

**How are you going to
spend the summer?**



Like this?



... Or like this?



Why not...

... use the summer holiday as an opportunity to develop and strengthen some of your BRIDGES dispositions?

BRAVERY

courage, leadership, experimentation, risk-taking, optimism

RESOURCEFULNESS

remembering, making connections, transferring, recycling, scavenging, questioning, reasoning, imitating, flexibility, adaptability

INTEGRITY

fairness, humanity, justice, citizenship, honesty, humility

DISCOVERY

curiosity, open-mindedness, enthusiasm, energy, noticing, creativity, imagining

GRIT

patience, resilience, determination, managing distractions, perseverance, concentration

EMOTIONAL INTELLIGENCE

listening, empathy, collaboration, sociability, reflectiveness, understanding, openness

SELF-DISCIPLINE

organisation, hard-work, absorption, practising, prioritising, planning, prudence, revising, self-regulation, independence, motivation

**Here's some
suggestions**

Prepare and cook a one, two or three course meal for your family



Visit the Imperial War Museum as it is the centenary of the First World War



Visit the South Bank – there are always lots of free Music, Arts and Drama-related free activities



On 2nd August, there is a free outdoor theatre performance of Horrible Histories entitled Barmy Britain: Part One

You have to go on the Time Out website to get tickets but they are free. It takes place in Canada Square Park, near Canary Wharf tube station.

Visit the swimming pool at the aquatics centre in the Olympic park



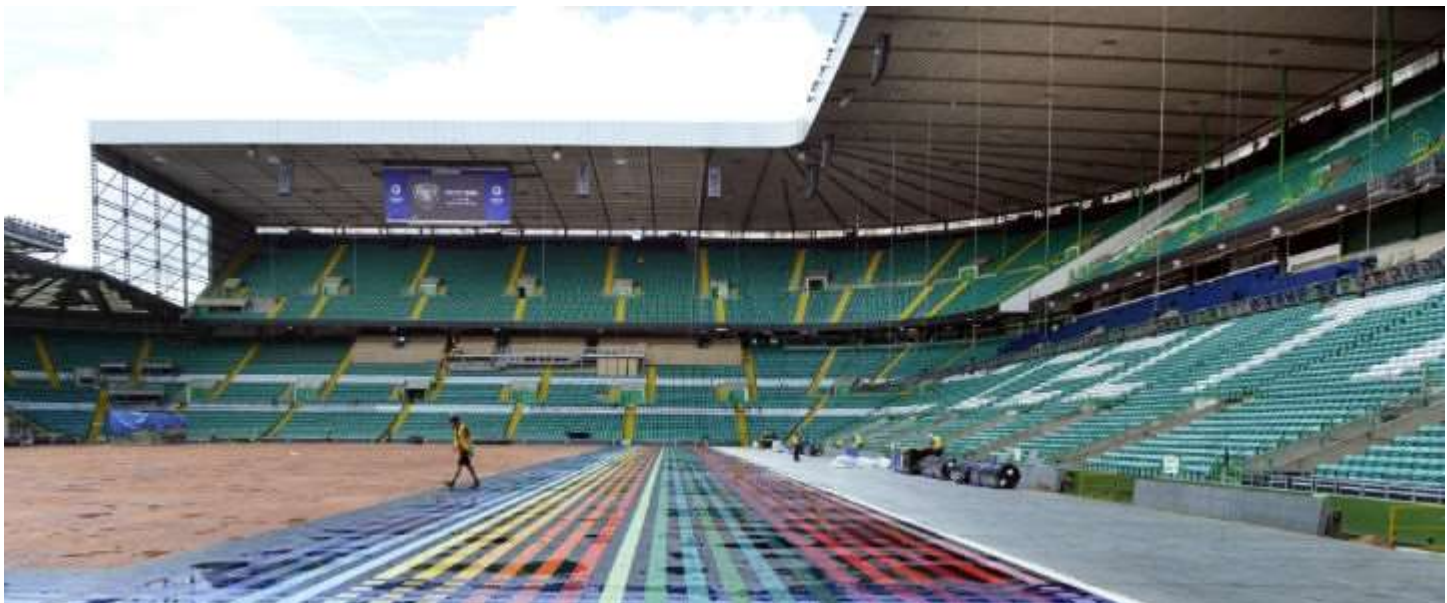
**Go for a walk in Epping forest/Hainault
country park**



**Take a picnic
Take your bike**

Watch the Commonwealth Games on TV

23 July - 3 August 2014



Visit the Olympic Park facilities

Most of them are now open to the public

Pack a rug and some food and have a picnic in one of the most iconic parks in the world.



**Grow a plant or some vegetables
in your garden or in pots**



Visit the Docklands Museum where there is an exhibition about bridges



Visit Barrier Park, near the Thames Barrier



It has amazing grounds and facilities and you get a great view of the barrier

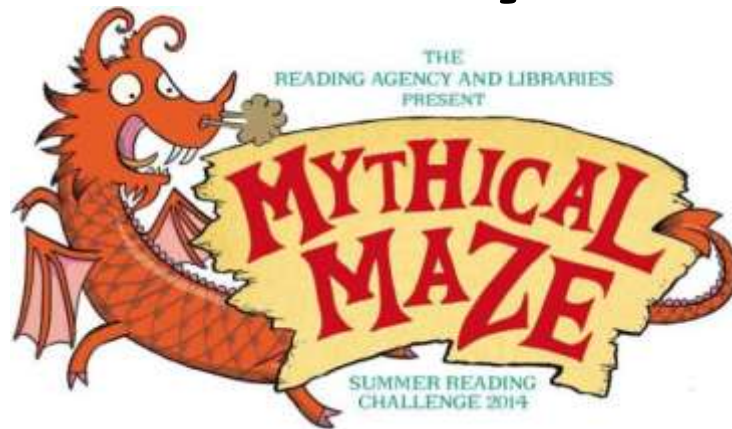
Visit China Town, Leicester Square, and sample Chinese food !



**Visit a London location and then
use it as the setting for a poem or
short story**



**Join in the Redbridge Summer
Reading Challenge or go to
another event at a Redbridge
Library**



Go to the National Gallery and try to find some of the paintings that are mentioned in 'Framed'.



If you bring in a picture of yourself in front of the gallery you will get a merit.

Read lots and lots of books!



Attend one of the free family events at the South Bank



Help an elderly person with a chore or even sit with them and gain some knowledge from them by having a conversation



Set yourself some physical challenges:

Run, swim or skip a mile (or two!)

Learn to skateboard

Create a new
dance routine



**Go to the Great British Carnival at the Olympic
Park on 27th July 2014
12:00pm - 9:30pm**

Marking the midway point between the London and Rio Olympics, the Great British Carnival will create a fantastic event of dance, infectious music, performance and costume that the whole family can enjoy

Take a cycle around the mountain bike course, experience the BMX course or try a lap of the Velodrome at Lee Valley Velo Park



Get on your bike and enjoy the freedom it offers

Redbridge Cycling Centre is a facility for cyclists of all abilities, from families to competitive riders.

The centre has purpose built road & off road tracks. It has a large stock of hire bikes including mountain bikes, road bikes and BMXs.



Do some arts and crafts

Create sculptures, drawings, paintings

Take up knitting, sewing or crocheting

