

IDEAS FOR THE HOLIDAYS



Where to go?
What to do?
What to cook?
Useful websites

IDEAS FOR THE HOLIDAYS

Listed below are some ideas that may help to entertain your children during the holidays. Our tip would be to have a look before the holidays and start to collect boxes, plastic bottles and some of the other resources, so that you are prepared right from the start.

We hope you have lots of fun!

USEFUL RESOURCES

Paint Crayons Felt Pens Pencils Chalk Paint brushes (different sizes)

Lining Paper (from DIY shop) Sticky paper or shapes Straws Pasta shapes

Paper plates Newspaper Boxes and bits for junk modelling Rolling pins

Waterproof cloth for table and/or floor Old shirts for aprons Scissors

Glue (glue sticks make less mess but make sure that the lid is replaced)

Dressing up clothes (old clothes and shoes or charity shop) Pastry cutters

INDOORS

Playdough Recipe

200ml/1 cup of water
125g/1 cup of plain flour
150g/1/2 cup of salt
2 tablespoons of cream of tartar
2 tablespoons of cooking oil
Drop of food colouring

Put all ingredients in a pan over a moderate heat and stir until it makes dough. Keep in an airtight container and keep in the fridge and it should keep for months.

Make a camp - blankets; pegs; chairs; have a picnic inside.

Baking - biscuits are good as you can cook in morning and ice later and decorate with favourite sweets.

Decorate biscuits (Digestive or Rich Tea).

Draw round a person on lining paper and then draw on their clothes - could do a likeness or an imaginary person and make them look crazy!

Make a jigsaw puzzle - draw a picture and then draw lines where you want to cut and give it to somebody else to put together.

Memory game - put objects on a tray, ask friend to look and then cover them up and see how many they can remember. Take turns and score.

Draw a big squiggle on a piece of paper and colour or paint each section.

Dressing up - putting on a play.

Junk modeling - make anything out of boxes and tubes.

Make a band or orchestra - saucepans; wooden spoons; plastic bottles; lentils.

Holiday scrapbook - Decorate at the beginning of holidays and then add pictures, writing, postcards, photos etc.

Hide & Seek - the traditional kind or hide card letters and then make a word.

Role-play - vet (with soft toy animals, not real!); airports; library; supermarket; pirate ship.

Make a comic or magazine - interviews; news; recipes - could be about family and friends or make-believe.

Puppet show - could make sock puppets.

Fill a matchbox with as many things as you can.

Board games (charity shops sometimes have good games & puzzles)

Read books together

COOKING

Banana Flapjacks

40g/1½ oz. butter
60g/2½ oz. brown sugar
1tbsp golden syrup
225g/8oz porridge oats
50g/2oz raisins
2 small bananas

In a pan, melt butter, add sugar and golden syrup and stir well - or melt butter in a bowl in the microwave. Mash bananas and mix into butter mix with raisins and oats and spread into a greased baking tray approx. 15cmx20cm/6"x8". Flatten with the back of a spoon, bake at 200C/Gas 6 for 15-20 mins until slightly brown. Cut into fingers and leave to cool.

Weetabix Cake

2 cups/300g self raising flour
1 cup/225g sugar
1 cup/200g raisins (or any other dried fruit)
2 Weetabix (crushed)
½-1 tsp mixed spice
1¼ cup/275ml milk
1 medium egg (beaten)

Measure out all the dried ingredients into a large bowl. Pour in the milk and egg and mix well (the mixture will look like a lumpy batter). Pour the mixture into a greased and lined loaf tin. Bake at 130C/Gas 3 for around 1hr 15 mins, until it is firm to touch, golden brown and a skewer or knife comes out clean. Once cooked, turn out of the tin onto a wire rack and remove the greaseproof paper. Cut into slices when cool.

Berry Smoothie

1 Tub of berries
1 spoon of honey
1 spoon of yoghurt
2 cups of milk

Peel, chop up and mash bananas till all mushy. Add honey and yogurt and milk, if the bananas are really soft you can mash it up pretty well with just a fork, otherwise give it a quick whiz with a handheld blender. Pour into cups/glasses add curly straw for extra appeal if you want! In summer you can freeze half the fruit and add ice cubes to make a frozen smoothie.

