

Summer Holiday Support Pack for Families

Keeping children entertained, fed and happy over the summer holidays can feel quite daunting!

We have collated some activity ideas and family days out, a lot of these are free or inexpensive giving you plenty of ideas for staying busy this Summer.



Wessex
Learning Trust
We Learn Together!

Ideas for feeding hungry little mouths

- [Cheddar Valley Foodbank](#)
- [Highbridge Area Foodbank](#)
- [Where Kids can eat free or cheaply this summer](#)
- [Family budget dinners under £1.50 - BBC Food](#)



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS
Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA
Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS
Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA
Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA
Kids get a meal from 95p daily from 11am

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS
Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES
1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI
From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE
One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES
At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE
Kids eat for £1 on Mondays

FUTURE INNS
Under 5s eat for free with any adult meal.

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Activities for children with disabilities or other additional needs



The banner features a large sun in the top left, a Somerset Council logo in the top right, and a central title 'Activity Calendar' on a wooden sign. Below the title is 'Community Inclusion and Activity Team' and 'Summer Holidays Tuesday 23 July - Friday 30 Aug'. Five photos show children engaged in various outdoor activities like digging, walking, and playing in a stream. A disclaimer box is at the bottom.

Activity Calendar
Community Inclusion and Activity Team
Summer Holidays
Tuesday 23 July - Friday 30 Aug

Somerset Council

For ALL children and young people in Somerset with a disability or additional needs
*You DO NOT have to be referred to any service to access these activities, unless otherwise stated.

Somerset Council activity calendar has a range of activities to book for every day of the Summer holidays. There is a small charge for most activities, but many are very cheap!

Download the calendar [HERE](#)

Free activity club day passes for children with disabilities and learning needs



FREE Activity DAY PASSES
Community Inclusion and Activity Team

Available all year round for ALL families in Somerset with a child or young person with a disability or additional need

HESTERCOMBE
www.hestercombe-tourism.co.uk
Hestercombe Road, Taunton TA2 8LG
FAMILY PASS
2 adults, 5 children

Puxton Park
www.puxton.co.uk
Cowslip Lane, Hewish, BS24 6AH
Tickets are at the reduced cost of **£4 per person** with no restriction on family size. Please email the CIA Team to book tickets

COURT FARM
www.courtfarmcountrypark.co.uk
Court Farm Country Park, Wolverhill Road, Banwell, BS29 6DL
FAMILY PASS
2 adults, 2 children

Abbotsbury
www.abbotsbury-tourism.co.uk
Swannery & Subtropical Gardens, Church Street, Abbotsbury, Dorset, DT3 4JJ
FAMILY PASS
2 adults, 3 children

Noah's Ark ZOO
www.noahsarkzoo.co.uk
Clevedon Road, Wraxall, Bristol, BS48 1PG
FAMILY PASS
2 adults, 2 children
Please Note: the park is NOT normally open on Sundays

WILD PLACE
www.wildplace.org.uk
Junction 17, M5 Cribbs Causeway, BS10 7TP
FAMILY PASS
2 adults, 3 children

FERNE ANIMAL SANCTUARY
www.ferneanimalsanctuary.org
Wambrook, Chard, TA20 3DH
FAMILY PASS
2 adults, 3 children

How does it work?

1. Choose a place to visit
2. Choose a date
3. Email ciateam@somerset.gov.uk with your child's name, disability, which pass you would like and on what date
4. We will check our diary & if it's free, we will take some details & book you in

Other great deals and discounts you may be interested in...

Max Card

For children and young people aged 0-25 years with a disability or additional need. A FREE card for Somerset families which gives access to many discounts and concessionary rates at attractions across the UK.

Cards are only available via the Community Inclusion & Activity Team. email: ciateam@somerset.gov.uk

All info about places signed up to the Max Card can be found at: www.mymaxcard.co.uk

They also have information on: Facebook [mymaxcard](https://www.facebook.com/mymaxcard) Twitter [@mymaxcard](https://twitter.com/mymaxcard)

CEA CARD

A national scheme for UK cinemas. The card enables a disabled cinema guest to receive a FREE ticket for someone to go with them when they visit a participating cinema.

