



m i n d f u l l m o n d a y	Mon 23	L	t	Tues 24	B	w	Wed 25	H	t	Thurs 26	K	f	Fri 27	F	h	Sat 28	s	Sun 29
		I	o		E	o		A	r		I	a		R	a		u	
	Mon 30	V	p	Tues 31	D	k	Wed 1	L	o	Thurs 2	T	c	Fri 3	I	r	Sat 4	n	Sun 5
		I	o		R	i		L	w		C	e		D	c		d	
	Mon 6	N	t	Tues 7	O	t	Wed 8	&	a	Thurs 9	H	f	Fri 10	A	r	Sat 11	y	Sun 12
		G	e		O	w		S	c		E	r		Y	e		f	
	Mon 13	R	t	Tues 14	O	d	Wed 15	T	t	Thurs 16	N	i	Fri 17	F	a	Sat 18	u	Sun 19
		O	u		M	n		A	h			d		O	t		n	
Mon 20	O	e	Tues 21	S	e	Wed 22	I	r	Thurs 23		a	Fri 24	C	u	Sat 25	d	Sun 26	
	O	s			s		R	s			y		U	r		a		
Mon 27	M	a	Tues 28		a	Wed 29	S	a	Thurs 30			Fri 31	S	a	Sat 1	y	Sun 2	
		y			y			y						y				

Summer Holiday Survival