‘EGGSPERIMENTS’

Egg in a bottle

1 hard-boiled egg, peeled
Boiling water
A bottle with a neck slightly smaller than the egg

Can you get a milk bottle to suck an egg in without you touching it? Kids never cease to be amazed by this little trick, no matter how many times you show it to them.

1. Set the egg on the neck of the bottle to demonstrate that the egg simply won't fit in the bottle. Tell the child that you know a trick to make that egg go down into the bottle without breaking it.
2. Remove the egg from the bottle and pour the boiling water into the bottle. Carefully roll the water around in the bottle and then pour it out.
3. Quickly put the egg back on the neck of the bottle and wait for it to get sucked down into the bottle.

When you put the hot water into the bottle and then poured it out, the hot water left steam behind in the bottle. The steam forces out some of the air that was already in the bottle. As the steam in the bottle cools down, it converts into tiny droplets of water. The drops of water require less space and this reduces the amount of air pressure in the bottle. The pressure on the outside of the bottle is greater than the pressure on the inside of the bottle and that is what forces the egg into the bottle.

Soft-shelled eggs

- 1 egg (hard boiled is less messy if you accidentally break it, but you can use a raw one)
- 1 cup vinegar
- Clear jar or glass

Pour one cup of vinegar into your jar. Add the egg. Record what you see (bubbles rising from the egg.) Leave the egg in the vinegar for one day. Remove the egg and feel it. Record your observations (the egg shell will be soft.)

Eggs contain something called calcium carbonate. This is what makes them hard. Vinegar is an acid known as acetic acid. When calcium carbonate (the egg) and acetic acid (the vinegar) combine, a chemical reaction takes place and carbon dioxide (a gas) is released. This is what the bubbles are made of. The chemical reaction keeps happening until all of the carbon in the egg is used up - it takes about a day. When you take the egg out of the vinegar it's soft because all of the carbon floated out of the egg in those little bubbles.

Leave the same egg sitting out on the table for another day. Now feel it again. It's hard! The calcium left in the egg shell stole the carbon back from the carbon dioxide that's in the air we breathe.

If you were using a raw egg, once the shell has softened, you can place the egg in water and it'll absorb and expand via osmosis until the shell finally bursts.

CRAFT

Bubble Recipe

- ½ cup of washing up liquid
- 5 cups water

2 tablespoons glycerin (available at the pharmacy or supermarket).

Mix the ingredients together very carefully, so that you they don't get too bubbly. Pour into storage containers and if possible, leave overnight to blend.

Make Bubble Wands

Loop your thumb and first finger into a bubble blowing wand or loop some wire (garden wire works particularly well and is easy to loop) into home-made bubble wands. You can made huge wands out of wire coat-hangers, but adult supervision is required because the ends can be sharp. Raid your kitchen drawers - look carefully and there are bound to be a few kitchen implements that have holes in them.

Grass Head

A nylon sock or a foot from tights or a stocking
Grass seed
Sawdust
Elastic band
Old yogurt pot
Googly eyes
Paper; buttons; ribbon (to decorate)

Fill the toe of your sock with grass seed. Top up with sawdust until you have a ball shape. Fasten tightly with the elastic band. Decorate the yogurt pot as the body using, paper, ribbon, and whatever else you can find in your craft box! Stand the stocking ball in the pot with the grass seed at the top. Add some eyes and any other decorative bits you like. Keep the yogurt pot topped up with water. After a few weeks your head should grow hair!

Decorated Flip Flops/Wellies

A pair of cheap flip-flops/wellies
Strong glue (for adults only)
Silk flowers; plastic gems; buttons; thin silk ribbon

Pet Rocks

Let your imagination run wild!

Pebbles
Marker pens
Acrylic Paint
Bits and pieces for decoration
Paintbrushes
White craft glue

GAMES TO MAKE & PLAY

Ring Toss

Dowels or sticks; rubber rings (or cardboard to make rings)

Place a dowel stick in the ground, with a foot of dowel above ground. Use rubber rings or make cardboard rings to toss. Could add sticks and have a number attached to each one - the further away, the higher the score.

