

A Little Summer Creative Reset!

This booklet is a small pocket of Thinking Space for children and families on busy summer days.

Each page gives you a gentle creative prompt to help children pause, express themselves and find a little calm during the holidays. Some pages are good for quiet independent time. Others can be used together as a way to talk, connect and reflect.

There is no right way to use it. Children can draw, scribble, colour, write, collage or invent something completely unexpected.

The aim is not perfect art. It is calmer thinking, creative expression and a little more space in the day.

Use it at the kitchen table, in the garden, on holiday, during a rainy afternoon or when everyone needs a quiet reset.

You don't need to complete every activity. Dip in and out whenever you need a quiet moment.



What you'll need:

Paper (this booklet is fine - print it, use both sides or just give plain paper with the prompts - make it as easy as you can for yourself)

Pencil or crayon

A curious eye

This creative reset is a gift from *The Creativity Mindset*

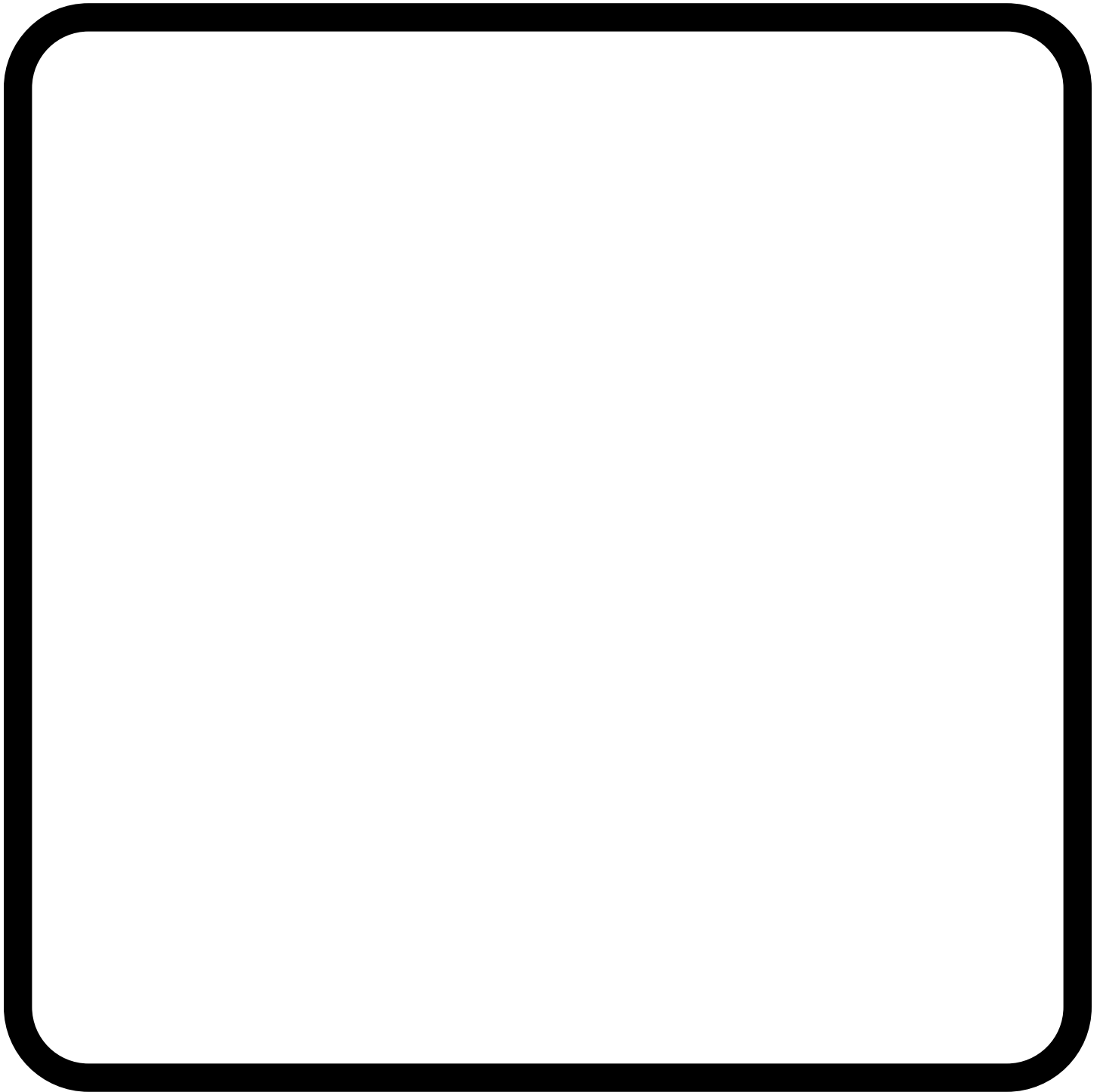
Website: www.thecreativitymindset.com

Instagram: @the_creativity_mindset

A little Summer creative reset

- ✓ Great for home or holidays
- ✓ Suitable for all ages
- ✓ No art skills required — just imagination!

