

HEAD BOMZ

LET'S TALK SUMMER

CALENDAR

Yippee there's sooo much to do and talk about!

WOOF!

HEYYYY GUYS,

SUMMER'S HERE. NO HOMEWORK... NO SCHOOL RULES... NO UNIFORM,
WEEKS OF **FREEDOM!!**

THERE'S LOADS OF FUN TO BE HAD.

BUT WE KNOW THE HOLIDAYS CAN SOMETIMES FEEL
LOOOOOOOOOOOOOOOONG,

WITH SO MUCH TIME TO FILL.
SOMETIMES, IT CAN GET A BIT QUIET, EVEN A LITTLE BIT LONELY.

THAT'S WHEN THINGS CAN **BUILD UP** IN YOUR BRAIN.

WORRIES, PROBLEMS... WE CALL THEM

HEAD**BOMZ**

SO, LET'S KEEP THOSE HEADBOMZ AT BAY AND REALLY ENJOY **SUMMER!**

THIS CALENDAR IS BURSTING WITH THINGS FOR YOU,
YOUR FRIENDS AND FAMILY TO DO AND TALK ABOUT OVER THE HOLIDAY.

BECAUSE THE MORE WE TALK, THE **STRONGER** WE'LL BE!

GET ANYONE AT HOME TO HELP AND CHECK IN EVERY DAY,
TO SEE WHAT **ADVENTURE'S** UP NEXT.

HANG IT UP, SCRIBBLE ALL OVER, RIP IT OUT, MESS IT ABOUT
AND HAVE THE CRAZIEST, FUNNEST, BRAIN-BURSTINGLY BRILLIANT SUMMER EVER!

JULY WEEK 1

MON 1ST

Summer ain't the same without ICE CREEAM
Draw your dream ice cream here...

TUE 2ND

Make the front page!
Cut up that magazine or newspaper
and collage your own news stories.
The **zanier**, the sillier, the better!

WED 3RD

It's tennis time!
Get outside, challenge yourself
to play against a wall, or start a
tournament with your pals.
Game, set, match.

INDEPENDENCE
DAY, USA

THU 4TH

Fun Fact: The American flag
was designed by a school student!!
Draw a flag below that sums up your
summer!

TASTY!

FRI 5TH

Film Fridayz!
Film:

A film review by:

I gave the film ___ stars.



My friend gave it ___ stars.



SAT 6TH

Wow, there's no one else like **you**!
Tell us three things that make **you** unique.

1
2
3

SUN 7TH

Sooooo, how was the first
week of the holidays?

Ask your friends too –
talking makes us stronger.

**YOU'RE THE VERY BEST
PERSON AT BEING YOU.**

WHO, ME?

Close your eyes and
imagine you're **famous!**

Practice your future autograph here:

Fun Fact Alert!!

The modern submarine was invented by Irishman Philip Holland in 1878.

Why not try and create
your own invention?

Wacky glasses... exploding egg cups...
hovering hamster wheels.

FIZZ POP BANNNGG!

Squaaaarkkk!

Help out some feathery friends!

Feed them with a fat ball: mix 1 part solid coconut oil, to 2 parts bird seed, melt together and roll into a ball.

Hang from tree with pipe cleaner –

done!

► **Build a bug hotel!**

Head outside and collect some twigs, leaves, mud, whatever you can find to make it cosy!

All insects
welcome!

Switch on your spidey senses...

Head outside and listen
to the big wide world...

What can you hear?

What can you smell?

You're a hotshot reporter.
Let's interview someone.

Favourite food:

Scared of:

Happiest memory:

Get them to interview you too.

Sunday sleep-inz. Get enough Z
(over 10hrs is the best!)

Can you remember your dream last night?

Get it down quickly here before it disappears.
Or, if you didn't dream, is there one you can remember?

JULY WEEK 3

WED 17TH

Emoji only challenge... (you guessed it, only use emojis).
How are you feeling?
What's your summer like so far?

MON 15TH

Movie Mondays!

What's your favourite film everrrrrr?

Can you act out a scene with friends?

Or do a solo performance and show somebody?

TUE 16TH

THUMB WAR

1.2.3.4,

we declare a thumb war!

Grab someone and play a tournament!

The thumb war champion 2019 was:

THU 18TH

It's slime time!

Invent your own slime and slop it on [HERE](#).

