

mobilise

Together we care and thrive

Our Summer To-Do List

A few ideas for young adult carers to enjoy some time for you this summer, tick them off as you go

- ☐ 🌳 Have a picnic, or explore somewhere new
- ☐ 🍳 Learn to cook your favourite meal
- ☐ 🎨 Try a new hobby or get creative
- ☐ ☕ Catch up with friends or family
- ☐ 📖 Read a book or listen to a podcast
- ☐ 🚶 Get outside for a walk or an adventure
- ☐ 🧘 Take some time for yourself and recharge
- ☐ 📝 Learn a new life skill, like budgeting or meal planning
- ☐ 📷 Capture your summer with photos or a journal
- ☐ 🌅 Watch a sunrise or a sunset

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