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HOLIDAY CLUB



**SUMMER HOLIDAY
PLAY GUIDE
FOR PARENTS**

SUMMER HOLIDAYS

The Summer holidays are such a magical time for children - a chance to press pause on school routines and enjoy a well-earned break, hopefully with plenty of sunshine and outdoor adventures thrown in!

Did you know that children only get seven Summer holidays during their primary school years? That's just seven opportunities to create those special childhood memories that last a lifetime - the messy play, the silly giggles with friends, the muddy knees, and the "remember when..." moments.

Free play is incredibly important for children's health, happiness, learning and social development, and Summer is the perfect time to let them explore, imagine and just be children.

Here are a few friendly tips to help you make the most of the holidays:





LET YOUR CHILD TAKE THE LEAD

Children love to play in their own unique ways. Some are quiet and thoughtful, others are loud and full of energy - and both are absolutely perfect! Try to resist the urge to take over or organise everything. Instead, enjoy watching their personalities shine and their ideas come to life.

ENABLE PLAY (EVEN WHEN IT GETS MESSY!)

Yes, rules help keep everyone safe and kind, but the best play is often a little noisy, chaotic and, let's be honest, messy! If your child is busy, engaged and having fun, that's usually a sign they're learning and developing beautifully. Sometimes all they need is a few extra bits and pieces to spark new ideas.

MIX UP WHERE THEY PLAY

Different places bring different adventures! Trips to the park, playdates with friends, or exploring new outdoor spaces can open up a whole world of discovery. It's also a great chance for children to learn how to spot hazards and make safe choices, building confidence along the way.





Hello
Summer!

DON'T WORRY ABOUT A LITTLE RISK

We can't wrap children in bubble wrap (much as we might want to!). A healthy balance between safety and adventure helps children learn important life skills. Talking about risks together helps them understand how to stay safe while still having fun.

A LITTLE BOREDOM CAN BE A GOOD THING

It might sound strange, but boredom often sparks creativity! When children have time to figure things out for themselves, they become more confident and independent. Being there for support is important - but they don't need constant entertainment to thrive.

FIND A HEALTHY BALANCE WITH SCREENS

Screens are part of everyday life, and that's okay. The key is balance. Try to make sure screen time doesn't replace sleep, physical activity or time with friends. Creative apps, educational games and chatting with real-life friends can be great ways to make screen time more meaningful.





BE PREPARED

Don't forget to have important supplies to hand:



Healthy snacks and water bottles



Layers to warm up or cool down



A change of clothes if you might get wet or muddy



Sun screen and sun hats in case it gets hot



Waterproofs in case it rains



Any medicine or first aid items that you might need

Most importantly, enjoy the Summer together. The days may feel long at times, but the years go by very quickly. Here's to sunshine, laughter, and lots of wonderful memories in the making!



PLAY IDEAS



If you hear the words "I'm bored!" - don't panic!

This is often the very moment when the best adventures begin.

This guide is packed with simple, fun ideas to keep children active, creative and happily busy throughout the holidays. Most activities can be easily adapted for different ages and abilities, and many use everyday items you probably already have at home so no fancy or expensive equipment required! Remember, these are just starting points. Feel free to mix them up, make them sillier, messier or more adventurous depending on your child's interests. Think of these ideas as a menu of inspiration and feel free to:

Adapt them - tweak ideas to suit your child's interests and abilities

Extend them - make them bigger, trickier or sillier if they're loving it

Add to them - include your own family favourites (we all have those go-to activities!)

Did You Know?

IF CHILDREN ARE
LAUGHING,
MOVING, CREATING
OR
CONCENTRATING,
YOU'RE DOING IT
RIGHT!



