



MAKE UNFORGETTABLE ★ MEMORIES THIS *Summer!*

**Over 100 Activities to
Fill your Summer
with Fun!**

**BIG
SUMMER OF
FUN!**





Hello,

We are so pleased that you have found our Summer of Fun booklet that is bursting at the seams, full of activities to keep the whole family entertained this summer.

Parenting during the summer holidays can be challenging, the children are beaming at the idea of having six whole weeks off school, and parents wonder how they will keep the children entertained; well, parents, do not fear. We are here to help.

In this booklet, you will find arts and craft activities, outdoor activities, physical activities, wellbeing activities, science experiments and activities that will encourage your child to thrive.

Remember, you only have 18 summers with your child, so make this summer one they will never forget.

Energy Kidz Team



In this booklet, you will find many activities to keep the whole family busy throughout the holidays. All our Energy Kidz activities are underpinned by our Whole of Child philosophy and are split into six categories: Sporty Kidz, Energetic Kidz, Practical Kidz, Discovery Kidz, Creative Kidz & Wellness Zone.

Our Whole of Child is a commitment to our families, communities and teams to remain focused on what is important to us – our children.

What you will find:



Creative Kidz

Creative activities that encourage families to express themselves and explore their senses and creativity.



Energetic Kidz

Fun movement based activities that inspire, educate, engage and motivate the whole family to move more.



Wellness Kidz

Wellbeing activities that will educate and engage the whole family in the benefits of leading a well-balanced, healthy lifestyle.



Practical Kidz

Life skills activities that will give the whole family the opportunity to learn and thrive whilst taking part in activities that cover a wide range of learning experiences.



Discovery Kidz

Indoor and outdoor activities that encourage children to learn through play, energise their interests and give them opportunities for innovative play..



Any activity that includes this means that we have a more detailed activity plan on our Energy Kidz at Home page, which can be found [here](#).

Creatitve Kidz

Art and Crafts Activities



<p>DIY FOAM PAINT</p> <p>Mix equal amounts of shaving foam with PVA glue, then swirl in your favourite coloured of food colouring. Now lets get painting</p>	<p>CREATE A VISION BOARD OF THINGS YOU WOULD LIKE TO DO THIS SUMMER</p>	<p>SPOON PUPPETS</p> <p>Use wooden spoons to create characters from your favourite story then retell it using the spoons</p>	<p>CREATE CHALK DRAWINGS ON THE PAVEMENT</p>
<p>USE COTTON BUDS, FORKS AND ANYTHING OTHER THEN A PAINTBRUSH TO PAINT WITH</p>	<p>ROCK PAINTING</p> <p>Use old nail varnishes or acrylic paint to paint rocks. Seal with a clear varnish and pop them in your garden or hide in your local area for others to find</p>	<p>PRINT OFF SOME COLOURING SHEETS AND GET COLOURING</p>	<p>DECORATE A PLANT POT</p> <p>Buy a ceramic plant pot from your local Garden Centre and use paints to decorate</p>
<p>SHADOW DRAWING</p> <p>Pop down some paper outside, place toys on it and then draw round their shadows, feeling creative then create some patterns</p>	<p>MAKE PAPER AIRPLANES AND HAVE RACES</p>	<p>STICK PEOPLE</p> <p>Collect some sticks, use string to tie them together to create a person shape. Then use old fabric, collage materials and some glue to make them some clothes</p>	<p>MAKE FRIENDSHIP BRACELETS</p> 
<p>COLLECT SOME WALLPAPER SAMPLES OR OLD MAGAZINES AND CREATE A COLLAGE</p>	<p>MARBLE PAINTING</p> <p>Spray foam shaving cream into a tray, add some drops of food colouring and use a stick to swirl it round. Place a piece of white card over the top to make a print</p>	<p>MAKE YOUR OWN KITE</p>	<p>NATURE COLLAGE</p> <p>Go for a walk and collect, leaves, sticks, and any other nature related things you can find. Get a piece of card and some glue and create your own nature collage.</p>

Energetic Kidz

Physical Activities



<p>FAMILY DANCE</p> <p>Pick your favourite song. Everybody has to dance to it. Go round each family member, they choose a move and everyone copies</p> 	<p>GO FOR A FAMILY WALK AROUND THE LOCAL AREA</p> 	<p>HOME BOP-IT</p> <p>Choose five items (non-fragile) from around the home and place in the centre of the room. Shout out an item and everyone has to touch it. Get faster and faster until you catch everyone out</p>	<p>PLAY ROCK, PAPER, SCISSORS</p> 
<p>ROLL, JUMP AND CREATE A SHAPE</p> 	<p>3 PEAKS</p> <p>It is 23 miles in 24 hours to complete the 3 peak challenge, how long will it take you to do 23 miles?</p>	<p>PLAY SOME FRISBEE</p>	<p>DANCE ALARM</p> <p>Set an alarm to go off every hour, every time it goes off you have to put on a different family members favourite song and dance your socks off</p>
<p>BALLOON VOLLEYBALL</p> <p>Put a net/piece of string up in an indoor/outdoor space. Blow up a balloon and have a game of volleyball. Make up your own rules before you start</p>	<p>DRAW A HOPSCOTCH ON THE PAVEMENT</p> 	<p>BOOK WORM WORKOUT</p> <p>Choose a story where there is a word that is repeated, like 'hat' in the cat and the hat. Every time the word is said when reading the story stand up and do a star jump</p>	<p>HOST YOUR OWN FAMILY SPORTS DAY</p>
<p>CREATE AN OBSTACLE COURSE IN THE GARDEN OR AT THE LOCAL PARK</p>	<p>CRAB CARRY</p> <p>Place your palms and feet to the floor while raising your stomach up to face the sky. Staying in that pose, see how long you can balance something like a bean bag on your belly. Crab races are also another fun option.</p>	<p>LETS GO FLY A KITE</p>	<p>JOGA</p> <p>A game of JENGA with a difference, write a Yoga pose on each of the pieces, each time one is pulled out everyone has to do that pose</p>

