

Summer Activities



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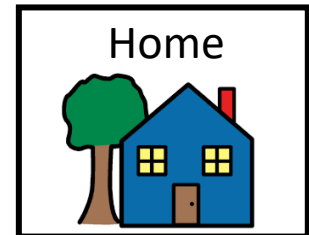
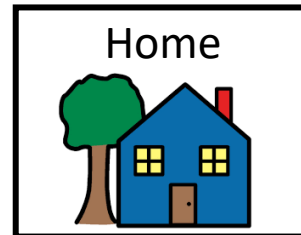
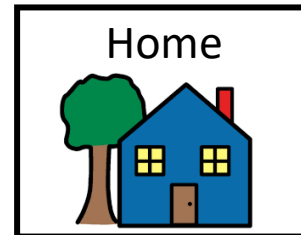
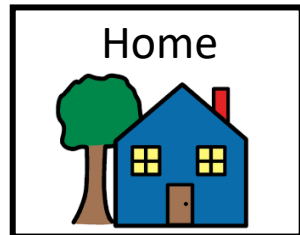
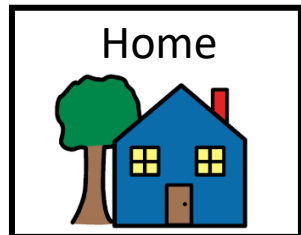
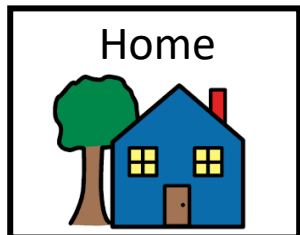
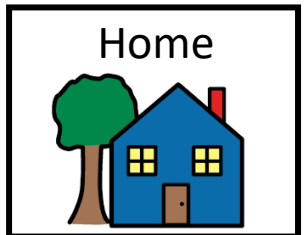
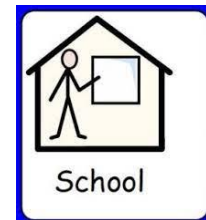
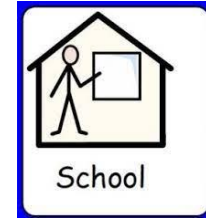
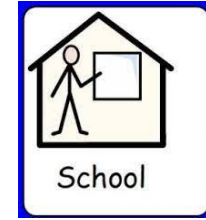
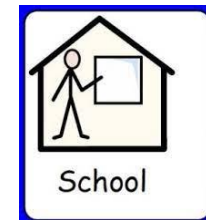
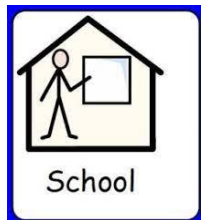
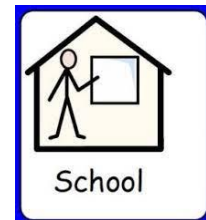
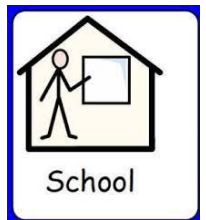
- Weekly planner and visuals
- 35 Summer Activities
- National Trust: 50 things to do
- Craft ideas
- Scavenger hunt
- Bingo
- Wordsearch
- Baking recipes
- I feel board
- Coping Strategies





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- Cut out the visuals provided and place them on the weekly calendar. This will show your child that school is closed and what they are doing instead.
- At the end of each day place the home picture at the bottom to show your child they will be at home.
- Once school is starting again, use the school visual to show your child on their weekly calendar.

