



Hampshire Child and Adolescent  
Mental Health Services

## Young persons photo competition 2025

# Connections

Hampshire CAMHS are looking for creative photos that reflect connections, how we connect, who we connect with and the importance of connections.

No faces permissible.

This competition is open to any young amateur photographer in Hampshire.

Age categories: • Up to 12 years old • 13 to 18 years old

### Prizes in each category

**1st Place** £100 Amazon voucher

**2nd Place** £75 Amazon voucher

**3rd Place** £50 Amazon voucher

**Submission date: Midnight on 8th September 2025**  
All submissions must be supplied with an entry form

**An extra challenge  
you may wish to do!**

**Entry forms are in the  
triangle or ask Mrs  
Gregory :-)**

Submission assumes permission  
to use to promote this project  
and possible inclusion in a book  
/ exhibition exclusively.

The entry form and details, along with our terms  
and conditions can be found on our website

[hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)



Prize money sponsored by



## Back to Basics AND 'MOLE' Summer Challenge!



**The summer holidays are here!**

**Instead of saying 'I'm bored', have a go at the  
challenges in this booklet!**

**They incorporate the 5 ways of Wellbeing to help  
us be mentally and physically well.**

**Sign off at least half of them and earn yourself a  
special WAM voucher when you come back to  
school! :-)**

Name: \_\_\_\_\_

Class: \_\_\_\_\_ (Class in September)

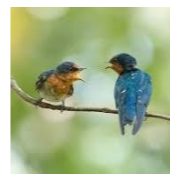
Connect with friends or family— why not write a letter, call, meet up or zoom!



A day without any screen time



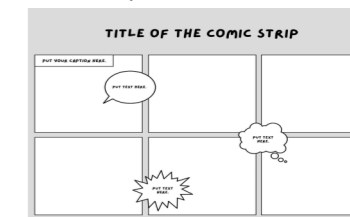
Spend time in nature—what can you hear? Try different times of day!



Proud Cloud! Draw a cloud and fill it with things you are proud of!



Write a diary entry / create a comic strip about a day out: what you did/ where you went/ the best bit...



Helping Hand - what can you do to help someone today?



Read (at least) one book! (Perhaps join the free library summer read scheme!)



Exercise routine—can you make up your own routine? Draw the routine with 'stick' people to help you remember it!

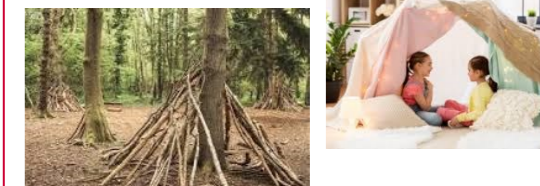


Nature hunt—look for bugs, twigs, stones, flowers, wildlife etc.

Record what you find!



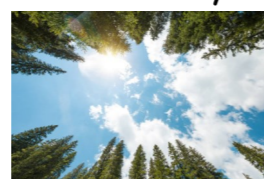
Make a den—inside or out! Be creative!



Research something which interests you eg a footballer/ shells / cats / a country etc



Cloud busting -lay down and watch the clouds making pictures in the sky



Movie night - snuggle up and watch a favourite film



Imagine that you are the main character in a book .... Can you write the blurb for it?



Star gazing—enjoy the moment or learn about what you can see!



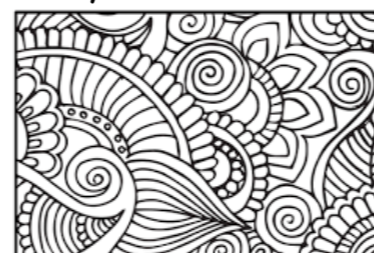
Dance routine—make up or learn a dance to your favourite music! Perhaps you can perform it or share it with friends!



Create! Can you make something out of a cereal box or playdough or Lego? Let your imagination run wild!



Mindful colouring - which colours will you use? What patterns will you create?



Wildlife watching—count / identify butterflies or bugs or birds...



Help to make a picnic and enjoy eating it outside—in the garden, at the park, in the forest, at the beach, round a friend's house....



Nature art —sketching / bark rubbing/ use twigs, leaves, petals, shells, seaweed, pebbles etc to create art work



View from your window—can you draw the view from your window? Look carefully—what have you not noticed before?



Star Qualities -You do so many amazing things! Draw a star and put yourself in the middle. In each point, write/draw what you are good at!



Sort out your toys and give some to charity / friends / family



Grateful Jar—Write on slips of paper things you are grateful for. Pop them into a jar and read them at the end of the holidays!

