



A ZINE BY **OTR**

SUMMER GOALS

***A BOOKLET TO HELP YOU MAKE THE
MOST OF YOUR SUMMER***

MAKING THE MOST OF SUMMER

We've made it - summer is finally here! Whether you're off school for six weeks or planning your work holidays, the chances are you've been looking forward to a well-deserved rest for some time.

However, summer can sometimes feel a little daunting! Suddenly you have no routine, nowhere that you need to be five times a week, and it can feel like you're at a bit of a loose end. Don't worry - we're here to help!

We've created this zine to assist you in your summer adventures. We hope these activities will help you come up with ideas for how you'd like to spend your time. To start us off, let's brain dump the plans you already have!

Use this space to write down all the things you've already got lined up this summer (e.g. going on holiday, watching your favourite films, going to the park with friends)



Now take a look at this list. Is it more than you thought? Less than you thought? Could you not think of anything at all? It's okay - let's come up with some ideas together!

PREVIOUS SUMMERS...

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 prompts to help us notice this stuff.

What does summer feel like? (e.g. sun, sand, cold showers)



How does summer sound? (e.g. music, birds, people)



How does summer smell? (e.g. barbecues, sun screen)



What does summer taste like? (e.g. ice cream, fresh salad)



What does summer look like? (e.g. light, sunsets, the sea)



Now that you've got a handle on these little pleasures, see if you can play around with noticing them more. The more good stuff you pay attention to, the better you might feel.

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!

Think of your favourite three places to spend time in during summer and name them below. They can be your garden, a park, a cafe, a friend's place... anywhere!

1

2

3

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

1

2

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



DOING NEW STUFF!

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

Sometimes we have to be realistic about what's possible, but it also helps to have clear goals to help motivate us to do the stuff we want to do. Let's plan together how to use summer as best we can!

Are there any things you want to do? e.g. places to go, events to attend, books to read, projects to do?

Take one example and note it down here.

Are there any barriers in the way of achieving this goal? What are they? (e.g. time, money, other people)

What would help you overcome these barriers? Are there any things you're already doing? (e.g. getting a planner)



GETTING ORGANISED

As we've mentioned, summer can be a really good chance to try new stuff that we can't or don't want to during the rest of the year. However, the lack of routine can also be pretty difficult, leaving us feeling disorganised. We've put together a weekly calendar to fill out with some prompts to help you out!

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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?

.....



SIGNPOSTING

Wanting some activities to get involved in over the summer? Here are some organisations with local opportunities to keep you busy.



creativyouthnetwork.org.uk



jumpstudios.org.uk



youngbristol.com



swcityfarm.co.uk

NOTES

This booklet was created by OTR, a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset.

You can view our whole collection of zines over on our website.

Looking for some support? For more information about what we do, drop in to one of our Hubs:

MONDAYS 4-7PM

8-10 West Street, Old Market, Bristol, BS2 0BH

WEDNESDAYS 3:30-5:30PM

Armadillo, Station Road, Yate, BS37 4FW
North Somerset Hub, Whorle at Castle Batch Childrens Centre BS22 7PQ

SATURDAYS 10AM-1PM

8-10 West Street, Old Market, Bristol, BS2 0BH

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