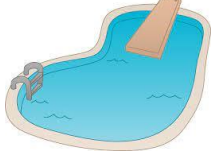


Summer Visuals

Beach



Swimming pool



Picnic



BBQ



Crafts



Scavenger hunt



Cooking



Park



Games



Walk



Baking



Visit



Paddling pool



Surprise



Feed the ducks



Outside



Lunch



Dinner



Breakfast



Shops



Road trip



Restaurant



Cinema



Holiday



Holiday



Holiday



Holiday



Holiday



Holiday



Caravan



Caravan



Caravan



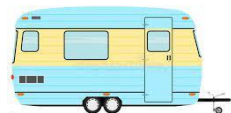
Caravan



Caravan



Caravan



Holiday home



Holiday home



Holiday home



Holiday home



Holiday home



Holiday home



Camping



Camping



Camping



Camping



Camping



Camping



35 Summer Activities

Build a sandcastle	Get an ice-cream	Write/draw your own book	Make homemade pizzas	Go on a scavenger hunt
Go for a walk and make a collage with items you find	Visit the beach and collect seashells, for shell rubbings	Have a picnic	Go strawberry picking	Feed the ducks
Have a water balloon fight	Go in the paddling pool	Draw outside using chalk	Make ice lollies	Pick daisies and make a daisy chain
Collect rocks and paint them	Run through sprinklers	Bake cupcakes	Set up an obstacle course and complete it	Go to the park
Visit a National Trust Garden	Make crafts using recyclable items such as magazines and boxes.	Set up a tent in the garden and sleep in it	Toast smores	Have a BBQ
Build a den	Eat outside	Make a calming jar	Blow bubbles	Star gaze
Fly a kite	Do a puzzle	Play a board game outside	Play bingo	Play volleyball

How many have you done?

We've been working closely with kids just like you to put together this list of the best things to do before you're 11¾. (Although lots of them are still great fun even when you're 81¾.) You'll find fun things to do for every kind of outside place, from mountains to sea, forests to fields. So what are you waiting for? Get out there and see how many you can do!

National Trust: 50
things to do before
your 11 ¾ years old



1. Get to know a tree



2. Roll down a really big hill



3. Camp outdoors



4. Build a den



5. Skim a stone



6. Go welly wandering



7. Fly a kite



8. Spot a fish



9. Eat a picnic in the wild



10. Play conkers



11. Explore on wheels



12. Have fun with sticks



13. Make a mud creation



14. Dam a stream



15. Go on a wintry adventure



16. Wear a wild crown



17. Set up a snail race



18. Create some wild art



19. Play pooh sticks



20. Go paddling



21. Forage for wild food



22. Find some funky fungi



23. Get up for the sunrise



24. Go barefoot



25. Join nature's band



26. Hunt for fossils and bones



27. Go stargazing



28. Climb a huge hill



29. Explore a cave



30. Go on a scavenger hunt



31. Make friends with a bug



32. Float in a boat



33. Go cloud watching



34. Discover wild animal clues



35. Discover what's in a pond



36. Make a home for wildlife



37. Explore the wonders of a rock pool



38. Bring up a butterfly



39. Catch a crab



40. Go on a nature walk at night



41. Help a plant grow



42. Go swimming in the sea



43. Help a wild animal



44. Watch a bird



45. Find your way with a map



46. Clamber over rocks



47. Cook on a camp fire



48. Keep a nature diary



49. Watch the sunset



50. Take a friend on a nature adventure

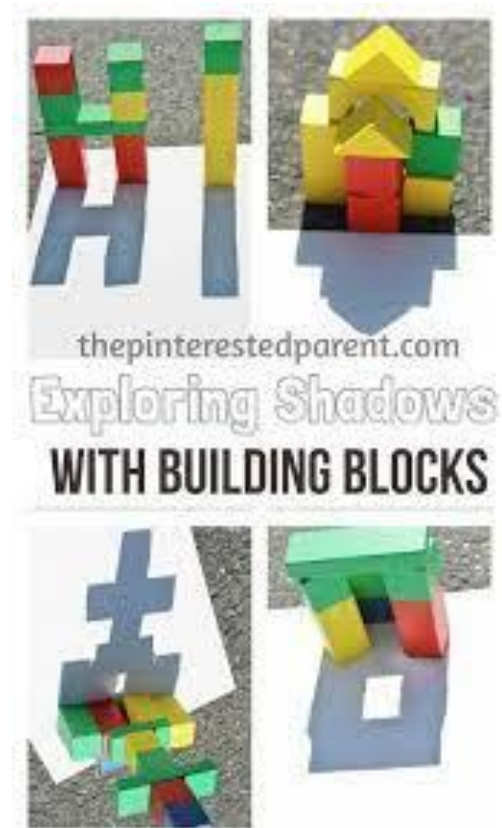
Craft Ideas



Paint Flowers – choose different coloured paints. Put some of each colour of paint onto a paper plate. Put a fork in one paint and press the fork on to a clean page to create a flower.



Bubble Art – get paper and attach it to a fence. Get the bubble mixture and add some food colouring. With the bubble wand blow the bubbles onto the page to make bubble art.