Participating cinemas also need to ensure they make reasonable adjustments for disabled guests using their cinema.

The card costs £6 and is valid for 1 year from the date of purchase. The card can be used by people aged 8 and over.

For more information visit: www.ceacard.co.uk

Changing Places

These are accessible toilet facilities which include a height adjustable changing bed, hoist and wheelchair accessible toilet.

We are working hard to get more places to register their facilities, please visit the National Changing Places website for more information. www.changing-places.org





Changing Places

Important Information

- Passes are available on a first come, first served basis. Please note you may not get your first choice
- Please give us 5 working days to process your request
- The carer will need to take proof of the child's disability as they may need to show this to the venue
- We are only able to offer 1 pass per young person per week

* Information is correct at time of print, please visit website to find details of most up to date prices.

Community Inclusion and Activity Team

How to book

- To book a free pass, Email ciateam@somerset.gov.uk with your child's name, disability, which pass you would like and on what date
- It operates on a 'first come first serve basis' so you may not get your first choice
- Book early to avoid disappointment! (Preferably 5 days before)

SUMMER HOLIDAY ACTIVITIES 2024



TO BOOK ANY OF THE ACTIVITIES
PLEASE VISIT:
[HTTPS://WWW.HAPPITY.CO.UK/THE-SPACE-SOMERSET](https://www.happity.co.uk/the-space-somerset)
OR SCAN THE QR CODE

FOR CHILDREN/YOUNG PEOPLE LIVING OR BEING
EDUCATED IN THE CHEDDAR VALLEY AREA

EACH SESSION IS £5 PER PERSON
*NON REFUNDABLE



| | | | |
|--------------------------------|-------------------|---|---|
| TUESDAY 30TH JULY | AGE 8+ | CARVED LINO T-SHIRT PRINTING DESIGN AND PRINT YOUR OWN T-SHIRT USING PRE-CARVED LINOS OF VARIOUS DESIGNS. SOME OF THESE IMAGES HAVE CONNECTIONS TO CHEDDAR FOLK HISTORY TOO! | CATHOLIC CHURCH HALL 10AM-12PM |
| THURSDAY 1ST AUGUST | AGE 6+ | BUSHCRAFT PUT SIMPLY BUSHCRAFT IS ABOUT USING NATURE TO SUSTAIN YOURSELF IN THE WILD AND SOME OF THE ESSENTIAL SKILLS INCLUDE CREATING A FIRE, BUILDING A SHELTER, FORAGING FOR FOOD AND COLLECTING WATER. | MENDIP ACTIVITY CENTRE 11.30AM-1PM |
| TUESDAY 6TH AUGUST | AGE 8+ | CURLY WURLY CLAY COIL POTS YOU WILL LEARN HOW TO USE SIMPLE CLAY HAND BUILDING TECHNIQUES TO CREATE YOUR OWN DECORATIVE COIL POT. WE WILL USE AIR DRYING CLAY IN THE WORKSHOP - AND YOU WILL BE PROVIDED WITH A MINI SET OF ACRYLIC PAINTS SO YOU CAN PAINT YOUR POT AT HOME ONCE IT HAS DRIED. | CATHOLIC CHURCH HALL 10AM-12PM |
| THURSDAY 8TH AUGUST | AGE 6+ | ARCHERY ACTIVE ARCHERY ACTIVE IS THE ULTIMATE TEAM COMBAT SPORT, COMBINING THE BEST OF PAINTBALLING, ARCHERY AND DODGEBALL - WITHOUT THE BRUISES, MESS OR EXPENSIVE AMMO! | MENDIP ACTIVITY CENTRE 11.30AM-1PM |

