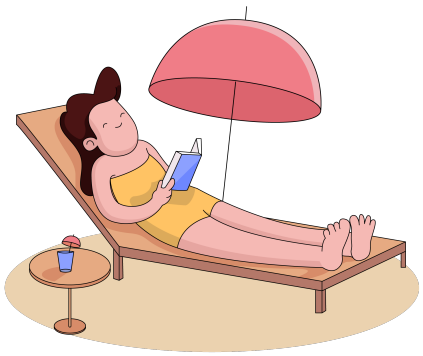
Summer Capacity

Making the Most of the Summer Holidays

connections in mind



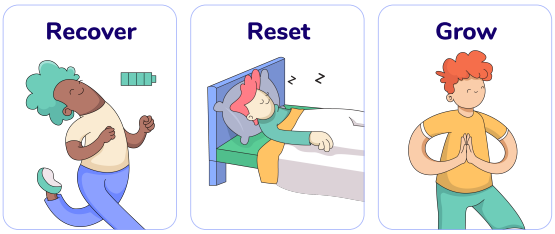
Summer isn't a break from learning

It's a different kind of learning.
During term time, your brain works hard to:

- Focus
- Remember
- Stay organised
- Manage emotions

Over the summer, your brain gets something just as important:

Time to...



Research shows that:

- **Planning something to look forward to** can boost your mood
- **Time away from stress** helps your brain function better
- **Activities like movement, rest and connection** support your brain health

What is Capacity?



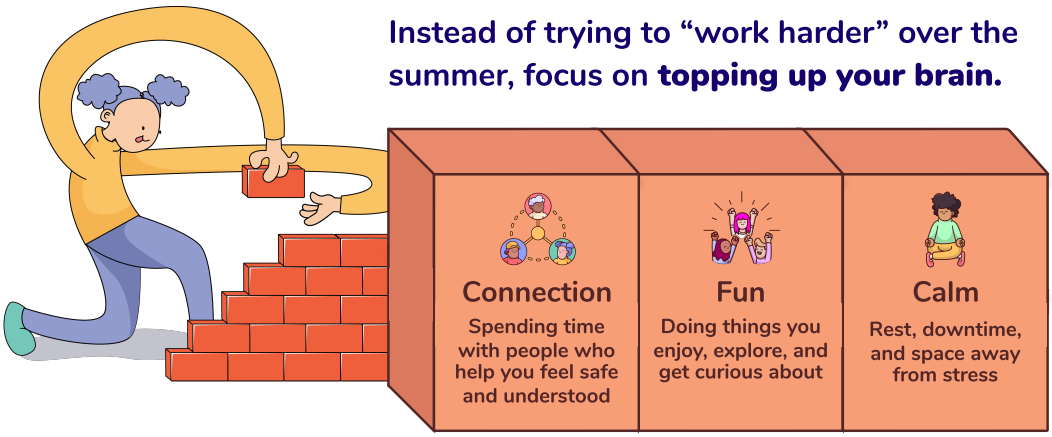
Capacity is your brain's ability to:



These are called **executive function skills.**

And here's the key idea: **Your capacity grows through experience, not pressure.**

The 3 building blocks of a strong brain



Instead of trying to "work harder" over the summer, focus on topping up your brain.

Connection
Spending time with people who help you feel safe and understood

Fun
Doing things you enjoy, explore, and get curious about

Calm
Rest, downtime, and space away from stress

These are the **foundations** that help your brain work well.