1 Active Games

THAT BURN ENERGY

1	Obstacle Course Challenge: Crawl under tables, jump over cushions and zig-zag around toys.
2	Dance Bumps: When the music stops, everyone drops dramatically!
3	Mini Sports Day: Sack races, egg-and-spoon races and silly medals.
4	Balloon Volleyball: Try playing with two balloons for extra chaos.
5	Follow My Leader Fitness: Add animal movements like frog jumps.
6	The Floor Is Lava: Leap from cushion to cushion.
7	Backwards Running Race: Surprisingly tricky and very funny.
8	Freeze Tag: When tagged, freeze until rescued.
9	Sock Slide Competition: Best played on a smooth floor!
10	Animal Olympics: Hop like a kangaroo, waddle like a penguin.



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Outside Activities

FRESH AIR ADVENTURES



- 1 Nature Walk Treasure Hunt: Find something red, something tiny, something wiggly...
- 2 Den Building: Use blankets, cushions, sticks, garden furniture...
- 3 Planting Seeds: Sunflowers grow fast and feel magical.
- 4 Bug Hotel Creation: Give insects a five-star home.
- 5 Picnic in the Garden: Even sandwiches taste better outside.
- 6 Water Balloon Toss: Try not to drop it!
- 7 Garden Camping: Flashlights and bedtime stories included.
- 8 Cloud Watching: Spot dragons, dinosaurs or ice cream cones.
- 9 Chalk Drawing or Water Painting Competitions: Create giant outdoor masterpieces.
- 10 Mud Kitchen: Cook pretend meals using leaves and soil.



3 Imaginative Play

LET THE STORIES BEGIN

- 1 Pretend Shop, Garden Centre or Café: Use real coins, cards, bags, groceries, plants and food!
- 2 Superhero Mission: Save the day from invisible villains.
- 3 Dinosaur World: Build volcanoes and jungles for your toy dinosaurs.
- 4 Puppet Show: Make puppets and theatre and invitations to the final show.
- 5 Treasure Hunt Adventure: Follow clues to hidden treasure.
- 6 Pirate Day: Dress up and hunt for gold coins.
- 7 Space Explorer Mission: Build a space ship and land on a new planet.
- 8 Fairy Garden Creation: Tiny houses and magical creatures.
- 9 Time Travel Game: Build a time machine and visit the past or future.
- 10 Spy Training Camp: Learn secret hand signals and codes



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Building & Construction

- 1 Tower Challenge: Tallest tower wins.
- 2 Junk Modelling projects: Use boxes, tubes and other junk to make robots, boats, vehicles...
- 3 Marble Run Design: Twist and turn the track.
- 4 Bridge Building Test: Add books to test strength.
- 5 Cushion Castle: Build a royal fortress.
- 6 Cardboard City: Create roads and houses.
- 7 Paper Airplane Factory: Test flying distance.
- 8 Domino Chain Reaction: Watch them fall.
- 9 Straw and Tape Structures: Build unusual shapes.
- 10 Sandcastle Competition: Add moats and flags.



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Creative Activities

MESSY FUN IS THE BEST FUN



- 1 Summer Holiday Diary: Draw favourite memories.
- 2 Nature Collage: Leaves, sticks and petals.
- 3 Card Making: For birthdays or thank-yous.
- 4 Sponge Painting: Big splashes of colour.
- 5 Recycled Craft Creations: Turn rubbish into treasure.
- 6 Rock Painting: Make funny monster faces and hide around your community for others to find
- 7 Tie-Dye T-Shirts: Bright swirls of colour.
- 8 Make Your Own Stickers: Design silly characters.
- 9 Build a Costume: From old clothes.
- 10 Giant Mural Drawing: Cover a large sheet of paper.



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Musical Activities

MAKE SOME NOISE



- 1 **Homemade Shakers:** Rice in bottles.
- 2 **Family Sing-Along:** Loud voices encouraged.
- 3 **Musical Statues:** Freeze when music stops.
- 4 **Rhythm Band:** Pots and pans orchestra.
- 5 **Songwriting Challenge:** Make a silly song.
- 6 **Kitchen Disco:** Lights off, music on.
- 7 **Guess the Song:** Hum the tune.
- 8 **Dance-Off Competition:** Show your best moves.
- 9 **Talent Show Night:** Singing, jokes or magic tricks.
- 10 **Musical Parade:** March around the house.