(2 big spoons of toothpaste,
1 big spoon of washing up liquid,
1 small spoon of salt.
Mix them together
and put in the freezer for an hour.)

Totally slimetastic!

FESTIVAL OF
CURIOSITY,
DUBLIN
(18-21 JULY)

FRI 19TH

Not all superheroes wear capes.

Doing something nice
can really help brighten
up someone's day.

Who can you help?

Your superhero name:

SAT 20TH

Street performer
extraordinaire!!

Mime, tell a joke, juggle,
perform outside with your
friends and entertain
the crowds!

LAYA HEALTHCARE CITY
SPECTACULAR,
CORK (20-21 JULY)

WORLD EMOJI DAY

SUN 21ST

Get Glittery!

Grab an old clean jar, mix 20% clear glue
with 80% hot tap water.
Add 2 tablespoons of glitter
and cool before putting lid on.

Shake it up and watch -
magic!

FAIRYTALE
FESTIVAL,
KILKENNY

JULY WEEK 4

MON 22ND

Balls are for bouncing...

DUH!

Grab some kitchen bowls and number them.
Throw a small ball into them and keep score!

Blindfolding makes it harder - just sayin'.

TUE 23RD

Yo Yogi!

Breathin' and stretchin' is good for your mind AND body.

Try out a warrior pose (ask someone if you're unsure).

Know any more stretches?

WED 24TH

Every time you smile, you throw a little party in your brain...
Write down who makes you laugh the most in the whole world.

Can you make them smile too?

THU 25TH

Create a profile for each of your friends with their name, likes, dislikes and their pets' names.

Stick it on your fridge!

Now everyone can get to know them too.

FRI 26TH

Haaaappy birthday to me (in 20 years)!

Make your own time capsule and bury it with a birthday card to yourself to open when you're old and wrinkly!!

**HORRIBLE HISTORIES
MOVIE RELEASE,
NATIONWIDE**

**BRAY AIR
DISPLAY, WICKLOW
(27-28 JULY)**

SAT 27TH

Look up at the sky...

Cloud challenge:

Grab someone.
Lie on your backs.

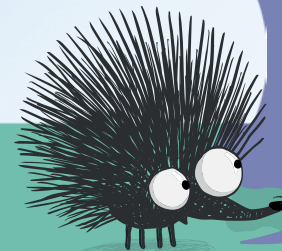
What can you see in the clouds?

SUN 28TH

Your mind feels happy if your body feels happy.

Make a mouth-poppingly yummy smoothie!!

There are easy recipes online or ask someone to help out!



JULY/AUGUST WEEK 5

GALWAY RACES
(29 JULY - 4 AUGUST)

MON 29TH

We're off to the races!
Draw your own jockey
kit with your friends...
whose is the most colourful?



THU 1ST

Imagine you're by
the seaside.
Think about the waves and the tide.
Breathe in and out slowly.
Makes you feel good... no?
Live in the moment -
sometimes, we can be so busy
thinking about yesterday
or tomorrow that we forget
to enjoy today!

TUES 30TH

What's up, spud?
Scoop out the top of a
fresh potato, push in some
damp cotton wool, sprinkle
with cress seeds and
place in sunny spot....
Watch it
groooooooooooooooooow!

FRI 2ND

Let's get wild!
How many wild animals
have you seen?
List them all:
1 _____
2 _____
3 _____

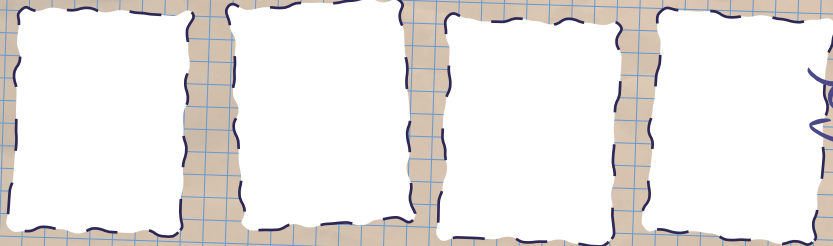
DURROW SCARECROW FESTIVAL,
LAOIS (28 JULY - 5 AUGUST)

SAT 3RD

Riddle...
If the scarecrow was worried that
he didn't have a brain... could
he even have a Headbom?
Draw a Headbomz
head on a scarecrow here:

WED 31ST

No two people have the same fingerprints.
Basically, you're one of a kind!
Fingerprints from your whole family go **HERE**.
(Use whatever, paint or even beetroot juice works well!!)