Explore shadows with building blocks – get paper and some blocks. Build a tower with the blocks on the paper. Draw round the shadow of the tower on the paper.

Craft Ideas



Salad spinner – put a paper plate inside a salad spinner. Add a blob of paint to the paper plate. Add several colours.

Put the lid of the salad spinner on. Spin the salad spinner and see what you created.



Dragons – use a kitchen roll cut in half.

Paint the kitchen roll a colour you like. Add tissue paper to the end of the tissue paper to look like fire. Add 2 pom poms to top of kitchen roll for eyes. Add 2 smaller pom poms to kitchen roll for nostrils.



Sunflower – get a paper plate and cut out the sides to make petals. Paint the plate yellow. Use a lollipop stick for the stem and paint green.

Cut out leaves from paper and stick onto lollipop stick and paint green.

Make a Calming Jar

Step 1 Gather up everything you will need; glitter glue or clear PVA glue, glitter, warm water and a clear plastic bottle with a screw lid



Step 2 Add the PVA or Glitter glue to your bottle, it can be trial and error, start with a fifth of your bottle, you can always add more later if needed



Step 3 Fill the rest of your bottle with warm water and give it a good shake to mix the glue and water



Step 4 Add your choice of glitter. Play around with extras if you have them e.g. water beads, confetti or food colouring Tip-remember to glue the lid onto the bottle to prevent any spills



Summer Scavenger Hunt

Something frozen

☐

Beachball

☐

Flip flops

☐

Seashells

☐

Seagulls

☐

Seaweed

☐

Ice cubes

☐


Sunglasses

☐

A sandcastle

☐

A dog

☐

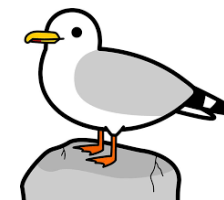
Something with wheels

☐

Someone wearing shorts

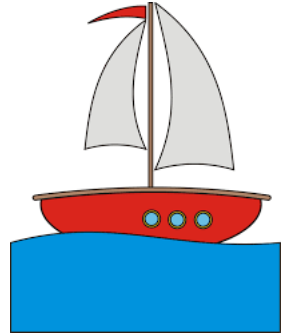
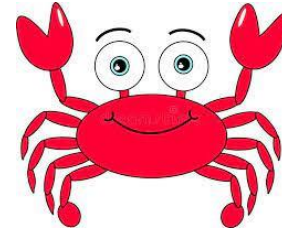
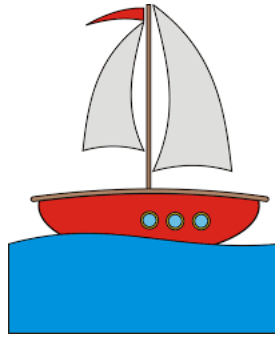
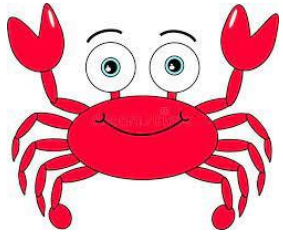
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Someone wearing a t-shirt

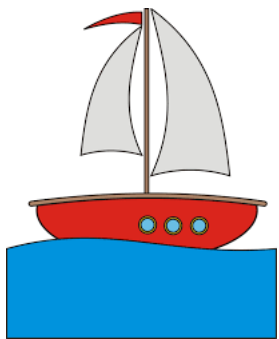
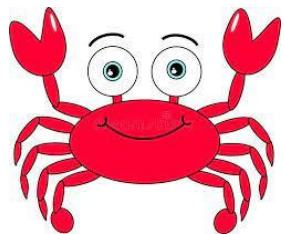
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Bingo Boards





Cut out the pictures below to call out for Bingo



S	U	N	G	L	A	S	S	E	S	B	E	A	S
S	A	S	E	A	B	K	P	L	C	C	S	F	W
H	T	E	O	H	D	T	R	O	R	H	E	L	I
E	T	H	O	T	B	B	Q	I	A	G	A	I	M
L	Z	S	Z	W	E	T	V	N	B	I	G	P	S
L	W	P	S	L	A	D	N	A	S	C	U	F	U
S	Q	O	P	I	C	N	I	C	G	E	L	L	I
B	E	A	C	H	B	A	L	L	M	C	L	O	T
Q	U	L	U	X	E	A	R	C	N	R	S	P	S
W	Y	F	I	Z	A	B	S	P	I	E	I	S	M
E	T	S	U	N	C	R	E	A	M	A	C	E	A
R	A	P	I	L	H	F	I	T	U	M	E	C	R
I	C	E	L	O	L	L	I	E	S	S	M	I	W