Homemade Bowling

10 clean empty milk (or juice) cartons

For more of a challenge, add a cup or two of sand or rice to each carton and reseal

A rubber ball

Paper and pencil to keep score

Clear out a long, flat space in your garden - the length depends on the age of the bowlers. At one end of your home/garden arrange the milk carton 'pins' upright in the traditional triangle pattern: one pin at the front, followed by two pins in the second row, three in the third row and four in the back row. Take it in turns to roll the ball toward the pins, aiming to knock them all down at once. Young children can start closer to the pins and work their way up to longer distances. Each player rolls the ball twice and counts how many pins were knocked down each time. After two throws, the pins are reset.

OUTDOORS

Make a camp - as above.

Foot & hand prints - long strip of lining paper; paint feet and hands - have a bowl of water and towel handy for washing feet and hands.

Hopscotch - draw on path with chalk and it will disappear when it rains.

Walk in the woods or bike ride - could add picnic.

Washing up bowl or old baby bath filled with water and bubbles - could add food colouring to water for special effect - plastic cups; bottles; jugs.

Miniature garden - could use foil tray and collect small amounts of moss, twigs, daisies and grass; make a garden for mini beasts.

Garden obstacle course - something to jump over; hat and scarf to put on; something to crawl under and run around.

Treasure Hunt - adult to make a list of things to find - could be in garden, at the park or at the beach e.g. something blue, an acorn.

Nearly all of the above ideas cost nothing or very little but will need the adult to provide the materials and share the ideas with the children. It may be a good idea to look at the list the evening before and then give the children the choice of two activities. That way, if you don't feel like baking then you don't need to give that as an option and can avoid the argument.

You will need to spend some time starting off the activity but half an hour spent in the morning may give you a couple of hours during the day e.g. if you suggest making puppets and give a hand initially – you just need to be prepared to sit and watch the puppet show later.

OUTINGS

Listed below are some ideas for outings - some have an entrance fee, some not.

Petersfield Library - has activity sessions and you can hire DVDs and story CDs as well as books. Perhaps choose some children's cookery books or a 'making things' book. 'Where's Wally' books will keep some children occupied for hours - no reading just looking for things. The library will also have information leaflets on local activities.

Petersfield Heath - walk around lake, feed the ducks, play area, swings, boats, refreshments and picnic area.

The Avenue Playing Field - take a football or frisbee.

Petersfield Open Air Pool - pool with surround to sit, refreshments available.

<http://petersfieldpool.org/wordperss/>

Leisure Centres

Taro Leisure Centre, Petersfield

<https://www.everyoneactive.com/centre/taro-leisure-centre/>

Alton Leisure Centre, Alton

<https://www.everyoneactive.com/centre/alton-sports-centre/>

Mill Chase Leisure Centre, Bordon

<https://www.everyoneactive.com/centre/mill-chase-leisure-centre/>

If you are in receipt of certain benefits, you may be eligible to apply for discounts. Please ask individual Leisure Centre about schemes.

Queen Elizabeth Country Park - woodland walks, picnic area, trails.

<https://www.hants.gov.uk/thingstodo/countryparks/qecp>

Butser Hill - walks, fantastic for kite flying, picnics.

Butser Ancient Farm - archaeological site.

<http://www.butserancientfarm.co.uk/>

Waggoners Wells - walk around the ponds, look at huge carp in water, hide and seek in woods, paddle in the ford.

<https://www.nationaltrust.org.uk/ludshott-commons/features/waggoners-wells>

Alice Holt - walking; bike trails; adventure trails; picnic areas.

www.forestry.gov.uk/aliceholt

Birdworld

<http://birdworld.co.uk/>

The County Market - garden centre; farm shop; shops; restaurant; children's events; car boot sales.

<http://countrymarket.co.uk/>

The Watercress Line - experience the golden age of steam travel.

<http://www.watercressline.co.uk/>

Hollycombe Steam Fair - old fashioned steam rides set in woodland. Walks; picnic area; narrow-gauge railway; refreshments.