Wellness Kidz

Wellbeing Activities



<p>WORRY MONSTER</p> <p>Use old boxes and junk modelling from around the house to create your own monster, ensure it has a hole for its mouth. Write down your worries, discuss them and then pop them in the worry monsters mouth for it to munch up</p>	<p>BELLY BREATHING</p> 	<p>POSITIVITY POT</p> <p>Decorate an old pot/jar. Cut up pieces of paper and write down positive quotes or sayings. Take one out when you need a little boost</p>	<p>CREATE A FUN FAMILY PLAYLIST OF FEEL GOOD SONGS</p>
<p>WRITE THANK YOU CARDS AND SEND THEM TO FRIENDS/FAMILY</p>	<p>GRATITUDE JOURNAL</p> <p>Purchase a note pad or create your own by clipping pieces of paper together. Everyday write in something that you are grateful for. Doodle around this for some mindfulness time</p>	<p>CLOUD WATCHING</p> 	<p>BAKING</p> <p>Get together in the kitchen and bake some cookies, biscuits or some cup cakes. Bake extra and give to a neighbour</p>
<p>HAPPY CHALLENGE</p> <p>Challenge yourselves to write down 10 things that make you feel happy</p>	<p>FRIENDSHIP 5</p> 	<p>RANDOM ACT OF KINDNESS</p> <p>Sit down as a family and think of some Random Acts of Kindness that you could do over the Summer. Pick 1 a week to carry out</p>	<p>DO SOME COSMIC KIDS YOGA ON YOU TUBE</p>
<p>I FEEL</p> 	<p>SHARK FIN BREATHING</p> <ol style="list-style-type: none"> 1. Get comfortable 2. Place the side of your hand on your forehead with your palm facing out to the side 3. Close your eyes 4. Slide your hand down in front of your nose and say 'shhhhhhhhhhh' 	<p>WALK BAREFOOT IN A STREAM</p>	<p>GLITTER JAR</p> <p>Get a clear, clean jar Fill it almost all the way with water Add a big spoonful of glitter glue and dry glitter Put on the lid and let the glitter swirl</p> <p>The glitter represents your thoughts when you are stressed, watch as the glitter settles and allow your mind to settle too</p>

Practical Kidz

Science and Curiosity Activities



<p>PEBBLE BALANCING</p> <p>Go to your local pebble beach and see how many pebbles you can get to balance on top of each other</p>	<p>GROW FOOD FROM SCRAPS</p> 	<p>OUBLECK</p> <p>Mix 2 cups of cornflour to 1 cup of water in a tray and then get stuck in with your hands</p>	<p>MAKE HOMEMADE ICE CREAM</p> 
<p>MAKE HEALTHY MUFFIN MONSTERS</p> 	<p>GUESS THE NATURE</p> <p>Go for a walk and take some up close photos of the different things that you see. Then see if your family or friends can guess what they are</p>	<p>PLANT HERBS AND WATCH THEM GROW</p>	<p>FROZEN TOYS</p> <p>Freeze small toys in ice cube trays with water, or slightly larger toys in rubber gloves with water. Pop the ice out and into a tray and try to get the toys out</p>
<p>HOMEMADE SAND</p> <p>Pop some cheerios or rice crispies into a blender to make your own sand, and it doesn't matter if you eat it</p>	<p>PLAN A STARGAZING EVENING</p>	<p>DYE FLOWERS</p> <p>Purchase some white flowers. Mix food colouring with water and put the flowers in, does the dye colour the petals?</p>	<p>MAKE YOUR OWN MINTY LIP SCRUB</p> 
<p>WAKE UP EXTRA EARLY AND WATCH THE SUNRISE</p>	<p>COKE EXPLOSION</p> <p>You will need a large bottle of coke and a packet of mentos. Loosen the mentos so that they will pour in easily. Open the coke and tip them in and observe the explosion</p>	<p>MAKE EGGS GO BOUNCY BY SOAKING THEM IN VINEGAR</p> 	<p>HOMEMADE LEMONADE</p> <p>Mix the juice of 2 lemons and a teaspoon of bicarbonate of soda in a glass, observe as it fizzes. Add water, a teaspoon of sugar and enjoy</p>