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Screen-Based Fun

(BALANCED & ACTIVE)



- 1 Educational Games: Maths or reading challenges.
- 2 Family Gaming Tournament: Keep score.
- 3 Create a Digital Story: Make a mini movie.
- 4 Dance Video Game: Get moving.
- 5 Design a Character: Hero or villain.
- 6 Online Quiz Night: Fun facts for all ages.
- 7 Stop-Motion Animation: Use toys to tell a story.
- 8 Virtual Museum Tour: Explore new places.
- 9 Fitness Challenge App: Count steps.
- 10 Build a Minecraft World: Design your dream house.



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Sensory Play

SQUISH, SPLASH AND EXPLORE

- 1 Homemade Playdough
- 2 Water Pouring Station
- 3 Sand or Rice Tray
- 4 Slime Making
- 5 Ice Cube Exploration
- 6 Bubble Foam Play
- 7 Jelly Dig: Find hidden toys
- 8 Frozen Treasure Rescue
- 9 Scented Dough: Add vanilla or lemon
- 10 Texture Walk: Step on soft and rough surfaces



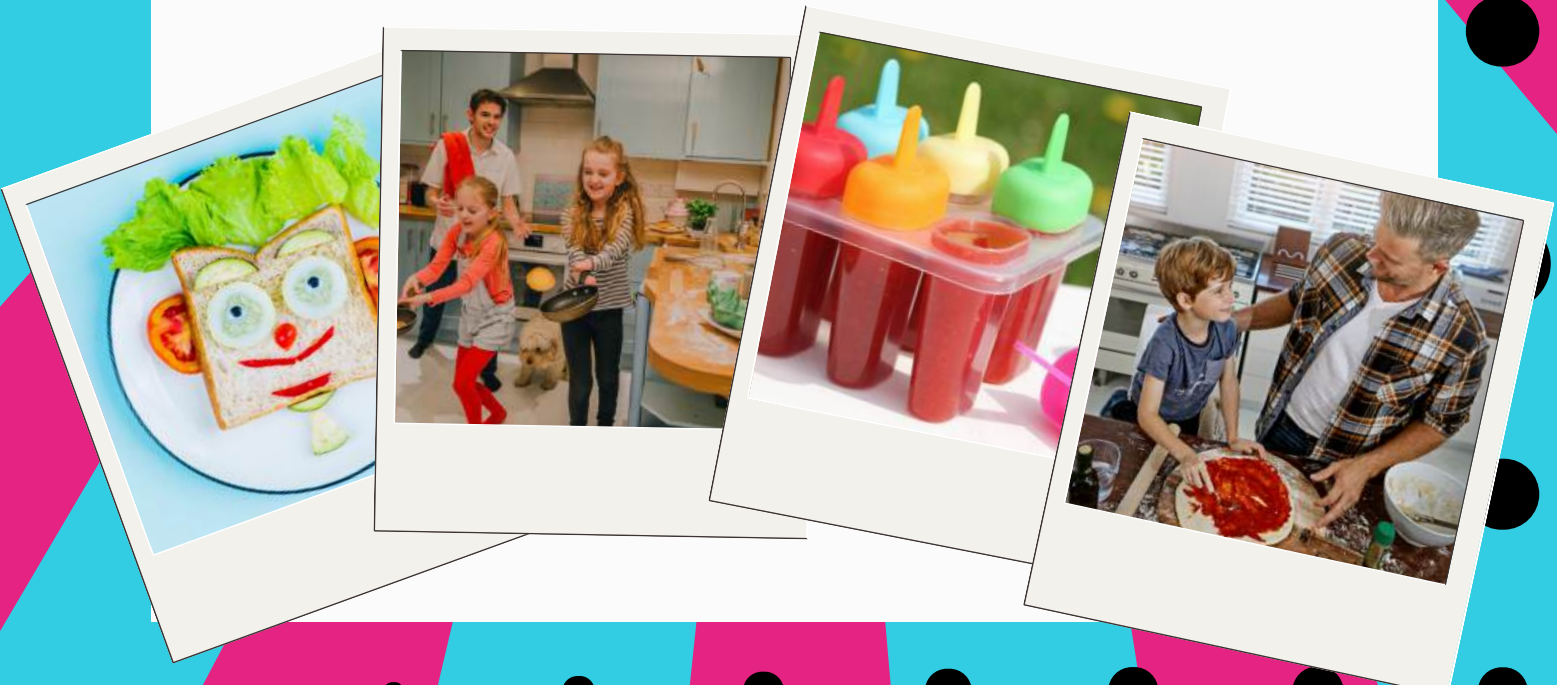
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Cooking & Baking