www.thespacesomerset.org.uk

SUMMER HOLIDAY ACTIVITIES 2024



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| | | | |
|---------------------------------|-------------------|---|--|
| TUESDAY 13TH AUGUST | AGE 8+ | PRINTED PATTERNED PENCIL CASES DESIGN A REPEAT PATTERN AND PRINT IT ONTO A CANVAS PENCIL CASE USING RUBBER STAMPS. THE BEST BIT, YOU CAN TAKE IT HOME AND SHOW ALL YOUR CLASSMATES WHAT YOU'VE PRODUCED!!! | CATHOLIC CHURCH HALL 10AM-12PM |
| THURSDAY 15TH AUGUST | AGE 6+ | CLIMBING TOWER OUR CLIMBING TOWER IS A FREE STANDING, MOBILE STRUCTURE WITH A HIGHLY REALISTIC CLIMBING SURFACE THAT SIMULATES THE CURVATURE AND COMPLEXITY OF NATURAL ROCK. MULTIPLE ROUTES AND VARYING DEGREES OF DIFFICULTY TO SUIT ALL. | MENDIP ACTIVITY CENTRE 11.30AM-1PM |
| TUESDAY 20TH AUGUST | AGE 8+ | WACKY WIRE CREATURES IN THIS AWESOME ALEXANDER CALDER INSPIRED WORKSHOP, YOU WILL LEARN HOW TO 'DRAW WITH WIRE' TO CREATE YOUR OWN HANGING FISH OR BIRD SCULPTURE. THERE WILL BE TIME TO DECORATE AND EMBELLISH YOUR SCULPTURE WITH COLOURFUL SEQUINS, BUTTONS AND BEADS TOO. | CATHOLIC CHURCH HALL 10AM-12PM |
| THURSDAY 22ND AUGUST | AGE 6+ | STAND-UP PADDLEBOARDING STAND UP PADDLE BOARDING (SUP) IS AN OUTDOOR WATER SPORTS ACTIVITY. YOU WILL STAND UP ON A LARGE BOARD AND USE A SINGLE BLADED PADDLE TO MOVE THROUGH THE WATER. THIS WILL BE LOTS OF FUN!! PLEASE NOTE THERE IS NO TOILET FACILITY AT THIS VENUE | MENDIP WATERSPORTS SITE, HEWISH, W-S-M 12PM-2PM |

www.thespacesomerset.org.uk

SUMMER HOLIDAY ACTIVITIES 2024



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OR SCAN THE QR CODE

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*NON REFUNDABLE



| | | | |
|---------------------------------|-------------------|--|--|
| TUESDAY 27TH AUGUST | AGE 8+ | BANNER MAKING WORKSHOP <small>IN THIS FUN, HANDS-ON WORKSHOP YOU WILL GET TO DESIGN AND CREATE YOUR OWN BEAUTIFUL HANGING BANNER TO DISPLAY AT HOME. WE WILL USE PAINT, PENS, GLUE, FABRIC, RIBBONS, BUTTONS, BEADS AND MORE TO BRING OUR COLOURFUL DESIGNS TO LIFE.</small> | CATHOLIC CHURCH HALL 10AM-12PM |
| THURSDAY 29TH AUGUST | AGE 6+ | LOW ROPES <small>NEVER ANY MORE THAN 50CMS OFF THE GROUND, THE LOW ROPES COURSE IS ABOUT INDEPENDENCE, PROBLEM-SOLVING AND CO-OPERATION AS YOU WIND YOUR WAY AROUND NETS, WIRES, WOBBLY PLANKS AND MORE!</small> | MENDIP ACTIVITY CENTRE 12PM-2PM |



PLEASE ONLY BOOK IF YOUR CHILD IS WITHIN
THE AGE RANGE OF EACH ACTIVITY



A CONSENT FORM WILL NEED TO BE FILLED
OUT ONCE THE BOOKING IS COMPLETE

FOR ANY QUERIES PLEASE EMAIL:
[RCARTER@THESPACESOMERSET.ORG.UK](mailto:rcarter@thespacesomerset.org.uk)

**THERE IS NO
TRANSPORT
PROVIDED
TO ANY OF
THE VENUES**

www.thespacesomerset.org.uk

Budget – Friendly Summer Holiday Activities

Budget-friendly Summer Holiday Activities

twinkl

Summer holidays don't need to break the bank - there are lots of fun activities you can do without spending any money at all! Read through our lists below - one for activities that are totally free and one for activities that only cost a little money - and see how many you can fit in this summer.