Beach
Beach ball
BBQ
Crabs
Flip flops
Hot
Ice cream
Ice lollies
Picnic
Sandals

Sea
Seagulls
Shells
Sun cream
Sunglasses
Swimsuit



Rocky Roads



Ingredients

- 200g digestive biscuits (Rich Tea can also be used)
- 135g butter or margarine
- 200g dark chocolate (70% cocoa works best)
- 2-3 tbsp golden syrup
- 100g mini marshmallows (chopped regular marshmallows work too)
- icing sugar, to dust

Method

STEP 1

Grease and line an 18cm square brownie tin with baking paper.



STEP 2

Place 200g digestive biscuits in a freezer bag and bash with a rolling pin or just the side of your fist until they're broken into a mixture of everything between dust and 50p-sized lumps. Set aside



STEP 3

In a large saucepan melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.



STEP 4

Take the biscuits, 100g mini marshmallows and stir into the chocolate mixture until everything is completely covered.



STEP 5

Tip the mixture into the lined baking tin, and spread it out to the corners. Chill for at least 2 hrs then dust with icing sugar and cut into 12 fingers.

Chocolate Chip Cookies



Ingredients

- 120g butter, softened
- 75g light brown sugar
- 75g golden caster sugar
- 1 medium egg
- 1 tsp vanilla extract
- 180g plain flour
- ½ tsp bicarbonate of soda
- 150g dark chocolate, cut into chunks

STEP 1

Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla. Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.



STEP 2

Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool. Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely. *Will keep for three days in an airtight container.*

Fairy Cupcakes



Ingredients

100g butter
2 eggs
2 tsp Vanilla extract
100g caster sugar
100g self raising flour
150g Icing sugar
Handful of sprinkle decorations

Step 1

Preheat the oven to 170°C (fan 150°C, gas mark 3). Line a muffin tray with 10-12 paper cases.



Step 2

Beat together the butter and sugar, then add in the eggs one at a time mixing between each addition. Add the vanilla extract.



Step 3

Carefully fold in the flour until just incorporated.



Step 4

Spoon the mixture into the paper cases and bake for 15-20 minutes until golden on top. Insert the tip of a knife into the cases to check that they are baked throughout. If they are ready the knife should be clean when removed from the sponge.

Step 5

Allow to cool on a rack.