Practical Kidz

Recipes for the whole family



3 INGREDIENT OREO CAKE

Ingredients

- 28 Oreos
- 1 teaspoon baking powder
- 1 cup of milk (dairy free alternative)

Method

1. Twist the Oreos open and scrape out the filling into a separate bowl
2. Crush the cookies into fine crumbs
3. Mix the baking powder, milk and vanilla frosting into the cookie crumbs
4. Grease a microwaveable bowl with oil
5. Pour the batter into the mould and microwave for 6 minutes
6. Decorate as you please

GLUTEN FREE BANANA PANCAKES

Ingredients

- 1 Banana
- 2 Eggs

Method

1. Mash the banana in a bowl until most of the lumps have gone
2. Whisk in the 2 eggs (you can add honey, vanilla extract, cocoa powder or give your favourite flavours a try)
3. Heat a pan over a medium heat
4. Drop 2 tablespoons of batter into the pan, it should sizzle immediately
5. Cook until the bottom appears golden brown and then flip over
6. Sprinkle with your favourite toppings

CAMPFIRE CONES

Ingredients

- Ice Cream Cones
- Marshmallows
- Chocolate Chips
- Fruit
- Tin Foil

Method

1. Fill your Ice Cream Cone with marshmallows, chocolate chips or whatever you fancy
2. Wrap in a thick layer of tin foil and barbeque for 10 minutes

2 INGREDIENT PIZZA DOUGH

Ingredients

- 1 cup of self-raising flour
- 1 cup of Greek Yoghurt

Method

1. Mix the Yoghurt and Flour together in a bowl until the mixture no longer sticks to your hands
2. On a floured counter roll the dough out to your desired shape and size
3. Brush with oil on both sides
4. Cook for 10 minutes whilst you prepare your toppings
5. Pop all your toppings on and then cook for a further 10 minutes

Discovery Kidz

Indoor based games and fun things to do



<p>APPLE CRISPS</p> <p>Remove the core and cut into thin slices. Put onto a baking tray and cook for 1 hour at 150 degrees. What will you top yours with?</p>	<p>DEN MOVIE NIGHT</p> 	<p>BALLOON TENNIS</p> <p>Use sticky tape to join together a plastic ruler and a paper plate, this is your tennis racket. Now blow up a balloon and get batting</p>	<p>BUILD YOUR OWN BOARDGAME</p>
<p>MAKE YOUR OWN ICE LOLLIES</p>	<p>LASER DODGE</p> <p>Tie up string across each side of the room at different angles to create 'laser beams'. See who can go through them without touching them</p>	<p>INVISIBLE INK</p> 	<p>LEGO RACERS</p> <p>Create cars using LEGO or building blocks. Blow up a balloon, but do not tie it, attach it to the car and then let go to see how fast your car races</p>
<p>OCTOPUS PLATE</p> <p>Put some pipe cleaners round the edge of a paper plate to create the tentacles. Paint some macaroni pasta, let it dry and then thread them onto the pipe cleaners</p>	<p>PLAY BOARD GAMES</p>	<p>MARBLE RUN</p> <p>Use items from around the house to create your own marble run</p>	<p>NO COOK PLAYDOUGH</p> 
<p>PLAY A GAME OF SNAP</p>	<p>HOUSE PICNIC</p> <p>No need to venture outside to enjoy a picnic, lay out a blanket and prepare some picnic favourites and have an indoor, house picnic</p>	<p>CREATE SOME ORIGAMI</p>	<p>TREASURE HUNT</p> <p>Hide a piece of treasure inside, then plan and lay out some clues for the family to work out in order to get to the treasure</p>



<p>LEAF RUBBING</p> <p>Collect different shaped leaves, place them under some paper and use the side of a crayon to create a rubbing</p>	<p>LOOK FOR SHAPES IN THE CLOUDS</p>	<p>NATURE RAINBOW</p> <p>Collect lots of colourful natural items and then use them to create a rainbow</p>	<p>MAKE A BIRD FEEDER</p> 
<p>TRY OUT GEOCACHING</p>	<p>BUILD A DEN</p> <p>Go into your local woodland area and make a Den. Take some snacks and enjoy them inside once it is built</p>	<p>SPEND A DAY AT A BEACH</p>	<p>NATURE BINGO</p> <p>Create your own BINGO sheets of things that you might see whilst out walking. The first person to spot all those on their sheet wins</p>
<p>COLOUR HUNT</p> <p>Go outside and see who can find something for every colour in the rainbow</p>	<p>PLAY POOH STICKS</p>	<p>BIRD WATCHING</p> <p>Stick together 2 toilet roll/kitchen roll tubes, these are your binoculars. Now go outside and see what birds you can see</p>	<p>GO ON A BUG HUNT</p>
<p>MAKE A GRASS WHISTLE</p>	<p>TIC TAC TOE</p> <p>Use natural resources, sticks, acorns or pine cones and create your own Tic, Tac, Toe</p>	<p>MAKE A DAISY CHAIN</p>	<p>BOWLING</p> <p>Save up drinks bottles or cans, decorate them and then set them up in the garden and use a ball to see who can knock them over</p>