No-Cost Activities

Go on a forest bathing walk.

Make a twig boat and sail it down the local river - how far does it get?

Make a den for a family movie night.

Go on a local hike to a place you haven't explored before.

Make a wildflower window display.

Make your own kite and fly it.

Have a water fight.

Visit the seaside or river bank and practise your swimming strokes.

Try garden yoga.

Make your own YouTube channel - let the kids choose what the theme will be.

Stay up late, put a picnic basket on the lawn and gaze at the stars - what patterns can you find?

Budget-friendly Summer Holiday Activities

twinkl

Go bird watching and see how many different types you can identify.

Visit a free museum, choose a painting or statue and try to recreate it.

Camp in the garden.

Visit the seaside and explore the rock pools - how many different types of creatures can you see?

Low-Cost Activities

Make homemade ice cream.

Write a letter to a friend and post it, snail-mail style.

Cook s'mores in a homemade solar oven.

Get some origami paper and make origami ice creams.

Have a bubble-blowing competition.

Watch an open air theatre production.

Organise a teddy bears' picnic for you and some friends.

Budget-friendly Summer Holiday Activities

twinkl

Make a lemonade stand and sell the delicious drink to your neighbours. Maybe you could donate the money you make to a local charity?

Decorate the pavement outside your house with summery chalk illustrations for people to enjoy as they walk past.

Visit a farmers market, buy some fresh local produce and make a delicious dinner.

Plant some herbs - you don't need a lot of space to do this, a few pots will do.

Do a walking tour of your local area.

Go fishing in the local river.

Visit an English Heritage site you have never been to before.

Have a photo competition then print and display your favourite pictures.

Super Summer Challenge Tick List

This summer, get busy learning, creating, moving and discovering with these exciting activities. Can you complete all 30 challenges during the school holidays? Use this list to tick them off once you've completed them.



1. Have a picnic



2. Go stargazing



3. Make your own ice lollies



4. Make a tie-dye t-shirt



5. Go on a minibeast hunt



6. Explore your local area



7. Make your own playground



8. Play some outdoor party games



9. Cook on a campfire



10. Make your own musical instruments



11. Spot birds in your garden or on a walk



12. Fly a kite



13. Create some wild art



14. Make a memory box for this summer



15. Build a bird bath



16. Make your own seed paper



17. Try some summer science experiments



18. Write a poem about summer



19. Have fun in the rain



20. Play a board game outside



21. Spend some time cloud-watching



22. Make your own seed bunker



23. Measure the weather



24. Build an obstacle course



25. Make a bug hotel



26. Make your own natural paintbrush



27. Create your own shadow art



28. Paint some pebbles



29. Build a den



30. Build a fairy garden



Further ideas for fun activities and family days out

- Brean Down
- Burnham, Berrow, Brean, Weston or Sand bay beach
- Clevedon seafront, beach, pool and park
- Cheddar Gorge
- Ebbor Gorge
- Glastonbury Tor
- Worlebury woods
- Greatwood (Quantocks)
- Kilve Beach
- Wells cathedral
- Ashton Court
- Somerset space walk Bridgwater and Taunton canal
- Cycle or walk the Strawberry line
- Nature reserves

[Click here for 80 Free Days Out & Cheap things to do with kids](#)

[Click here for 33 Free things to do in Somerset](#)

Organise a Scavenger Hunt!

You can make your own scavenger hunts with your children based on anything, for example:

- Garden Scavenger hunt
- Picnic Scavenger hunt
- Alphabetical scavenger hunt
- A woodland scavenger hunt
- A beach Scavenger hunt
- Plus loads more

If you type in scavenger hunts on google you can get lots of ideas to make with your little ones!