1. Draw your cover image here (hint: it can be anything) -

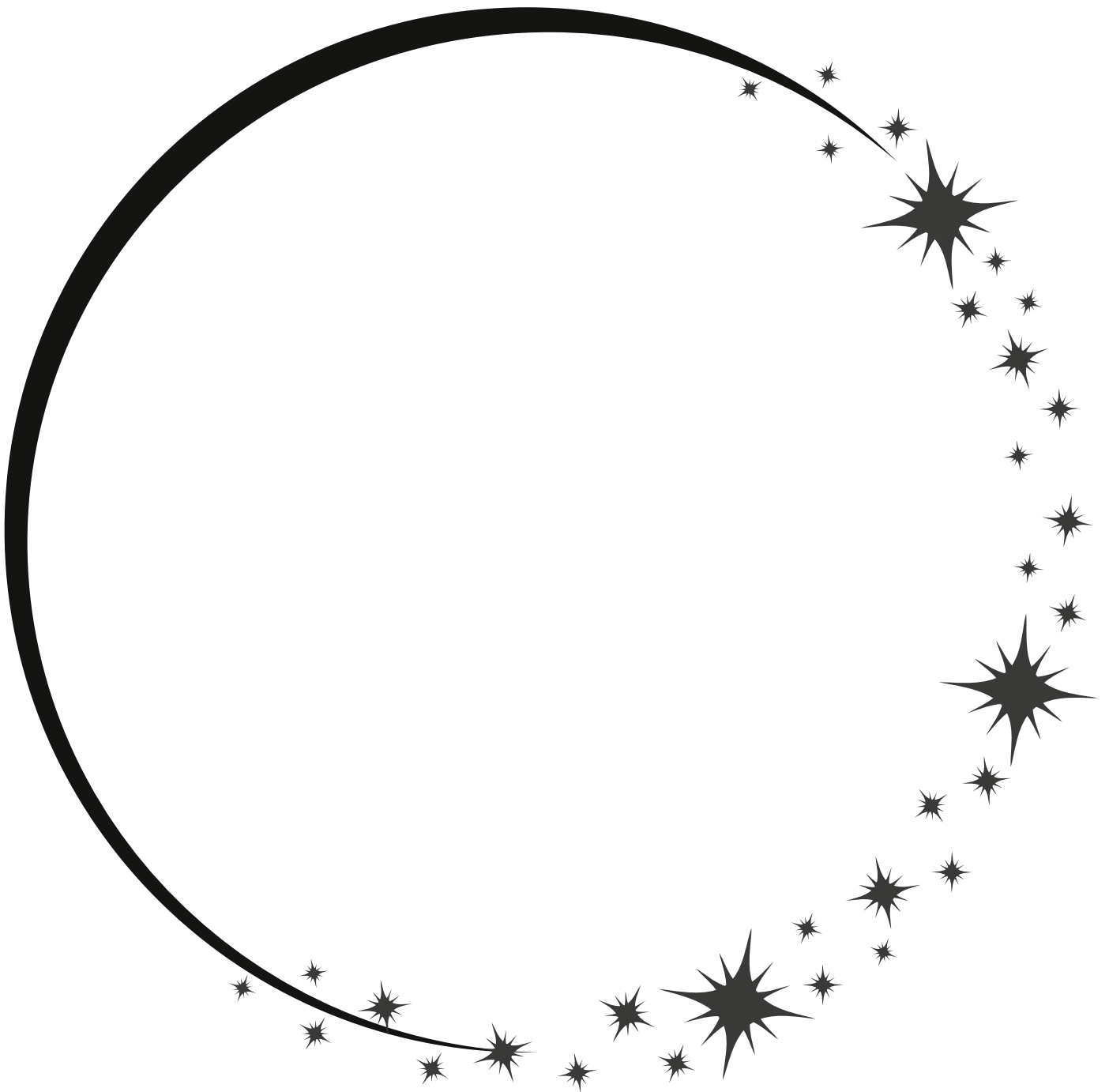


2. Explore and Draw Outdoors

Let's take our creativity outside

- Look closely at colours, patterns and tiny details
- Spot any mini-beasts? 🐞 🐜 🕷️
- What sounds can you hear?
- How does being outside make you feel?
- Draw what you saw — or how it felt
- Add a bark or leaf rubbing

📌 You can also collect textures and turn them into a nature-inspired collage later.

