



Summer Holiday Ideas – Week 2

The chart below offers you a week’s worth of free-to-access suggestions for family friendly activities that everyone can join in with – teens and grown-ups too. The [underlined words in dark blue](#) below indicate a clickable link to the resource. Most of the materials should be things you might have at home with no specialist equipment.

NEW FORMAT

I’ve decided to change the format slightly so it’s a bit more flexible. Use it however you like but you could try: cutting it up and putting the ideas in a jar or box to pull out at random, printing it off and colouring in the ideas that you do, or assigning the activities to specific dates and adding them to your own calendar.

<p><u>Virtual Museum Trail</u> Kids in Museums have put together multi museum trails to do from home. There are 3: for under 5s, 5-11s and 11+. Explore some of the best that UK museums have to offer kids online.</p>	<p><u>Nature Shapes Scavenger Hunt</u> Not just for little kids, this is a challenge for everyone. See how many of the 22 shapes you can find in nature. Either tick them off or take photos as you go.</p>	<p><u>Solar Cooker</u> This is one of the wonderful science sheets from the Primary Science Teaching Trust – there are activities on it for kids from 5-11 but I think the Solar Cooker would be a great thing for anyone to try.</p>	<p><u>Sporcle – Countries of Europe Quiz</u> An addictive quiz site for anyone who likes a trivia challenge. Many are fiendishly difficult but there’s a special section for children and during lockdown my 9 year old has built up to 91% accuracy on labelling the 47 countries of Europe!</p>	<p><u>Deliberate Travel Kids</u> A really fantastic series of travel workbooks for children to help them explore the world from home with activities and puzzles. Currently 10 places to explore and they’re all free!</p>
<p><u>Cloud Watching</u> Spot shapes, make stories or ‘collect’ cloud types. Lie down, relax and watch the sky. To help the kids there’s a <u>cloud viewing template</u>. The <u>Cloud Appreciation Society</u> have a fabulous free app – <u>Cloud-a-Day</u> for identification and collecting.</p>	<p><u>Exercise Alphabet</u> This is a fantastic idea for getting everyone moving. Nominate an exercise action for each letter of the alphabet then spell things out to make routines. Created by Claire Balkind of the Facebook group FAMILY LOCKDOWN TIPS & IDEAS.</p>	<p><u>Paper House</u> Love this idea for making a folding paper house. Easy to make even for little ones (with some help) and teens and adults could end up with very elaborate designs – the only limit is your imagination. Needs paper, a pen/pencil and glue.</p>	<p><u>Unusual Read</u> Read a book in the strangest place you can think of or maybe in a strange position. Read on your front porch, in a corner, at the other end of your bed, in an empty bath. Lie on your front, back or stand; get a new perspective!</p>	<p><u>Texture photography</u> Take 10 photographs of different textures; an impression of what the object feels like. Find subjects out & about or at home. Light is important – strength and direction will affect contrast. Do you need to be very close?</p>

<p><u>Jar Lanterns</u> You need an old glass jar and some tissue paper to make some summer magic. I've added my own instructions here but they're really simple. Beautiful creations can be made fairly independently by even very small children (with a bit of gluing help) and big ones will make masterpieces!</p>	<p><u>Fortunately/ Unfortunately</u> A great way to pass the time at home, in the car, on a walk, anytime minds need to be busy. Tell a story taking it in turns to say the next sentence. Sentences must start, alternately, with the words Fortunately and Unfortunately. It's lots of fun; try it!</p>	<p><u>Notice-the-Good-Jar</u> Apparently there is evidence that noticing kindness is good for us, it's part of 'moral elevation' and might make us more kind too. This idea for families suggests you put a token in a jar each time you notice a family member doing something kind. When the jar is full have a family treat.</p>	<p><u>Shape Game</u> An easy, quick, game just requiring pen and paper. One person draws a random shape, the other transforms it into something funny, interesting or artistic. Take it in turns. All ages can play and it can be played pretty much anywhere.</p>	<p><u>Go on a Belly Hike</u> One of my favourite mindfulness activities from the Wilderness Foundation. Lie on your front on some grass and thoroughly examine the mini environment in front of your nose. They say "By taking time to focus on a smaller patch of life and give it our full attention we are being mindful and respectful. This will help calm our nervous system, and our brains, and can improve our mood."</p>
<p><u>Easy Quesadillas</u> Simple but popular with most kids. Drain a tin of black beans and a small tin of sweetcorn and mix with a finely diced red pepper. Heat a large wrap in a frying pan, add a small handful of grated cheddar to one half, top with bean mix and then more cheese. Fold the other half of the wrap over and heat through. Great cold for picnics too!</p>	<p><u>Blue Peter Badges</u> Children aged 6-15 can earn themselves a Blue Peter Badge and this year they are being encouraged to try and collect all six with their 'Six Badges of Summer' Challenge. You can download a funky wallchart to keep track if you like.</p>	<p><u>Ping Pong Ball Maze</u> You'll need a ping pong ball and a straw then make a maze and time yourself completing it. Just blow the ball along with the straw – no touching! The maze can be made out of whatever you have, Lego is good, or rolled up paper, clean recycling or sticks. See who's the quickest!</p>	<p><u>Art recycling</u> Darrell Wakelam has made a wonderful series of clearly illustrated art ideas using household objects and recycling. The really lovely thing about these is that they can be attempted on so many levels. I think his skeletal fish takes dried pasta art to another level.</p>	<p><u>Rubber Band Cannon</u> This project requires a little more equipment than most I suggest but it's all easy to get and the result is an actual toy to play with. Mostly from scrap but you might have to eat a tube of crisps to make a really great version; oh well...</p>

Hope you've enjoyed having a go at these activities. Let me know how you got on by sending me a message on Twitter or Facebook:

- Facebook <https://www.facebook.com/quarantinewithkidshome>
- Twitter: [@QuarantineWKids](https://twitter.com/QuarantineWKids)