<http://www.hollycombe.co.uk/>

Trip on a bus or train (may be worth getting family railcard) - could go to Southsea and walk along the front or to London for the day.

Boat trips around the harbour from Gun Wharf, Portsmouth.

Cinema

A day at the beach

Hide & Seek - geocaching is a treasure hunting game where you use a GPS to hide and seek hidden containers with other participants in the activity. Geocaches can be found all over world, local ones include: Waggoners Wells, Frensham Ponds and lots more. Type your postcode to a GPS device to find lots of others.

www.geocaching.com

Forts & Castles

Fort Nelson
Portsdown Hill Road
Fareham
Hampshire
PO17 6AN

Fort Nelson is a superbly restored Victorian fort overlooking Portsmouth Harbour. It is home to the Royal Armouries national artillery collection with over 350 historic guns on display. There are 19 acres of grass ramparts, underground chambers and tunnels to explore as well as daily gun salutes, costumed interpretations, professional guided tours, and cafe and gift shop.

<https://royalarmouries.org/visit-us/fort-nelson/>

Portchester Castle
Church Road,
Portchester,
Hampshire
PO16 9QW

Portchester Castle is both a fortification and a residence of kings. Norman kings used it when crossing the Channel, while Richard II built a palace within the walls, and it served as a rallying point for the troops who embarked from here on the expedition that led to the Battle of Agincourt. Astonishingly, the impressive outer walls (built right to the waterfront) within which the castle stands, are those of a Roman fortress. Reaching to their full height, they are the most complete in Europe. From the top of the Norman keep there are spectacular views over the castle and Portsmouth.

<http://www.english-heritage.org.uk/visit/places/portchester-castle/>

Wolvesey Castle
College Street
Winchester
Hampshire
SO23 9NB

Peaceful ruins, in a beautiful setting, of the extensive palace of the powerful medieval Winchester bishops. Was frequently visited by medieval and Tudor monarchs. Scene of Philip of Spain and Mary Tudor's wedding feast. Ideal spot for picnics. Guided tours on Sundays at 14:00. Charge applicable.

<http://www.english-heritage.org.uk/visit/places/wolvesey-castle-old-bishops-palace/>

It will always be more economical to take a picnic rather than buy lunch out - you will not have to join any queues and will be able to find a lovely spot to sit. Also your children will probably eat their picnic as you will know what food they like - especially if they have helped to pack it.

IDEAS FOR CAR/TRAIN JOURNEYS

Letters out the window

Pick a letter and write it on a piece of paper. First one to spot 5 things outside the window beginning with that letter gets to pick the next letter.

Animal letters

Whoever goes first picks an animal. If the animal was 'dog' then the next person has to think of an animal beginning with 'g' – could be 'giraffe' next person has to think of animal beginning with 'e'and so on.

Number plates

Look at the number plate of the car in front - add numbers together, take them away, multiply them. Can you think of an animal, boys/girls name, town beginning with letters on number plate?

HOLIDAY PLAY SCHEMES

The King's Arms Year 6 Summer Camp - 7th to 11th August, 9:30am-3pm.

www.thekingsars.org.uk

Petersfield Area Churches Together (PACT) - Youth and Children's Activities

http://www.pact.org.uk/youth_and_children.asp

The Rural Areas Play Project (RAPP)

<http://www.easthants.gov.uk/rapp>

USEFUL WEBSITES

www.netmums.com

www.activityvillage.co.uk

<https://www.hants.gov.uk/thingstodo>

<https://www.nationaltrust.org.uk/50-things-to-do>

<https://www.woodlandtrust.org.uk/naturedetectives/>

TIPS

Don't forget to exchange your supermarket vouchers for days out. Also Groupon.

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

Use the library for information on what's on during the holidays. Also the Tourist Information Office at the library.

Set up a weekly timetable and put up in the home so that the children know when they can expect to have some time with you/days out and when they need to occupy themselves. This saves arguments and disappointment. Remember, your children are used to being guided all day at school, this may help them to adjust to the freedom of the holidays.

SCHOOL HOLIDAY PLANNER

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
HOLIDAY JOB'S				ACTIVITY WISH LIST			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

www.keepcalmgetorganised.com.au