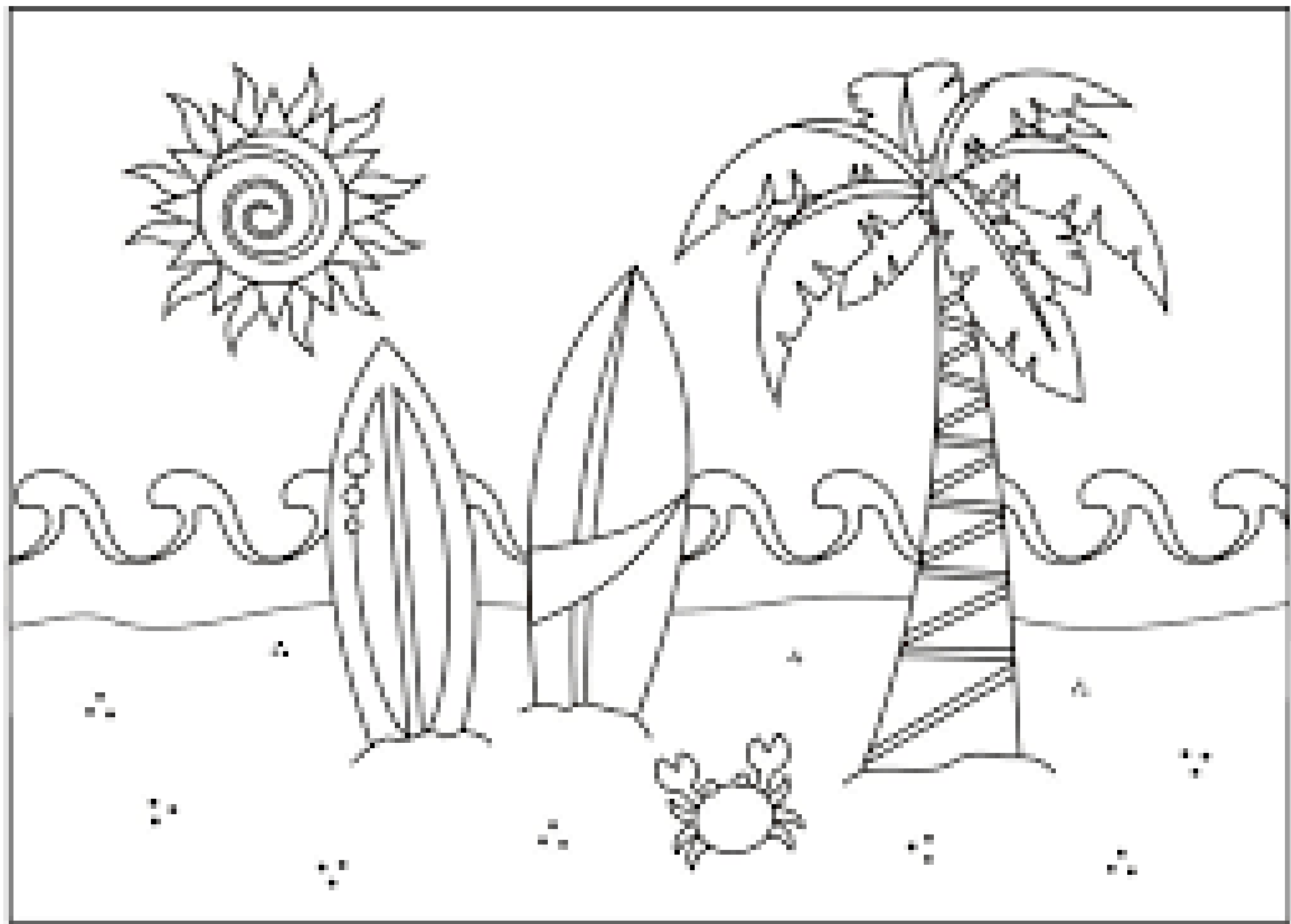
Step 6

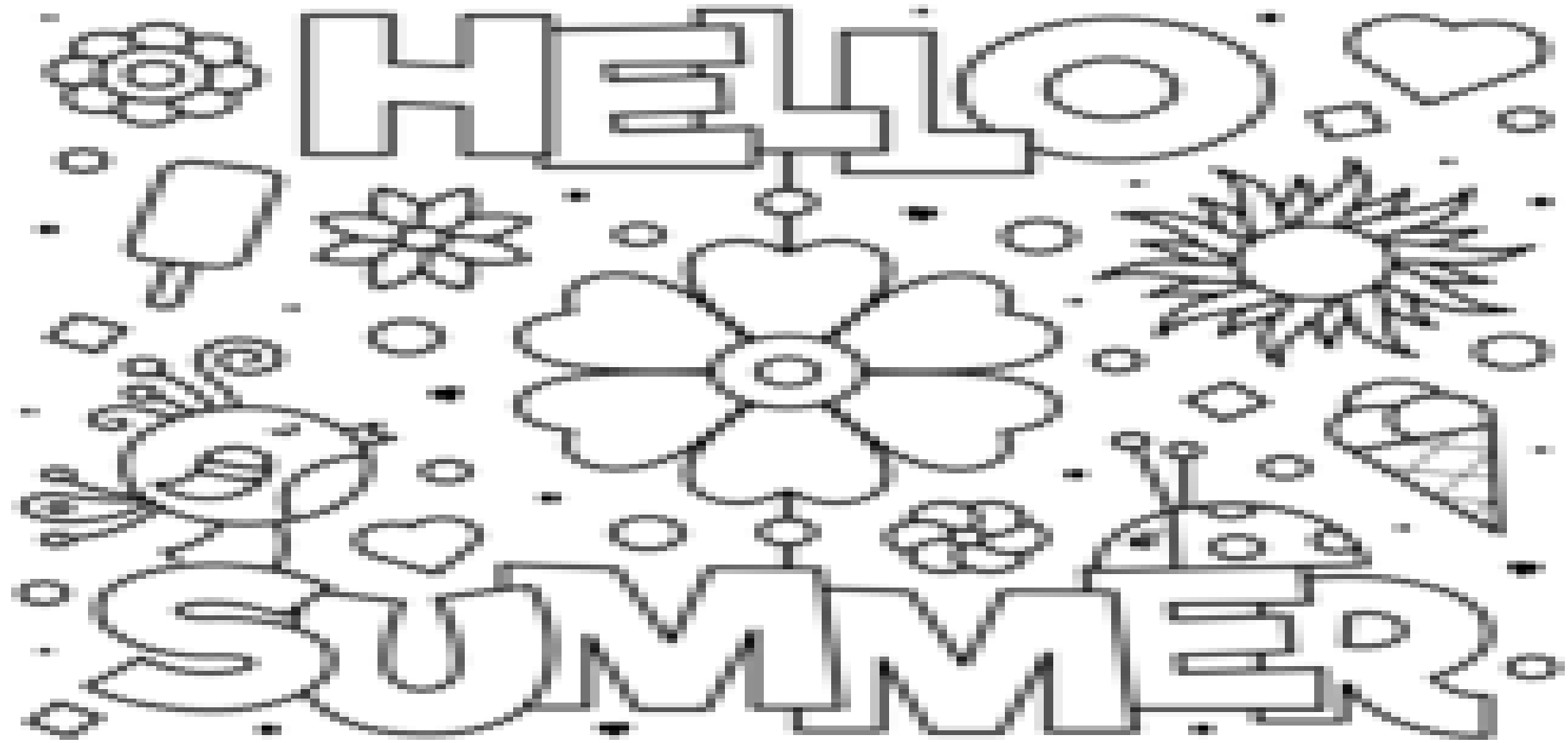
To make the icing, add a few drops of water to the icing sugar until the consistency becomes smooth and glossy. Add more water if needed, or if the icing becomes too runny add a touch more icing sugar to thicken.



