



Summer Holiday Survival Strategy!



My intention for the holiday period is...

The key steps that I need to take to help me to fulfil this intention are:

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The boundaries that I need to put in place are:

The ground rules that I will set are:

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My top priority tasks over the next 6 weeks:

What needs to be done	By when

Who is working?

When will they be working?

Childcare arrangements

Who is working?	When will they be working?	Childcare arrangements

What support do I need from others?

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How I am going to look after myself this summer:

Total summer budget:

I will ensure that I stick to this budget by taking the following actions:

Fun activities	When we will do them	Estimated cost