



Swindon Summer Holidays



Summer Challenge

*How many challenges can you complete
this summer?*

Decorate and
leave a cool rock
for someone to
find

Hug a tree

High five a
plant

Spread
seeds for the
birds

Draw or paint a
nature picture

Make a wish
upon a star

Read a nature
inspired book or
poem together

Make or leave
something for the
fairies

Make a mud
pie and
decorate it

Find out the name
of the tree
nearest to your

Make a leaf
collage

Go outside and
take 3 deep
breaths

Have fun!



With the summer holidays fast approaching, this is a bumper edition! We have pulled together lots of fun ideas to inspire you over the coming weeks, including some favourites from the last 16 weeks!

Sports day fun

Planning a sports activity day could be fun for you and the children. You could use your garden if you have one, or a section of your nearest park. If using the park, don't forget to check it is clear of litter and mess. Set a date and plan some races. We have put together some ideas to try.

Sports day games and races

Make a race to see the first one to get dressed, this is great for your little ones who are preparing to start school in September and you can always use fancy dress clothes in the garden, you can join in and let them choose some items for you to dressed in – have a rummage through the wardrobe!



Sack races

You do not need purpose made sacks for this, just a bit of space, some pillow cases or a large shopping bag and a start and a finish line. For older children or adults joining in try using a single duvet cover folded down at the top.

Have fun!

Egg and spoon race

You could make some coloured eggs for your egg and spoon race.

To make a dye bath, combine half a cup of boiling water with half a teaspoon of vinegar and ten drops of food colouring.

Red cabbage or onion skins work well as a natural dye.

Dip hard-boiled eggs in the dye bath for 3-5 minutes, extend the time for a richer colour. Use tongs or a slotted spoon to remove the eggs and place them on a paper towel to dry.

You could also play this game with a tennis racket and a tennis ball.



Hoola hoops are a great prop for lots of games

- Who can roll it the furthest?
- Set the hoop a distance from the child and encourage them to throw a ball, bean bags, or socks made into a ball for target practice.
- Run to the hoop and do 3 star jumps then crab walk back (on all fours) tummy facing the ground or facing the ceiling.
- As above, hop there and skip back.



- Target practice you just need some masking tape and a fabric ball or some socks made into a ball.

- Practice for jumping and hopping or use some skipping ropes in a circle.



Have fun!



Ring toss - a simple game to make

You just need the tube from inside a cling film or tinfoil. At one end, cut 2.5cm lines at the half and quarter points, cut a hole in a paper plate the same size as the tube and push through. Fan the snipped end of the cardboard tube to secure.

The hoops are just paper plates with the middle cut out and decorated.

Plastic cones can be used for lots of games:

- Dribble a football around them
- Use a bat or child size hockey stick to move the ball around the cones
- Use them to measure how far they can throw a ball or bean bag
- Throw hoops over them

There are some great bargains at the supermarkets for some summer fun equipment



Sports Day Celebrations

Food

Children could make their own snack bags or popcorn holders from old cereal boxes. They could decorate paper bags using their favourite stickers or cut pictures out of magazines to stick on.



Children will have great fun making some popcorn. You could use a microwavable bags, or there are some great recipes to watch the corn popping in the pan which will provide lots of conversation:

Have fun!

Remember popcorn can be hot and a choke hazard

<https://www.bbcgoodfood.com/recipes/collection/popcorn>

Homemade ice lollies

You won't need to invest in any special equipment in order to make these lollies. Big ice cube trays, clean yoghurt pots, silicone muffin cases, mini baking tins or small paper or plastic cups left over from parties will all work a treat as lolly moulds.

Source some **wooden lolly sticks, rigid plastic straws or similar** 'handles' to facilitate the licking of your lollies.



Strawberry Ice lollies with white chocolate and sprinkles

- 150g strawberries
- 90g caster sugar
- 1tsp vanilla extract
- 500g tub of low-fat natural yogurt
- 100g melted white chocolate
- 60g sugar balls or strands

1. Put strawberries, caster sugar and vanilla extract in a bowl. Crush fruit until roughly broken up and the sugar has dissolved.
2. Mix in low-fat natural yogurt.
3. Pour into 6 or 8 ice-lolly moulds and freeze for a couple of hours and then insert lolly pop sticks and put them back into the freezer.
4. Take them out of the moulds and dip tips of the lollies in melted white chocolate, then quickly dip them in sugar balls or strands. Serve as soon as they set. **YUM!**

Award Ceremony

Homemade medals for all those taking part!



You will need:

- Slice of stale bread
- Round pastry cutter
- Gold paint (or silver, or bronze)
- Ribbon

Cut a circle out of the bread with the pastry cutter. Make a small hole near the edge of the circle. Bake the bread in a low temperature oven until it is hard (about 30 minutes). When cool, paint with gold paint. Leave to dry. Thread the ribbon through the hole, and wear proudly!

Quick card

medals - For really simple medals cut some circles from gold, silver and bronze card. Use a smaller punch to make a hole in the top and thread your ribbon through

Have fun!

Other ideas.....

Why not go on a camping trip!



Tents can be simple.

