STUDENT WORKSHEET

Summer Capacity Builder

Building your brain, your way

connections in mind

Check in with your starting point

STEP 1

Before you plan anything, take a moment to notice:

Right now, I feel...

- [ ] Energised



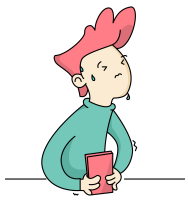
- [ ] Tired



- [ ] Bored



- [ ] Stressed



- [ ] Excited



- [ ] **Something else:** _____

One thing that feels easy for me at the moment:

One thing that feels harder right now:

What gives you energy?

STEP 2

Your brain works best when your energy is topped up.

Things that GIVE me energy: (people, places, activities)

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Things that USE my energy:

What do you notice?



Choose your "just-right" challenges

STEP 3

Pick **1–2 things** you want to try this summer.

They should feel:

- A little bit challenging
- Interesting or meaningful to you
- Possible with some support

Challenge 1

What I want to try:

Why this matters to me:

When I've done this, I will feel:

What might get in my way:

Given that, my plan is:

Challenge 2

What I want to try:

Why this matters to me:

When I've done this, I will feel:

What might get in my way:

Given that, my plan is:

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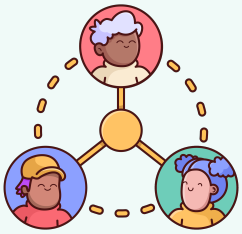
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Build in connection, fun and calm

STEP 4

To grow your brain, you need balance.



CONNECTION: Who will I spend time with?



FUN: What will I do just for enjoyment?



CALM: How will I rest and recharge?

Reflect (come back to this later)

STEP 5

After trying something, pause and notice:

Something I'm proud of:

Something that was tricky:

What I learned about myself:

Final Thought

It's not about being perfect.

But building your capacity for growth.

And discovering how your unique brain works.