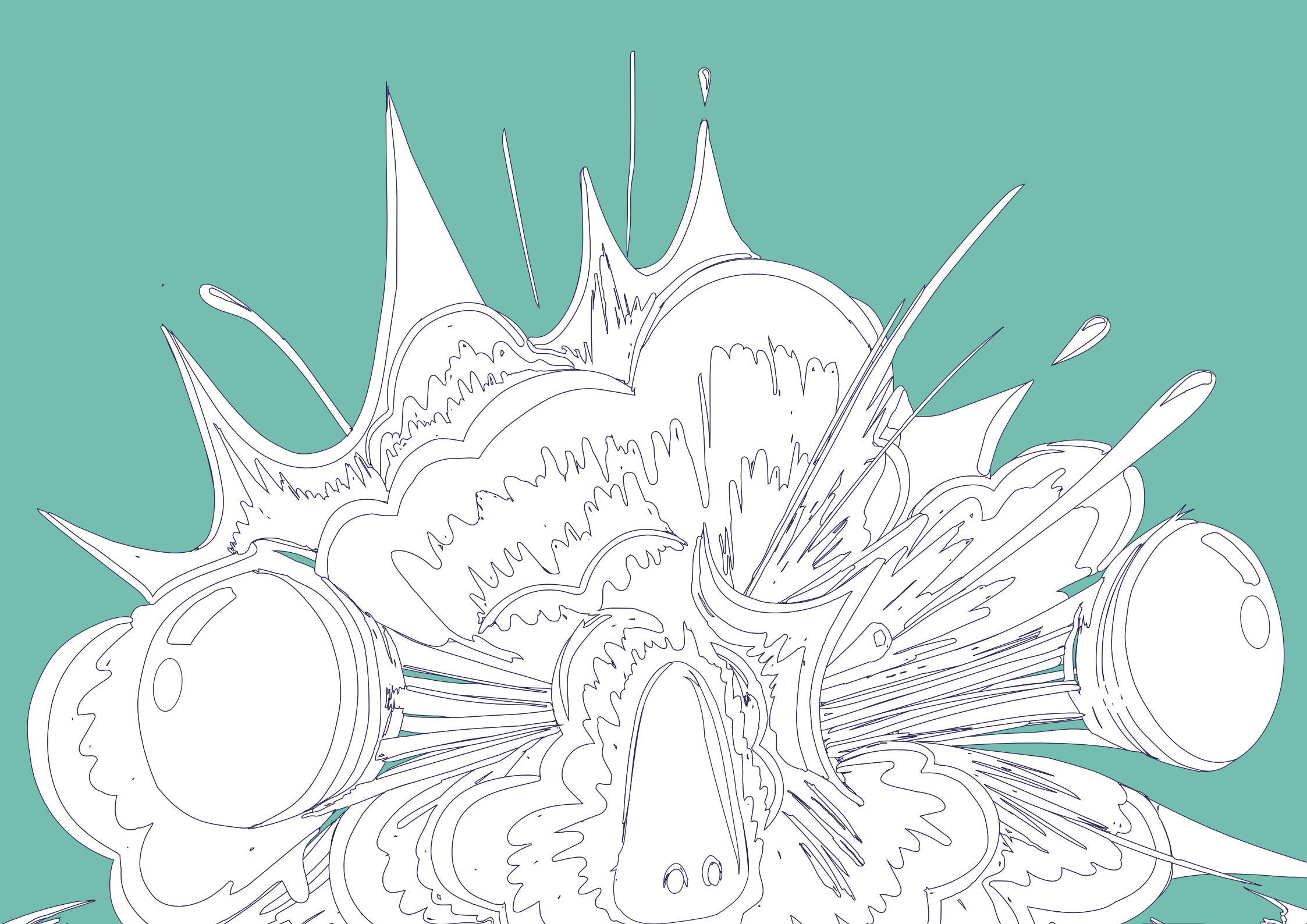


SUN 4TH

CARNIVAALLLLL o'clock
Create a crazy colourful costume!
Kripes!

SPRAOI FESTIVAL
PARADE, WATERFORD







COLOUR IN A HEADBOMZ HEAD!
SCRIBBLE, SQUIGGLE,
DO YOUR WORST!
JUST MAKE SURE IT'S
BURSTING WITH BRIGHTNESS...