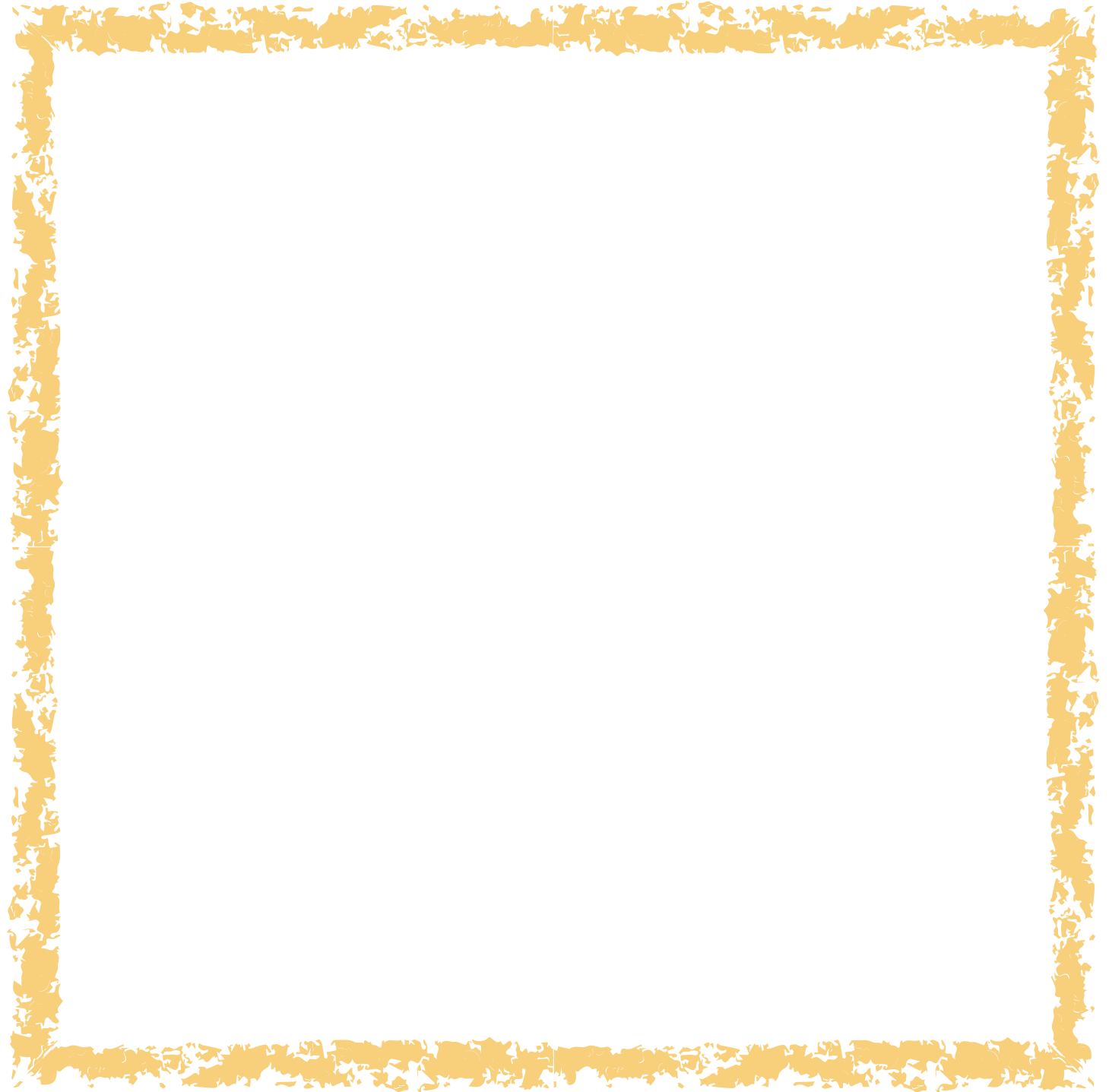


3. Car Journey Doodles

Draw How Your Journey Feels

Use colours, shapes, or scribbles — anything that helps show your mood/journey

Try: wiggly lines for worry, swirls for tiredness, bright bursts for happy or invent your own symbols!



4. Imaginary Packing List

If You Were Going on an Adventure...

