite three places to spend time in during summer? They can be your garden, a park, a cafe, a friends place... anything!

1.

2.

3.

2. What about these three places do you enjoy? Is it the space, the people (or lack of people!), what you do when you're there?

1.

2.

3.

3. Are there times that you can go to these places this summer? When? Is there a way you can spend more time there?

1.

2.

3.

3. DOING NEW STUFF!

Summer can find us having loads of ideas and goals for stuff that we want to do. Trying new things, going to new places, meeting up with people etc...but if you're anything like us you probably get to the end of the summer thinking, 'Oh man, I barely did any of those things!'

Sometimes we have to be realistic about what's possible, but sometimes it helps to have clear goals to help motivate us to do the stuff we want to do. With this in mind, let's get a plan together to use summer the best we can..

Are there any things you wanna do this Summer? These can be big or small -E.G. Places you want to go, events you want to attend, books you want to read, places you want to volunteer, projects you want to do?

Let's take one example of these goals you have for summer... Note it down here:

Are there any barriers in the way of achieving this goal? What are they? (examples of barriers could be: time, money, other people, how we feel...)

What would help you overcome these barriers? Are there any things you're doing already? (getting a planner, chatting with mates etc.)

2. What about these three places do you enjoy? Is it the space, the people (or lack of people!), what you do when you're there?

4. GETTING ORGANISED!

As we've mentioned, summer can be a really good chance to try new stuff that we can't or don't usually want to during other parts of the year. However, the lack of routine can also be pretty difficult, leaving us feeling disorganised and knocked off of our A-game. So, here's a weekly calendar to help you organise stuff, with some example questions or prompts!

MONDAY

What goal can I work towards?:



TUESDAY

When can I try something new?:



WEDNESDAY

How can I make today useful?:



THURSDAY

Where can I go today?:



FRIDAY

Who can I catch up with today?:



SATURDAY

Which of my favourite places can I visit?:



SUNDAY

How has this week been? Have I made it useful? Can I make next week more useful?



OTR HASHTAG CHALLENGE: SUMMER EDITION!

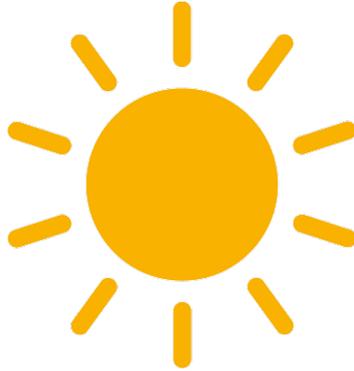
Off The Record is all about bringing people together. We firmly believe in the power of community and people supporting each other. Now that we've had a look at how we can make summer the best it can be for us, lets share our goals and inspire/be inspired by others!

HOW DO I ENTER?

- 1** Think either about a summer goal you want to work towards this year. Big or small, it's down to you!
- 2** Upload a picture that best explains the meaning of this goal to you.
- 3** Write a couple of sentences about what you've chosen to upload and why.
- 4** Upload/Share it on Instagram/Twitter with the hashtag #Summergoals
- 5** Our favourite posts will be reblogged by OTR to help inspire others with their summer break!

WHAT'S THIS ABOUT?

OTR is all about getting connected, and what better way than sharing something important to us with others, and having them share things with us too!



This booklet was made by OTR Bristol, a mental health social movement by and for young people aged 11-25 in Bristol and South Glos.

For more information on what we do, come and see us at one of our Hubs: otrbristol.org.uk/what-we-do/hubs.

You can also call us for free on 0808 808 9120 (Mon-Fri, 2-5pm).

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