Welcome to your holiday diary. You will find 30 challenges to do over the holiday period. Do them in any order and fill in your diary when you have done them.
Below you will see a table of all the things we want you to have a go at. Try your best and enjoy them.

| | | | | |
|--------------------|---------------------|--|-----------------------|----------------------|
| Helping hand | Make a den | Nature hunt | Dance routine | Mindful colouring |
| Star qualities | Movie night | Exercise routine | Book challenge | Learn a new skill |
| Design a new emoji | Today is a good day | Create | Who do you admire? | Connect with friends |
| Super organised | Make heart hugs | Monitor your mood | Make a bookmark | A to Z of calm |
| Proud cloud | Grateful jar | Worry wobbles | Safe and happy place | Wishes and dreams |
| Compliments | Happy photo wall | Getting ready <i>Do this one last! It will help you get ready for going back to school.</i> | View from your window | Community |



Do the ELSA Summer Challenge!

Do them in any order and fill in your diary when you have done them!

**ELSA SUPPORT
SUMMER CHALLENGE
2024**

30 wellbeing challenges for pupils to complete during the long summer holiday

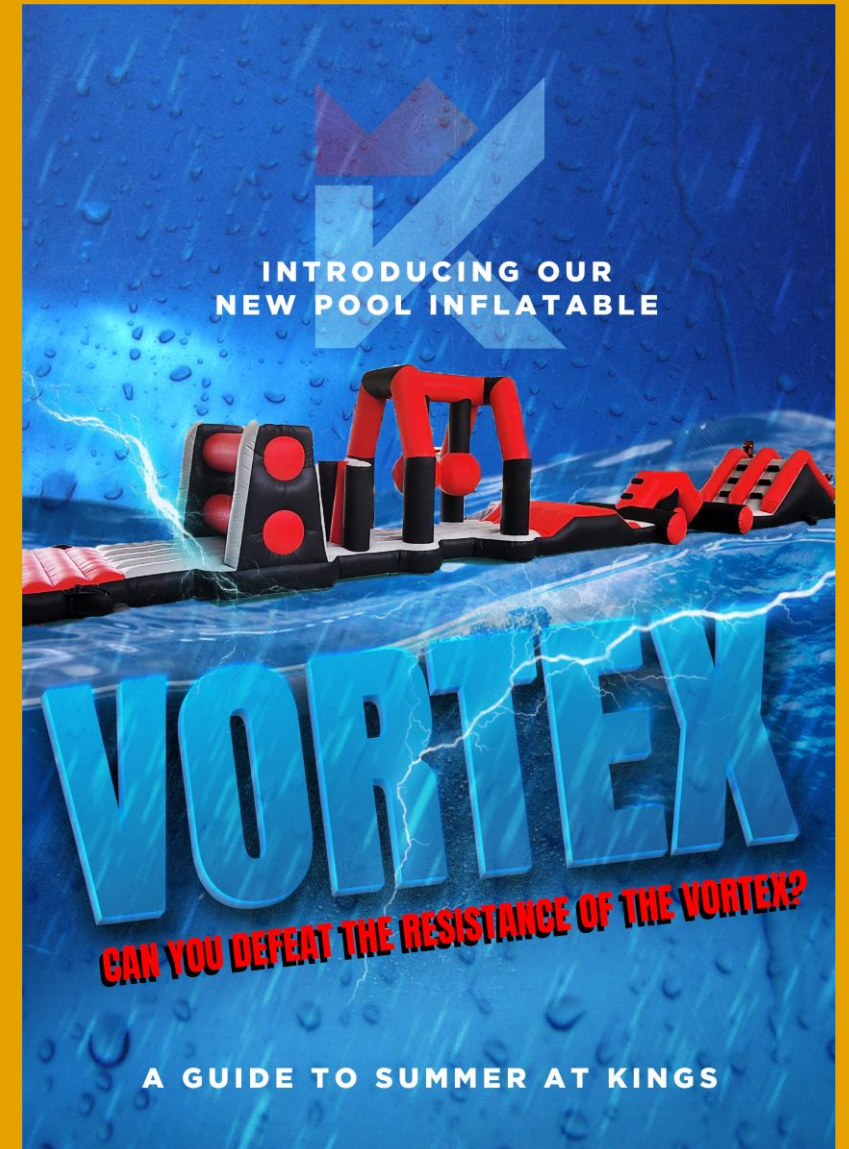
Certificate of Achievement
Congratulations to _____ for completing the Summer Wellbeing Challenge 2024