What would you take? These can be real *or made up things*

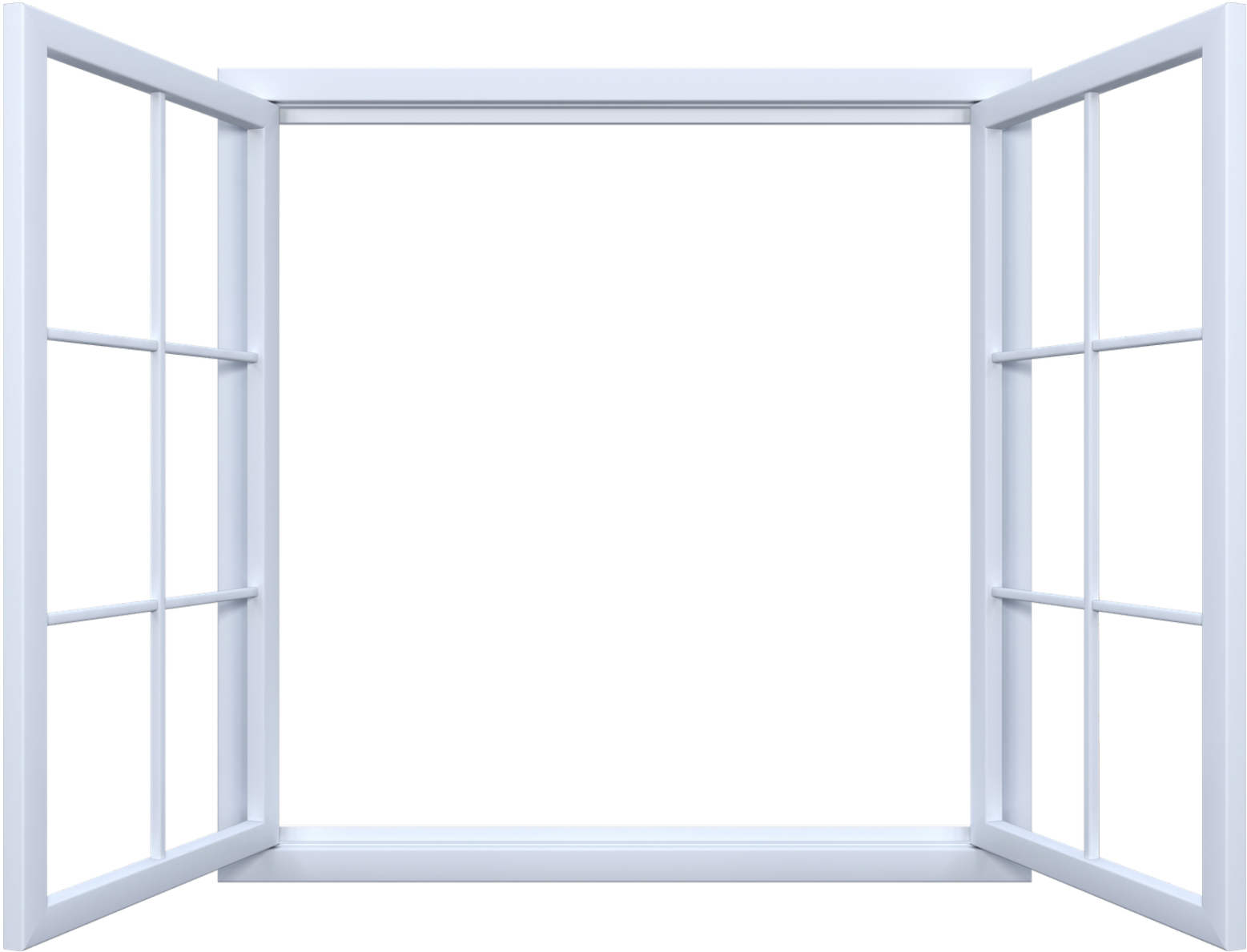
Draw 5 things you'd pack for: a trip to the clouds, a jungle made of jelly, a library where books can talk or your own imaginary land!



5. Window into your world

Draw what you can see out of a window — or what you *wish* you could see!

Try this: use a real window to frame your art or create a “dream window” to another world, how does the outside space make you feel today?



6. My Boredom Buddy

Meet Your Own Boredom Busting Buddy

Draw a creature that helps you turn boredom into an idea.

- What does it look like?
- What does it say to you?
- What colour is it?
- Does it do anything a little bit unexpected?

Name your creature and take it on some adventures!

7. Gratitude Hands

What Are You Thankful For Today?

Trace your hand and fill it with things, people, or moments that made you smile this summer.

Ideas:

A kind word, a yummy snack, a favourite song or a story that made you laugh.