Step 7

Spoon the icing on to each cake and decorate with a handful of coloured sprinkles.

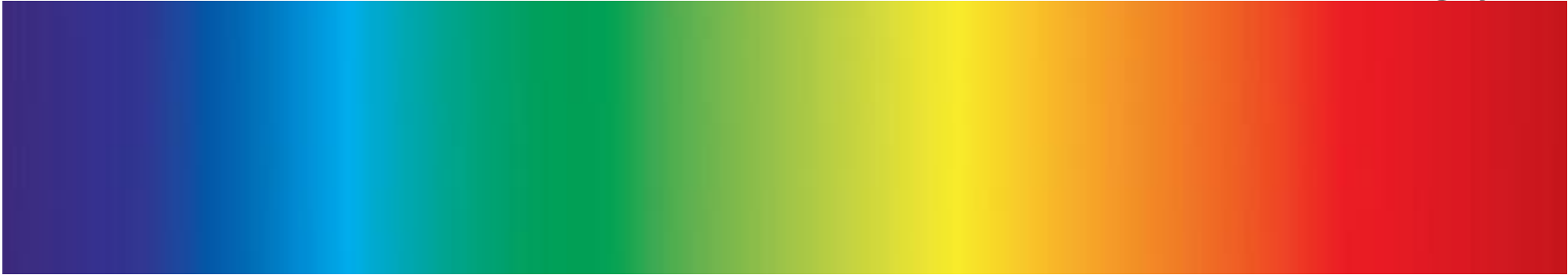
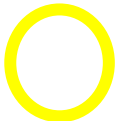
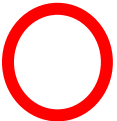






SUMMER

How do I feel today

Sad	OK	Happy	A bit annoyed	Angry	Very Angry
					
					

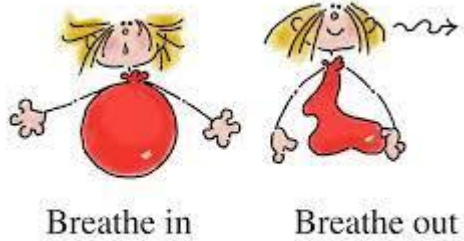


Coping Strategies

Wall or chair push ups



Take 10 deep breaths



Write it down



Sing



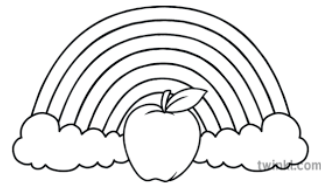
Dance



Ask for help



Draw/colour in



Listen to music



Go to a quiet place



Talk to someone