LITTLE CHEFS AT WORK



1	Make Your Own Pizza
2	Bake Cupcakes
3	Fruit Salad Creation
4	Smoothie Making
5	Decorate Sandwich Faces
6	Build a Rainbow Snack Plate
7	Pancake Flipping Challenge
8	Homemade Ice Lollies
9	Cookie Decorating Contest
10	Picnic Lunch Preparation



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Adventurous / Risky Play

BUILDING CONFIDENCE



- 1 Playground Climbing
- 2 Scooter or Skateboard Riding Practice
- 3 Tree Climbing
- 4 Simple Woodwork Project
- 5 Balance Beam Walking
- 6 Hill Rolling Race
- 7 Rope Swing (safely supervised)
- 8 Stepping Stone Challenge
- 9 Bike Riding Practice
- 10 Obstacle Trail in the Garden



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Problem-Solving Games

BRAIN BOOSTERS



1	Jigsaw Puzzle Race
2	Home Escape Room
3	Memory Tray Game
4	Tallest Tower Challenge
5	Secret Code Messages
6	Treasure Map Puzzle
7	Maze Drawing Game
8	Riddle Competition
9	Pattern Matching Game
10	Build a Trap for a Toy Animal



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Quiet and Relaxation Activities

CALM MOMENTS



1	Reading Corner
2	Kids Yoga
3	Colouring Pages
4	Listening to Audiobooks
5	Gratitude Jar
6	Star Gazing
7	Puzzle Time
8	Storytelling Circle
9	Drawing Favourite Memories
10	Calm Music Listening



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Social and Cooperative Games



TEAMWORK TIME

1	Board Game Afternoon
2	Build Something Together
3	Kindness Challenge
4	Guess the Emotion Game
5	Compliment Circle
6	Family Olympics
7	Cooperative Treasure Hunt
8	Team Relay Race
9	Help a Neighbour Day
10	Family Quiz Night