Camping is always a favourite summer holiday activity and building their own tents is great for developing children's thinking and problem solving skills.

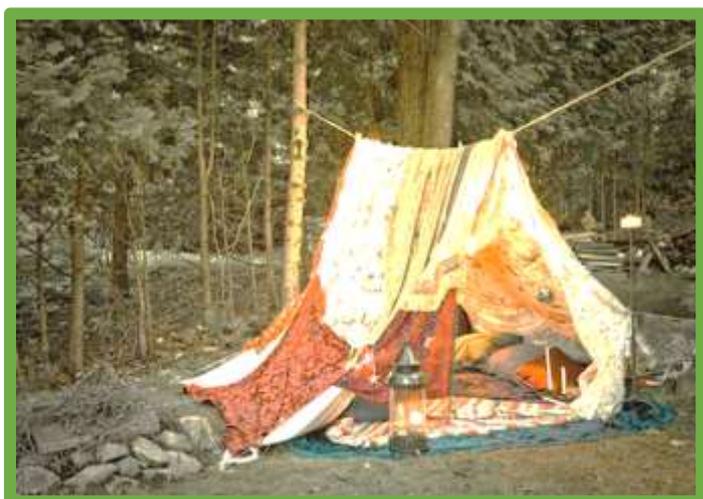
All you need are some sheets or blankets, pegs, string or clothesline. Washing stands and chairs can be great too.

Or you can be more elaborate!

Inside....

A tent can be made indoors using blankets, sheets and pillows.

You could use some torches to light it up.



....Or outside.... if the weather allows!

Playing in tents or dens will also provide fantastic opportunities for children to develop imaginative play.

Have fun!

How about a Picnic?

Going on a picnic is great fun. You don't have to go far, the garden (or the lounge floor if it's too rainy!) make perfect picnic locations. Or if you are feeling a bit more adventurous you could head for the local park!



It could be an excellent opportunity to encourage your child to try new foods.

Don't forget to involve your child in preparing the picnic. This will provide lots of opportunities to explore mathematical concepts, develop fine motor development as well as teaching sequencing and following instructions.

If it's not possible to invite real friends to a real picnic, you could encourage your child to have a 'teddy bear's picnic' instead!



Have fun!

For those rainy days



Imagination box

To stimulate imagination and language, put together a small collection of interesting things you may have lurking in cupboards and drawers for your child to explore. You could include a bunch of keys, a padlock, several brushes of different shapes and sizes, a shiny bowl, a piece of fabric, old CD's, an old mobile phone, marbles, shells – the list is endless. Watch to see all the surprising things your child finds to do with them and the stories that develop.

Friendship bracelets

Why not get everyone involved with making these friendship bracelets!

Your child will be using their imaginations to create their own unique designs and deciding which friends and family members to gift them to. Observe how they persevere and are proud of what they have made. They are quick, easy to make and also carry with them the message of sharing and friendship with others.

To make cuff style friendship bracelets cut a cardboard tube lengthways, then cut into sections for each bracelet. Let your child decorate their bracelet with any craft supplies you have available.

Finish by punching a hole on each of the open sides and thread a length of wool/string through the holes, so the bracelet can be tied together



Have fun!

Gloop



Playing with Gloop is a fabulous sensory and science activity to learn about the concepts of what a solid and liquid is.

How to make Gloop

You will need:

- 2 cups of cornflour
- 1 cup of water
- Food colouring
- A large container or bowl

Place the cornflour into a large container and place a few drops of colouring into the centre. Have the water ready for your child to pour into the container. Mix the water into the cornflour and colouring. It will take some time to mix together.

Encourage your child to mix and play with the Gloop and explore the texture and talk about what it feels like - sticky, slimy, cold and powdery

Homemade Instruments



Recycle some of your household items to create your very own band! Try using an empty cereal box, some cardboard tubes and some rubber bands to create a guitar! Or fill an empty container with dried pasta to create a homemade maraca.



Homemade instruments can keep your child entertained for hours whilst simultaneously developing a healthy interest in music from a young age.

Then why not host a miniature concert? An indoor performance is a great way to improve your child's confidence!



Have fun!

For further fun and summer activities here is a list of websites:

Simple fun activities for children 0 – 5yrs: <https://hungrylittleminds.campaign.gov.uk/>

Outdoor learning /learning from and alongside nature:

<https://wilderchild.com/category/play-in-nature/> the Mud pie baking competition looks great fun!

Fun and simple activities that will engage your children at home
https://literacytrust.org.uk/?gclid=EAlaIQobChMIrsiN2_HC6gIV2-vtCh13zQkeEAAYASAAEgl_gvD_BwE

Swindon Speech and language therapy services - Families at home
<https://swindonspeechandlanguagetherapy.wordpress.com/families-at-home/>

14 Cone Games

<http://startwellbirmingham.co.uk/wp-content/uploads/2013/11/20-Cone-Games.pdf>

A website full of hints and tips on fun activities for babies, toddlers and children aged up to around five years old:

<https://www.nurseryactivityideas.co.uk/>

Swindon Libraries



[The Summer Reading Challenge is here!](#)

Have fun!