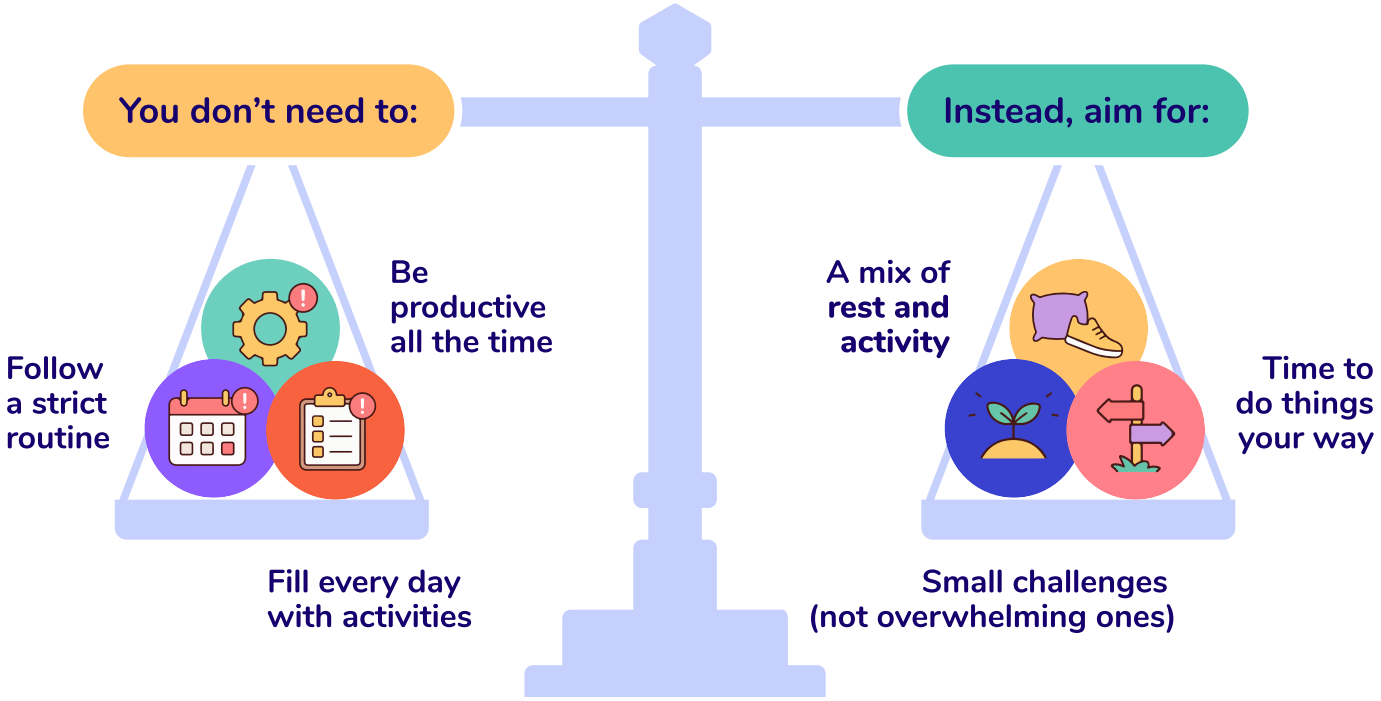


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It's about balance, not perfection



Build Your Capacity This Summer

Try things that stretch you (just a little). The best way to grow your brain is to try real-life challenges — not worksheets. **Here are some ideas:**

Plan something independently

Builds:

- Planning
- Organisation
- Independence



Visit a local shop, café, or place



Work out how to get there

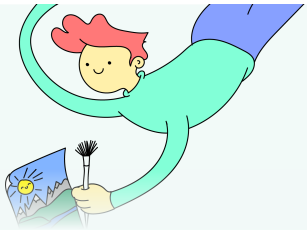


Decide what you'll need

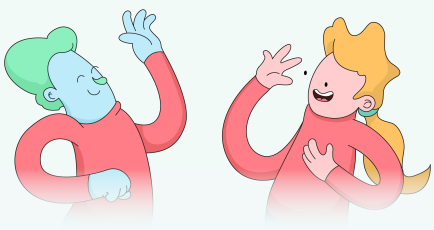
Create a project you care about

Builds:

- Focus
- Motivation
- Follow-through



Make a video, design something, or research a topic



Share it with others if you want

Summer Capacity

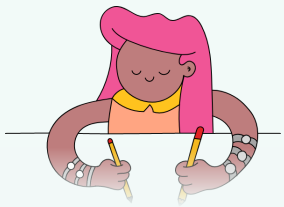
Making the Most of the Summer Holidays

connections in mind

Take charge of your time

Builds:

- Time awareness
- Decision-making



Plan part of your day



Decide how to balance rest and activity

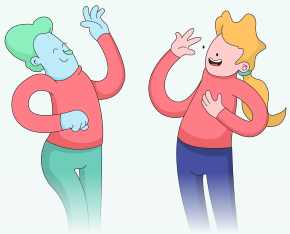


Notice what helps you feel good

Spend time with others

Builds:

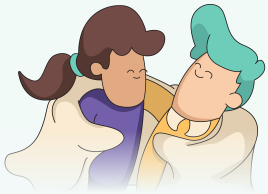
- Emotional regulation
- Flexibility



See friends or family



Do things together



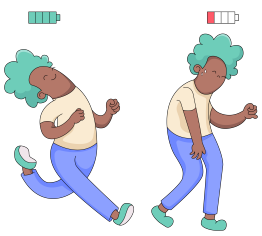
Have unplanned, relaxed time

Notice Your Energy

Some things give you energy. Some things use it up. **Over the summer, try to notice:**



This helps you build awareness of your own needs



A different way to think about summer

Instead of asking:

- ✕ *"Am I doing enough?"*
- ✓ *"Is this helping me build my capacity?"*



Final Thought

It's not about being perfect.

But building your capacity for growth.

And discovering how your unique brain works.

