

Summer Activities

Here's some ideas to keep busy during summer holidays.

Health & Wellbeing

Recommendation at least 2 hours of exercise a week.

- Yoga – Cosmic Kids | YouTube
- Follow exercise videos online – Just Dance | YouTube
- A daily mile with family
- Get a good night's sleep and limit screen time
- Maintain a healthy diet and try a new food each week

Communication

- Gardening – plant seeds, sweep the outdoor space, help mow the lawn, water the plants
- Look through family / baby photos
- Google: 'Make a mask from a sock'
- Cook meals together – follow a video recipe from our school website
- Jobs around the house – following instructions and working with others
- Family chat time – planning your days, talking about feelings etc

Developing Independence

- Wash up your dishes after meals
- Develop your chopping skills
- Regularly wash your hands
- Make drinks for you and your family safely
- Making own breakfast
- Hand washing – good practise throughout the day
- Cooking for others
- Making drinks
- Cleaning jobs around the home – making bed, washing up, washing clothes, sorting laundry, hoovering, moping etc..
- Craft activities – make cards, draw a picture a day and build up a weekly pictorial diary

Engagement

- Art projects – make some salt dough, copy “art for kids hub” on youtube
- Bake your favourite goodies
- Choose a film to watch with your family, each person take their turn to pick one.
- Reading and discussing the free book ‘Everybody Worries’.
- Physical exercise – Daily Mile
- Turn taking activities | Card Games

Social Interaction

- Run a ‘café’ for the people in your house
- Play interactive games – hide and seek, find the object, eye spy, guess the character, name that tune etc.
- Singing songs together – karaoke
- Household DIY jobs – painting walls, building furniture, upcycling, cleaning windows etc
- Gardening together – plant seeds, clean up the outdoor space, water plants etc
- Look through family photos / baby photos – do you know who is in the photo?

Useful Websites and Resources:

Yoga -

<https://www.youtube.com/watch?v=YR1OxBk8BF4>

Cooking recipes -

<http://www.melland.manchester.sch.uk/mrs-roscoes-cooking-videos/>

Twinkl learning resources -

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

Craft ideas - www.pinterest.co.uk

Free Oxford Owl eBooks: Everybody Worries

<https://www.oxfordowl.co.uk/for-home/>

English and Maths: www.skillsworkshop.org