

Young Carers Summer Pack

Six weeks of balancing caring responsibilities, fun and family time



This pack is designed for young carers of all ages, with activities that can be adapted for different needs and abilities. It focuses on balancing caring responsibilities with fun, wellbeing and family connection, while keeping activities affordable.

There is no right or wrong way to use it, you can complete as much or as little as you like - even if just one of the weeks or for some ideas to try.

For many young carers, any time away from school and routine can be challenging and while caring for a loved one is important, you are too and must remember to also make time for yourself!

This summer I would like to...

☐☐☐☐☐

Things that might make summer holidays difficult...

☐☐☐☐☐

Things to remember to help me overcome these...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Week One - Explore your world

How many of the below will you tick off this week:

- ☐ Watch the sunset
- ☐ Visit a new park
- ☐ Have a picnic
- ☐ Read a new book
- ☐ Make a smoothie
- ☐ Build a blanket den
- ☐ Visit the library
- ☐ Feed the ducks
- ☐ Go on a bug hunt
- ☐ Paint a picture outside

Summer
Vibes

Nature Scavenger Hunt - You could sketch or take a photo of:

- ☐ A feather
- ☐ Something yellow
- ☐ Three different leaves
- ☐ A butterfly
- ☐ A bee
- ☐ Something that smells nice
- ☐ A smooth stone
- ☐ Something beginning with S

If you have any garden, outdoor space or even just a quiet room, take a breath and focus on:

5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



What made you smile this week?



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Week Two - Get creative

Choose one:

- Paint kindness rocks
- Design your dream bedroom
- Make friendship bracelets
- Create a comic strip
- Decorate a photo frame
- Build something from recycling



Family Challenge

Create something together only using items already in your house.



We turned this used jam jar into.....

We turned this used toilet roll into.....



We turned this egg box into.....

We turned this empty can into.....



Reflection

What made you smile this week?

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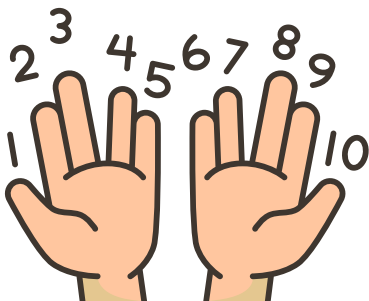


Week Three - Looking After Me

Self-care bingo. Use the box below and cross off what you have achieved this week. You could also create your own and add anything else you have done as part of a self-care routine.

LAUGHED TODAY	HAD A NO SCREEN DAY	TALKED TO A FRIEND
STRETCHED MY BODY	READ FOR 20 MINUTES	DID SOMETHING JUST FOR ME
SPENT TIME OUTSIDE	LISTENED TO MUSIC	DRANK PLENTY OF WATER

BINGO



Breathing exercise

Take a deep breath tracing around each finger on one hand then gently exhale tracing each finger on the other. Repeat four times.

Mid-way journal prompt

Something I'm proud of this week _____

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Not every day will be nice enough to enjoy time outside. It might be that you're not feeling well or not in the mood to go out and see people.

In the raindrops below, write an idea of what you could do on a rainy day.



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Week Four - Kitchen fun!

Below are ideas for recipes for each day of the week to either enjoy yourself, with family or friends. Colour in the stars to rate your creations.

MONDAY

Smoothie bar. Mix your favourite fruits with milk or yoghurt and experiment with different flavours and give it a fun name.



TUESDAY

Taco Tuesday. Set out bowls of different fillings and build your own tacos. Make it colourful too!



WEDNESDAY

Wrap challenge. Try to include all food groups for a balanced lunch. Adding veggies, protein, dairy (or alternative) on a wholegrain wrap - can you come up with a name for it?



THURSDAY

Decorate cupcakes. Using shop bought or your own, decorate using coloured icing, sprinkles, nuts or chocolate chips in a design of your choice



FRIDAY

The fruit rainbow. Create a colourful fruit plate using as many different colours as possible.



SATURDAY

Build your own pizza. Using a base, pitta bread or tortilla, add toppings of your choice in a fun design.



SUNDAY

Family chef night. Together, plan one meal for everyone and plan who has what tasks from prep to cooking to serving, setting the table and entertainment!



New skills learnt this week

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Week Five - Try something new

You could:

- Learn some sign language
- Learn a magic trick
- Try yoga
- Learn photography
- Grow cress or other herbs/flowers
- Learn origami
- Make homemade ice lollies



Confidence challenge

Today I...

☐ **Tried something new**

What was it?

☐ **Asked for help**

What happened?

☐ **Helped someone**

What happened?

☐ **Something else...**

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IMAGO
Young
Carers

Week Six - New year checklist

If you've felt a bit isolated during the summer or you're feeling anxious about going back or starting school, college/work, use the below checklist to help you feel more organised and in control of a new year. You may be feeling excited and confident but want to check you have everything you need to start your new routine.

- ☐ Uniform
- ☐ Keys
- ☐ Wallet/purse/passes
- ☐ Bag
- ☐ Pencil case
- ☐ Books/equipment
- ☐ Water bottle
- ☐ Lunchbox
- ☐ Written down or shared any worries
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

YOU
GOT
THIS!

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General low cost ideas:

Activity

Woodland walk (this could be virtual)
Beach day
Geocaching
Museum (this could be virtual)
Make bird feeders
Charity shop treasure hunt
Stargazing
Window shopping and lunch
Wildlife Trust events

Cost

Free
Travel only
Free
Many are free
Under £3
£5 budget
Free
Check 'kids eat for free'
Many are free

Favourite summer moments

In each box, briefly write about your highlights of the summer. This doesn't have to be something you did, it could be a feeling or something that surprised you.

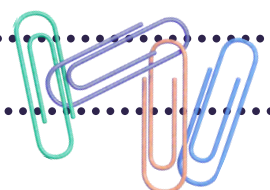
Four empty, hand-drawn style rectangular boxes with rounded corners and a double-line border. They are arranged in a descending staircase pattern. Dashed arrows connect the boxes: from the top box to the second, from the second to the third, and from the third to the fourth.

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Notes/recipes

Blank lined paper with horizontal ruling lines and a small illustration of three paper clips (green, blue, and red) in the bottom right corner.

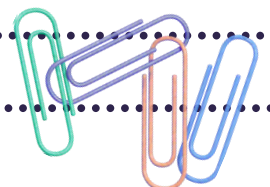


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