Making the Most of the Summer Holidays

Building your brain, your way

Summer isn't a break from learning. It's a chance to:

Recover



Reset



Grow

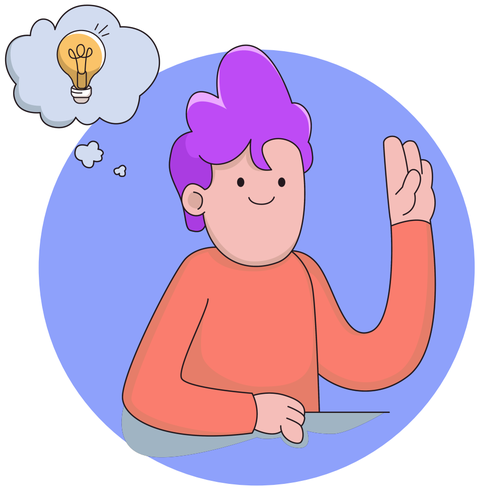




connections in mind

What is Capacity?

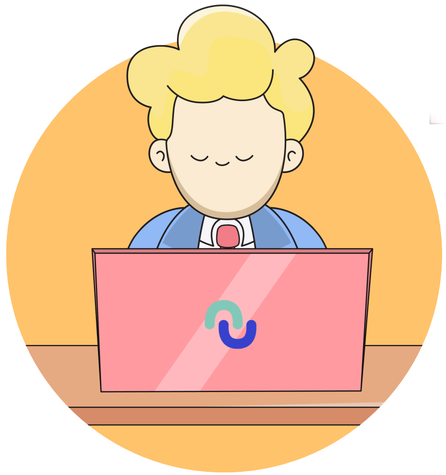
Capacity is your ability to:



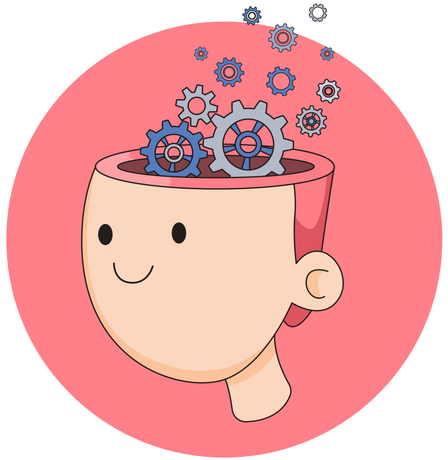
Get started



Keep going



Stay calm when things feel hard



Think things through

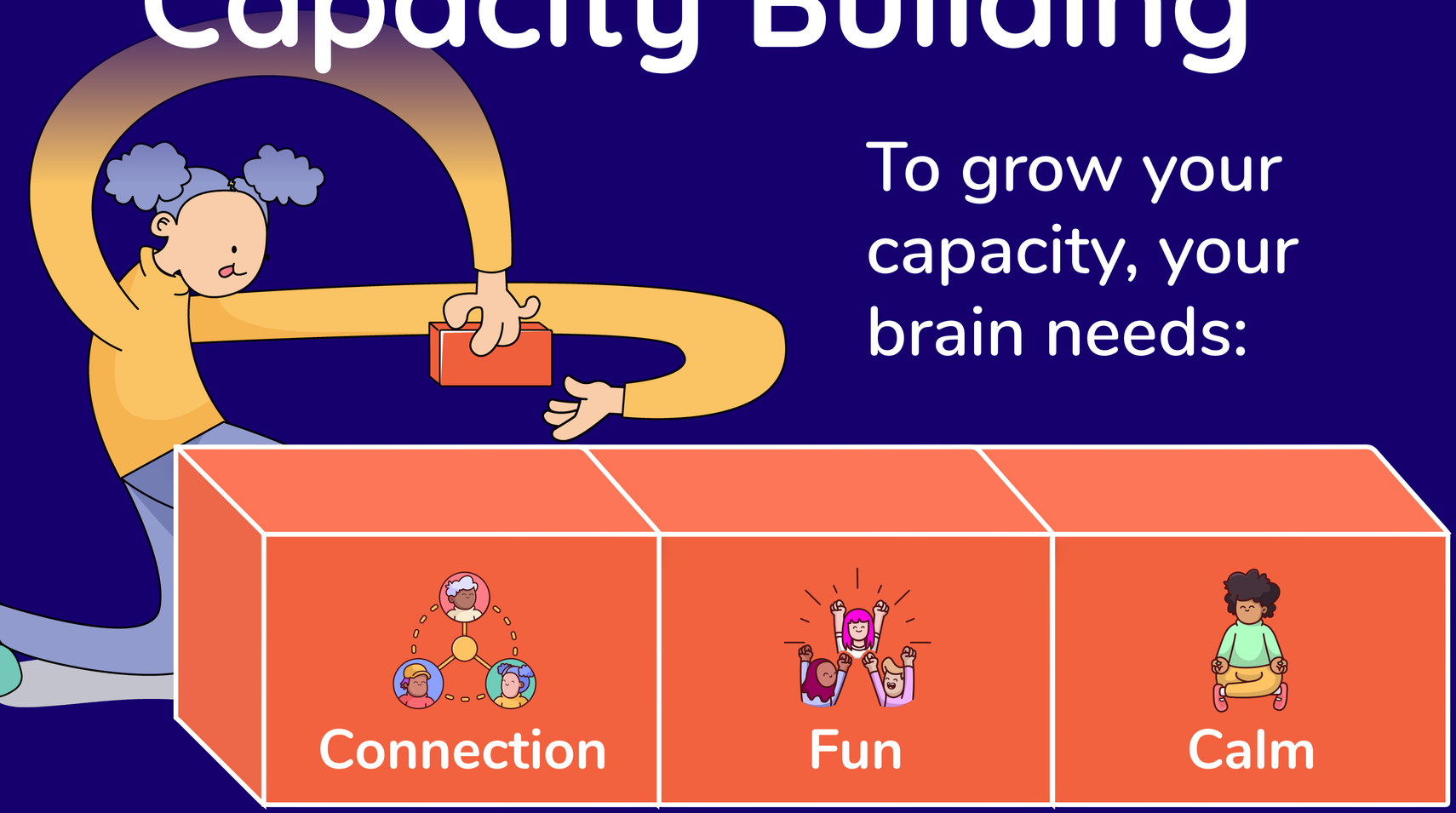
These are executive functions.

