



Summer sense

Looking after yourself

Summer sense

As we gather in our forms, pause and think about the words of the prayer.

Q- Who do you say this prayer for today?

In a moment of reflection consider the treasures that summer brings for you.

Q- What is it about summer that stirs hope and happiness?

Q- Why do we have a different outlook on life when summer is here?

I Said a Prayer for You Today

And know God must have heard.
I felt the answer in my heart
Although he spoke no word!

I didn't ask for wealth or fame
(I knew you wouldn't mind).
I asked him to send treasures
Of a far more lasting kind!

I asked that he be near you
At the start of each new day;
To grant you health and blessings
And friends to share your way!

I asked for happiness for you
In all things great and small.
But it was for his loving care
I prayed the most of all!

Summer sense

Summer is a season that, for most people, brings joy, positivity, and optimism.

Share your thoughts about summer with the person next to you while the song is playing.

Is summer a season to look forward to or does it mean something different to others?

<https://youtu.be/xUNqsfFUwhY>

The Beatles- Here comes the sun

3 mins





Summer sense

Even though most of us look forward to lighter days, warmer temperatures and spending more time outdoors for some spring/summer brings different experiences.

Spare a thought for those who must cope with hay fever.

But what is hay fever?

Q- Why do people suffer from allergies during spring or summer?

<https://youtu.be/-q7Fz7NIMWM>

Play until 4.15 mins

Summer sense

Summer brings with it lots of health benefits such as being able to spend more time outdoors, vitamin B from the sun's rays, the ability to socialise with family and friends or positive mental health vibes.

However, we need to be very careful and look after ourselves too, summer can bring long lasting negative health conditions if we are not sensible.

Watch the two videos below, one gives us great information on UV light and the other why it is important to wear sunscreen.

<https://youtu.be/IgPNf-Td2og>

1- 2.26 mins

2- 2.24 mins





Summer sense

Please do not think that just because we live in the UK that summer will not bring its health issues.

Take the advice from health professionals in sunny countries such as Australia and America.

Practicing healthy habits from a young age will help you when you are older.

<https://youtu.be/WOv5HGOJYTA>

Slip slop slap 30 secs

<https://youtu.be/dE-yyLf8Qkg>

Sun smart 40 secs

Summer sense

We need to protect our skin to avoid long lasting damage.

Q- How does the sun see our skin?

Watch the following videos, it is concerning how laziness means that our skin becomes damaged as we get older.

Q-What's the secret to healthy skin?

A-Sunscreen

<https://youtu.be/o9BqrSAHbTc>

3.07 mins

https://youtu.be/tB_Vt5mV4Tg

Protect yourself or wreck yourself 2.09 mins





Summer sense

Drinking water is also really important, this should be an everyday task but more so during the hotter summer months.

Q- If we don't drink water/hydrate what happens to our bodies?

Q- What are the benefits of drinking water?

Q- Why is water best?

Watch the following video to learn more about the benefits of keeping ourselves hydrated.

<https://youtu.be/EmNieKLjmH4>

Why drink water? 5.50mins

Summer sense

As the summer holidays approach, please make sure you look after yourselves and practice good habits, even when you are in school.

Keep asking yourself healthy questions such as-

Q- How much water have I drunk today?

Q- Have I got sunscreen on?

Q - Am I eating healthily?

Q- Am I getting enough sleep?

Q- Should I wear a hat?

Q- Should I stay in the shade?



Summer sense

What ever your summer holidays bring please make sure you look after yourself.

Speak to the person next to you about what you hope this summer will bring for you and what special memories you will be making.

https://youtu.be/QBPE2fZsVYU?list=PLcirGkCPmbmFeQ1sm4wFciF03D_Erolfr

One Republic 3.21 mins