Certificate of Achievement
Congratulations to _____ for completing the Summer Wellbeing Challenge 2024

ELSA support logo

Kings Fitness & Leisure Summer activities

Kings Fitness & Leisure Centre in Cheddar are offering a wide range of activities for families and children over the Summer, pick up a copy of their Summer brochure at reception or click [HERE](#) to view the website with the pool timetable.





JUNIOR START DATES

AQUA BABES/PRE SCHOOL RETURN FROM
TUESDAY 3RD SEPTEMBER

ALL OTHER ACTIVITIES RETURN FROM MON-
DAY 2ND SEPTEMBER

SWIM ACADEMY (STAGES 1-10 AND ROOKIE)
CONTINUES THROUGH THE SUMMER
HOLIDAYS.



BANK HOLIDAY FITNESS CLASS TIMETABLE

MONDAY 26TH AUGUST 2024

08:30 - 08:45 - CIRCUITS - ELLIE

08:00 - 08:45 - STRETCH & MOBILITY - ROBYN

09:00 - 09:45 - INDOOR CYCLE - ROBYN

10:00 - 10:45 - STRENGTH & FITNESS - ROBYN



NATIONAL POOL LIFEGUARD QUALIFICATION

COURSE DATES: MONDAY 29TH JULY -
SATURDAY 3RD AUGUST 2024

AGE 16+ YEARS

£250.00

CONTACT RECEPTION FOR DETAILS:
ENQUIRIES@KINGSFITNESS.CO.UK AND 01934 744939



KIDS HOLIDAY CLUB

STARTING MONDAY 29TH JULY AND
FINISHING FRIDAY 30TH AUGUST -
9:00AM - 4:00PM

£26 PER DAY (£400 PER SESSION FOR EARLY
DROP OFF AND LATE PICK UP)

Kings Fitness & Leisure

Keep your kids active at Kings Fitness & Leisure this Summer



We will be running many sport
activities for Sports Academy
members to take part in this
Summer. Activities include...

- Netball
- Tennis
- Hockey
- Cricket
- Yoga
- Swimming
- Dance

How to book:

All bookings can be made via
our website or contact
reception to make a booking
today on 01934 744939. All
bookings are subject to
availability, members will get
two weeks advance booking.

Scan to book:



| Date/time | Sport/coach | Location |
|---|--------------------------|---------------|
| Thursday 25th July 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Netball with Chantelle | Tennis courts |
| Friday 26th July 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Tennis with Diogo | Tennis courts |
| Monday 29th July 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Hockey with Holly | Astro |
| Wednesday 31st July 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Cricket with Lewis | Astro |
| Tuesday 6th August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Netball with Chantelle | Tennis courts |
| Friday 9th August 09:30-10:30am (ages 5+) | Yoga with Andrew | Studio 4 |
| Friday 9th August 11am-12pm (ages 8+) | Inflatable swim session* | Swimming Pool |
| Tuesday 13th August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Football with Diogo | Astro |
| Wednesday 14th August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Hockey with Holly | Astro |
| Wednesday 14th August 11am-12pm (ages 8+) | Inflatable swim session* | Swimming Pool |
| Thursday 15th August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Cricket with Lewis | Astro |
| Monday 19th August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Hockey with Holly | Astro |
| Wednesday 21st August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Netball with Chantelle | Astro |
| Wednesday 21st August 11am-12pm (ages 8+) | Inflatable swim session* | Swimming Pool |
| Thursday 22nd August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Cricket with Lewis | Astro |
| Tuesday 27th August 09:30-10:30am (ages 4-7) 10:30-11:30am (ages 8+) | Football with Diogo | Astro |
| Wednesday 28th August 1:30-2:30pm (ages 4-7) 2:30-3:30pm (ages 8+) | Dance with Georgia | Studio 3 |
| Friday 30th August 09:30-10:30am (ages 5+) | Yoga with Andrew | Studio 4 |
| Friday 30th August 11am-12pm (ages 8+) | Inflatable swim session* | Swimming Pool |