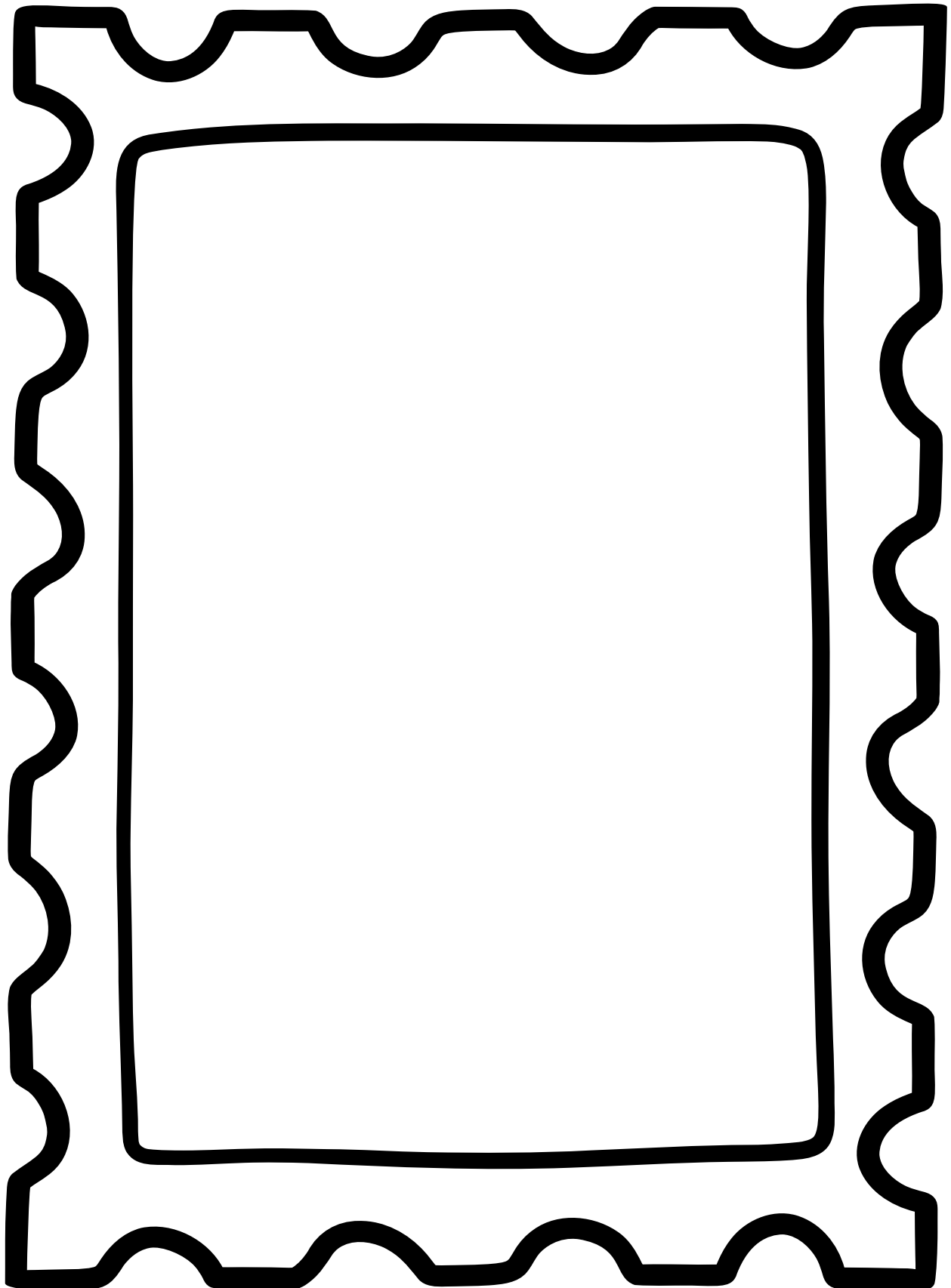
Colour it in or decorate it like a thank-you card to yourself.

8. My Summer Postcard

Try a Postcard from Somewhere Strange or just choose where you've actually been!

You could imagine you have visited somewhere unusual. Maybe the moon, a mermaid café, a tiny island or a forest where the trees whisper.

Draw the place on the front. Write one sentence from your trip.



Thank you...

for creating with The Creativity Mindset

I hope this booklet gave your family a few calmer moments of creativity, curiosity and connection.

You can keep your pages as a summer diary, cut them up into a scrapbook, or come back to them whenever your child needs a quiet reset.

For more creative ideas for calmer thinking, follow The Creativity Mindset on Instagram: @the_creativity_mindset

To find out more about creative wellbeing support for families, schools and workplaces, visit: www.thecreativitymindset.com