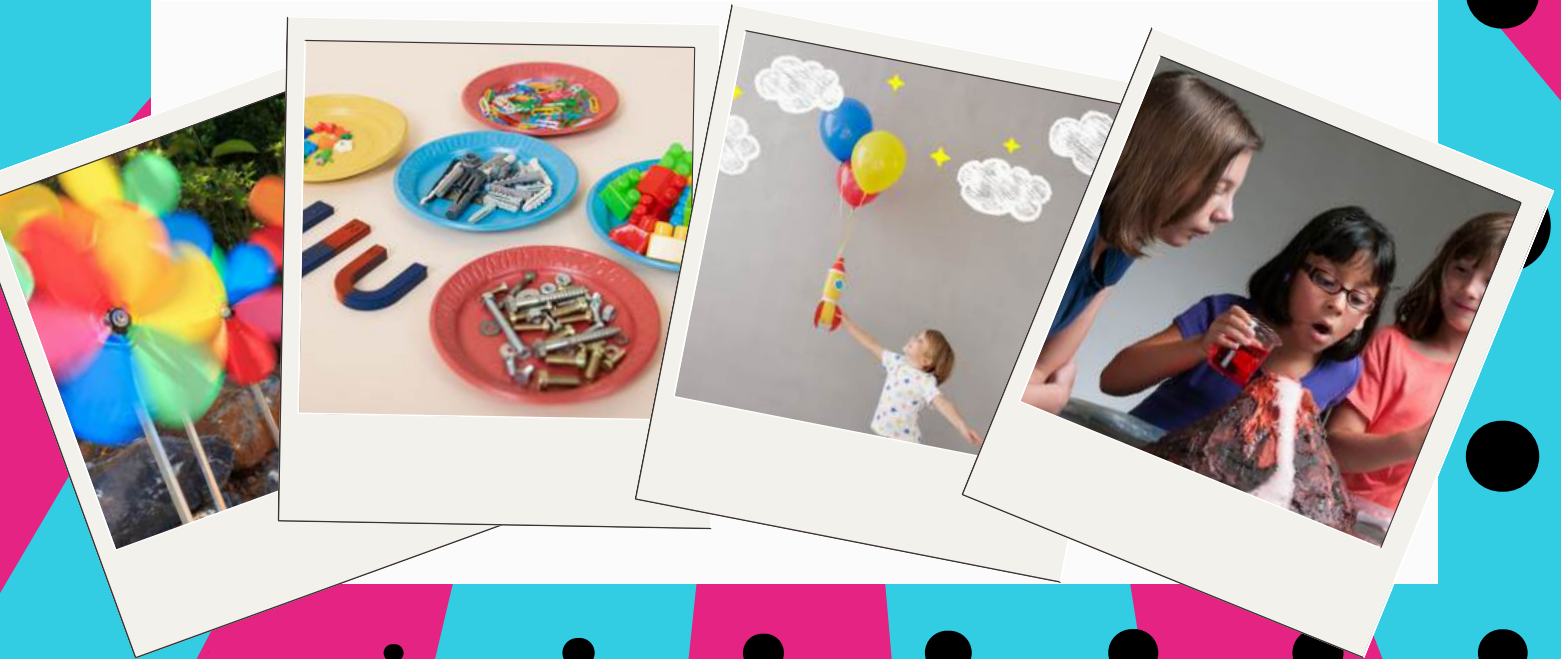
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Science and Discovery

CURIOUS MINDS



- 1 Volcano Experiment
- 2 Magnet Testing
- 3 Shadow Tracking
- 4 Floating and Sinking Test
- 5 Weather Chart
- 6 Rainbow in a Glass
- 7 Balloon Rocket Experiment
- 8 Make a Compass
- 9 Grow Crystals
- 10 Create a Mini Weather Station



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Mega Summer Challenges

WACKY, WILD & WONDERFUL IDEAS!



- 1 Backwards Day Challenge: Everything is done in reverse: clothes, walking, talking (as much as possible!).
- 2 No "I'm Bored" Jar: Every time someone says it, they pick a fun challenge from the jar.
- 3 Family Game Show Day: Create your own TV-style games with scores and silly prizes.
- 4 Silly Rules Hour: Walk like crabs, talk in accents, or only whisper for an hour.
- 5 Build a Restaurant at Home: Kids design the menu, cook (with help), and serve the adults.
- 6 10-Minute Creation Challenge: Build or draw anything in just 10 minutes - fast and funny wins!
- 7 Mystery Box Challenge: Fill a box with random items and invent a game using them.
- 8 Family Olympics Opening Ceremony: Dress up, parade around and announce your events dramatically.
- 9 Design a Dream Playground: Draw or build the ultimate playground with swings, slides and crazy inventions.
- 10 End-of-Summer Time Capsule: Fill a box with drawings, photos and memories to open next year.





And that's it - a grand total of 150
summer activity ideas ready to go!

Here's to a Summer full of laughter,
imagination, messy hands, active
bodies and very happy memories.





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