TALKING
MAKES US
STRONGER

PUBLIC HOLIDAY

AUGUST WEEK 6

MON 5TH

Pack a picnic with your pals and prepare for the park.
(Yikes, that was a tongue twister!)

Invent and make your own sandwich.

TUES 6TH

It's the Poc Fada championships – who will be victorious?

Hurls at the ready.

Puck a sliotar as far as you can!!

WED 7TH

Can you talk for **60** seconds without stopping?

Pick a topic and try it out on someone.

Can a friend do it too?

No ummmmming.
thank you!

THU 8TH

We all get a bit worried sometimes...
Write yours down on some paper and give it to someone you can trust.

FRI 9TH

NEW BAND TAKE IRELAND BY STORM

(It's you by the way.)

Write lyrics to your first hit single.

Be a solo act if you'd rather – there are lots of those too!

Your band name is...

GUINNESS SUMMER SERIES
RUGBY
IRELAND V ITALY

SAT 10TH

Sports day is **FINALLY** here!

Bring on the egg-and-spoon run, wheelbarrow race, three-legged sprint.

(If it's raining, try it inside.)

SUN 11TH

Dance off!

Get your hands on a sweeping brush and have a go at the Rince na Scuaba (brush dance)!

FLEADH CHEOIL
NA HÉIREANN,
CO. LOUTH

Childline.ie

Or get a real one from home!

AUGUST WEEK 8

MON 19TH

Let's make this day a good 'un.

Scribble down 3 things you are looking forward to here!

"Your brain is a supercomputer and your self-talk is the program it will run." Jim Kwik (Clever clogs)

1
2
3

TUE 20TH

THERE'S NO SUCH THING
AS AN ODD SOCK!

Odd socks make the best sock puppets.
Give it eyes and ears
and put on a show!

WED 21ST

The most unexpected story ever...

Start a story and fold it over,
so the next person can't see
what you've written, get
them to write,
fold again and pass it on!

Keep at it 'til it gets
looooooonnnngggg!

THU 22ND

Have you defeated any dastardly Headbomz?
Draw a comic strip showing you fighting a Headbom.

KAPOWWW!

FRI 23RD
11,000

Wow, that's a big number.
It's actually how many minimum
steps we should be taking a day.

How many can
you count in one go?

Write it down here:

SAT 24TH

Sea, sun, spades,
SATURDAYYYY!

Let's go to the beach
and make a sand sculpture.

No beach? No problem!

Use soil or even flour
and just a bit of water.

SUN 25TH

You're a caveman...
can you survive?

There are more hedgerows in
Ireland than ANYWHERE in Europe.
so let's forage!

(But check with a grown-up
before you eat anything.)

AUGUST WEEK 9

MON 26TH

Let's talk **summer**.

List the things you've loved most about the holidays...

What was number 1?
(Other than this calendar, obviously!)

1
2
3

TUE 27TH

How are you feeling about going back to school?

Draw a face that sums it up.

WED 28TH

Dear Older Self...

Write a letter to yourself to read on your last day of primary school EVER!
Tell yourself all about who you are now.

What do you love most about school?
Who do you talk to the most?
What would you like to do this year?

THU 29TH

PJ'n' Puzzle Day!

Puzzles are a great way to chilllll outttt. man.

So, why not try one before your next big adventure?

Put on your fave snuggly pyjamas and get out a puzzle book or jigsaw.



SPOT THE DIFFERENCE!

(PSSST! THERE'S 6)

WELL, WASN'T THAT A BLAST?

ICE CREAMS, HIT SINGLES, GLITTER JARS
AND PICNICS IN THE PARK -

IT'S BEEN A WHOLE LOTTA
BRAIN-BURSTINGLY
AWESOME
FUN!

THE HOLIDAYS MAY BE OVER,
BUT DON'T LET THE FUN STOP.

KEEP FINDING NEW THINGS TO DO EVERY DAY,
WITH SOMEONE ELSE OR ON YOUR OWN.

AND REMEMBER, IF YOU EVER FEEL THOSE DASTARDLY
HEADBOMZ CREEPIN' BACK, JUST TALK TO SOMEONE -
IT MAKES US STRONGER!





Vodafone
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Foundation

ISPCC
Childline

Call 1800 66 66 66
Text 50101
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