REST AND RECREATION





Rest and recreation help us recharge, reset and feel like ourselves again. They give our minds space to breathe, our energy time to return and our creativity room to grow.

WHY IT MATTERS





Life can feel busy, pressured and overwhelming.
Time to relax, laugh and enjoy the moment helps reduce stress, build resilience and bring balance back.
Rest doesn’t slow us down — it strengthens us.

MASCOTS KEY STRENGTHS





Be Zing

BASI THE HUMOROUS HYENA

Basi brings humour into every situation. Even on the hardest days, he finds a way to lift others, lighten the moment and remind people that laughter helps us cope, connect and keep going.

Humour builds confidence, strengthens friendships and helps people feel less alone.

A day without laughter really can feel like a day wasted.

KIKO THE CURIOUS MONKEY

Kiko loves trying new things. He approaches life with excitement, curiosity and a willingness to give things a go — even when they feel unfamiliar.

Curiosity keeps the mind active, supports learning and helps build lifelong memories through experience.

WORKING TOGETHER





Together, they remind us how important fun, relaxation and downtime really are.
Spending time with friends and family, trying new experiences and sharing laughter helps us get through hard times, recharge emotionally and feel connected.
These moments build memories that last a lifetime.

REST & REC MEANS



Making space to recharge, Enjoying the present moment, Trying new experiences
Laughing and connecting with others
Building memories that shape who we become
It helps creativity flow, reduces stress and brings energy back.

HUMOUR & CURIOSITY



Humour helps us feel lighter, more confident and more able to cope when things feel difficult.

Curiosity keeps the mind open, engaged and always learning.

Together, they help us stay positive, stimulated and resilient.

BALANCE



Balance isn’t about achieving unrealistic perfection.
It’s about finding sustainable ways to do what you need and want to do — while making space for rest, fun and recovery.
Without rest, energy fades. Without play, joy fades.
Both are essential.

IDEAS FOR REST & REC







Write a bucket list of dreams you'd love to experience.
Plan time with friends or family.
Try something new just for enjoyment.
Make space to relax with a book, a walk or a favourite film.
These moments matter more than we realise.



THE HEART OF REST & REC



Laughter lifts us.
Curiosity keeps us growing.
Rest helps us reset.
Taking time to recharge strengthens wellbeing, creativity and confidence.
Fun, connection and downtime are not distractions.
They are essential to a happy, balanced life.