They make learning possible.

Capacity doesn't grow through pressure. **It grows through the right experiences.**



Summer Break Capacity Building

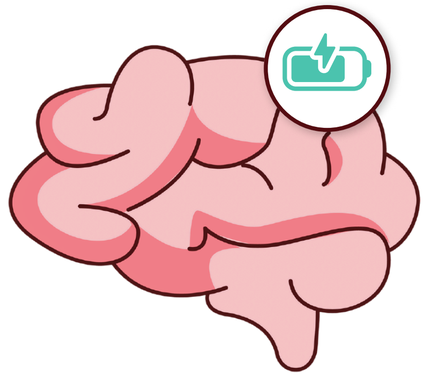


To grow your capacity, your brain needs:

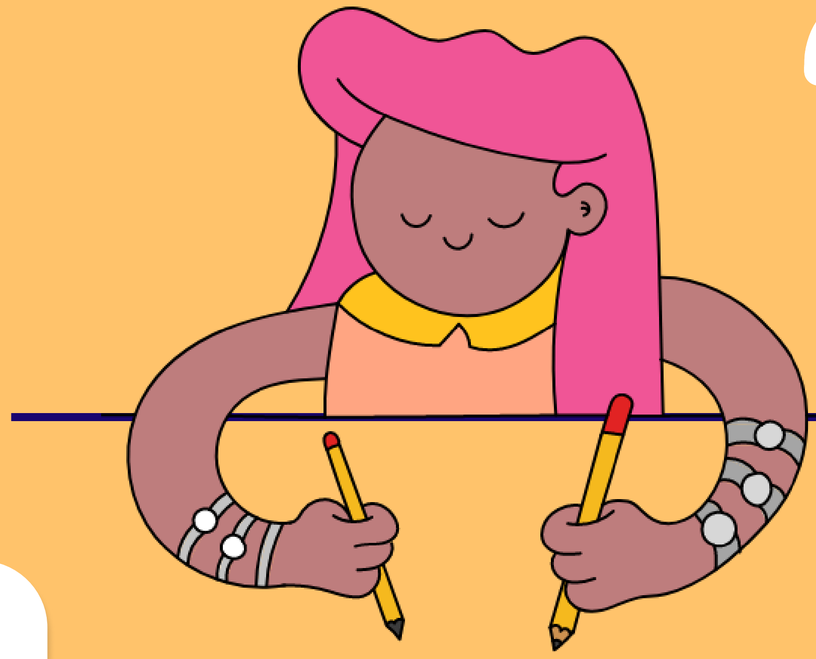
These are not extras.

They are essential.

Summer breaks are great for topping up on these.



Stretch your executive function skills this summer



Try 1-2 small challenges:



Plan something independently



Create something you care about



Take charge of part of your day

Use this simple strategy:

- *When I've done this, I will feel...*
- *What might get in my way?*
- *Given that, what's my plan?*

Final Message

Ask yourself:



Try to balance what gives you energy with what drains you everyday.

It’s not about being perfect.

But building your capacity for growth.



And discovering how your unique brain works.