*All participants are required to complete a 25 metre swimming
competency test (unaided) to go on the inflatable



How to have an amazing summer with your kids!

1. Create a Summer bucket list together of fun and relaxing activities

2. Designate a no screen day – pick 1 day per week with no screens. Go outside and play games or crafts instead

3. Add Water – Play with your hose, walk by a river, go to the beach or water play in the bath sink or paddling pool.

4. Create an 'I am Bored' jar – fill a jar with fun activity ideas for when your little ones gets bored.

5. Start a Summer gratitude journal – ask everyone to write down one thing they are grateful for each day

6. Mark your adventures – get a map and fun stickers. Mark all the trails, pools parks, beaches you want to visit.

7. Alternate busy and lazy days – schedule fun days but make sure you schedule in relaxing days.

8. Do Alphabet days – Using the Alphabet make a list of days out and places to visit using the Alphabet – e.g. Axbridge Reservoir, Brean Down etc

50 Cheap and easy Holiday Activities (Adult supervision needed)

1. Build a 'camp' inside using bedding, cushions and towels
2. Build a paper boat and sail it
3. 'Pooh' sticks/leaves – you don't need a bridge as you can just see what size stick or leaf floats the best/fastest/ slowest not at all!
4. Learn to climb a tree
5. Go to the park and make a course using all the apparatus (use a timer to time individual 'best time' to avoid competition if necessary)
6. Build a small crazy golf course out of recycling (Each child make their own 'crazy golf hole' using plastic bottles, milk cartons, empty boxes, cardboard tubes and use wooden spoons instead of golf clubs)
7. Make your own paper airplanes and fly them
8. Make mud pies or flower/stone soup
9. Have a 'back to front day' and have tea for breakfast and wear your clothes back to front!
10. Scavenger hunt to find as many different pebbles/stones
11. Picnic (teddy bears if applicable)
12. Leaf rubbing (collect different leaves and put them under paper and rub with a pencil or crayon)
13. Tree rubbing (Use paper against different trees and rub with a pencil or crayon to get different patterns)
14. Go on a Bear hunt
15. Yellow car no hit backs
16. Play hide and seek
17. Play beans (run on the spot to be runner bean, jump to be a jumping bean, wobble like a jelly to be a jelly bean, stand straight and tall to be a French bean, curl up to be a baked bean, say Abracadabra for magic bean)
18. Go on a bug hunt (look under rocks, pour cold water on the ground and dig for worms, look in streams, under leaves etc)
19. I spy
20. Chalk hopscotch/drawing
21. Shadow puppet story time
22. Kitchen disco
23. Throw stones into water (skim, throw highest, furthest, biggest splash, smallest splash,)
24. Twig raft building

25. Use a timer Running/skipping/jumping/crawling see the difference in each time
26. 'treasure hunt'
27. Stone boules (Find stones the same colour and 1 a different colour – who can throw a stone closest to the different coloured stone)
28. Pull the silliest face
29. Build a den in the woods
30. Who can stack the tallest stone/pebble tower
31. make a story book
32. play cards (popular easy games include 'go fish' and snap)
33. Ballon volley ball or tennis (can play inside)
34. Ball pong/skittles (Use plastic cups and try to throw ball into them or turn upside down to roll a ball at them like skittles)
35. Red light/green light (one persons stands a distance away with back to everyone else. Everyone else tries to get to that person quietly. The person with their back turned says green light and everyone moves quietly forward and when person says red light everyone has to 'freeze' and stand still. If the person standing with their back turned catches them moving that person is out!)
36. Make an Obstacle course (inside or outside: crawl under a blanket)
37. Water cup race
38. Musical bumps/statues/cushions
39. Cloud gazing (look for animals, letters, shapes)
40. Scavenger hunt for different coloured flowers
41. MESSY but washable Activity (some with a small cost)
42. Make a flat bread dough to use as a pizza base, bagels or flat bread sticks (2 times flour to 1 times yogurt, cook in an oiled frying pan each side for 2 – 3 mins or in a hot oven for 15-20 mins)
43. Make your own bubbles – use different household soap/washing up liquid/shampoo and mix them together ADD WATER! What combination makes the best bubbles
44. Find rocks and paint them
45. Make mud pies or flower/stone soup
46. Mud painting – use mud to paint pictures
47. Gloop (use cornflour and water and mix together on a flat baking tray and run fingers or hands in it)
48. Cloud dough (mix shampoo, baby lotion and cornflour in any quantity to make a dough)
49. Build an insect house (use twigs, mud, leaves)
50. Rainy day puddle splash

Top Tips on connecting with your child over the Summer

1. Spend Quality time with your child as a priority

Quality one to one time with your child doesn't need to be long, but sitting down without technology, screens or any other distractions (you could put your phone in another room) for 10-15 minutes a day to engage in a child-led activity encourages connection and makes them feel seen and heard.

Allow your child to lead the activity, it will boost their confidence and you will both enjoy spending quality, uninterrupted time together.

2. Bond with your child emotionally

If your child's emotions run high, teach them to recognise and validate their feelings by labelling their emotions and allowing them to express their feelings freely. Support them with this, for example:

'I can see you are feeling sad today, that might be tricky to manage. I wonder what it is that's making you feel sad today? What would make you feel better?'

Use active listening with your child, giving them undivided attention to talk without interruption. Avoid rushing to give them solutions, allow your child the time to work out solutions with you. This will really build their resilience and confidence in managing their emotions in the future. You can also explore your child's emotions through different activities:

- Make an emotions collage with your child. Use pictures and words from magazines to cut and stick then use this collage to create meaningful conversations about their emotions. 'I wonder if there has been a time when you have felt like this?'. Model times when you as an adult have felt these emotions – this will normalise your child's emotions.
- Play emotion charades – act out different emotions. Get them to use the correct facial expressions, body language etc.
- When reading stories use the characters to discuss different emotions 'I wonder how they might be feeling if that happened to them'.

3. Have Consistent Routines

We know that routines will slip during the summer holidays due to days out, holidays and having fun, but try and stick to your child's bedtime routine even if this ends up being an hour or two later.

Children thrive and feel secure with routines, so sticking with your bath, brush teeth, story time and lights off routine will make returning to school in September easier for you and your child.

4. Have Positive Boundaries

When your child is in a calm and happy place, clearly communicate your boundaries and expectations making these positive rather than negative.

For example - *'If you put your toys away when asked you can have a pom pom in your reward jar'*

Rather than *'If you don't put your toys away there will be a consequence'*.

Children will respond better to positive boundaries. Make sure your child is listening and understands what is being asked and make the boundaries age appropriate.

5. Have Fun!

Most importantly have fun and use the holidays to get to know your children better! Take them to the park, the beach or the woods. Take photos and create positive memories. Keep a diary or a photo album (digitally). You don't have to take your kids to the most expensive places to create a memorable summer. Have a picnic and a scavenger hunt in your garden. Make a den in the garden, make an obstacle course. But above all, remember to have fun with them!



Have a great Summer!

Emergency contact Numbers

Children and social care consultation line – 0300 123 2224-
(Monday – Friday 9am – 4pm)

Emergency Duty Team – 0300 123 2327 (out of hours inc
weekends)

