



OCTOBER HALF-TERM ACTIVITIES

Being present in your child's life



Nene
Education
Trust



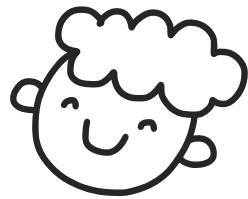
WITH **HALF-TERM** APPROACHING...

it can be difficult to balance childcare, working and household chores. It's easy for a child to feel like they aren't being valued, as parents try to juggle their responsibilities and lose time to spend being present and in the moment with their child, particularly when working from home as the parent may be around, but not 'present'.

Here are some principles and tips that can help parents be more present and a more active part of their child's life during half-term and beyond.

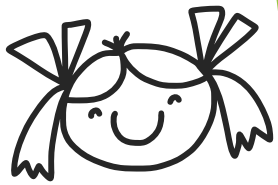
Make sure to have dinner with your kids at least twice a week.

It can be easy to get into the habit of working late both in the office and at home, and sometimes that can be necessary to meet a tight deadline or to resolve an issue. However, it's also important to make a point of switching off and giving time to be present in a child's life



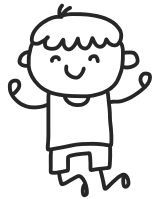
Try 'deviceless' periods

Devices are commonplace in all aspects of our lives and can infringe on valuable time spent being present with a child. This goes both ways though, as children can be reluctant to give up time on their devices, so it's important to set limits on their use.



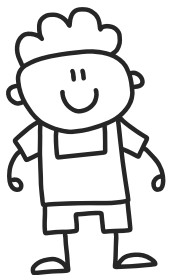
Plan activities with them

Allowing children to be involved in planning their schedules will help them feel some agency and control over their lives, giving them a sense of freedom. This could be as simple as giving them the choice of two ideas, or allowing them to pick the order that they are done in.



Acknowledge when they are upset

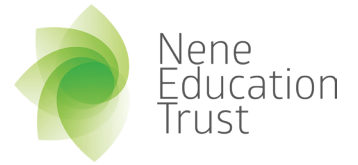
It can be easy to default to a 'get over it' mindset when a child gets upset at something seemingly inconsequential to an adult, but they wouldn't be getting upset if it wasn't important to them. Acknowledge their feelings and try to work through them as best you can.



Reflect with them

Asking your child about what they have done that day and how they felt throughout can help them self-reflect, build confidence and understand others. It's an engaging way to learn about your child too, finding out what they like and dislike.

SOLVE THE SPOOKY WORDSEARCH



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OCTOBER
FRANKENSTEIN
PARTY
FANGS
CASKET

HAUNTED
CAULDRON
COBWEB
CREEPY
SPIDER

GAME IDEA

NAME IT

How to play;

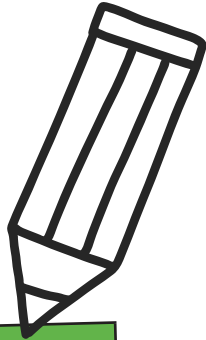
1. One person should pick a letter.
2. The rest of players need to then think of as many countries, places or animals beginning with that letter within 30 seconds
3. The person with the highest score wins that round

Scoring:

- 10 points for a correct answer
- 5 points if other players have the same answer
- 0 points if the answer doesn't exist

Example:

Letter chosen is J
Country could be Japan
Place could be John o' Groats
Animal could be Jaguar



| Letter | Country | Place | Animal | MARKS |
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WALK IDEAS

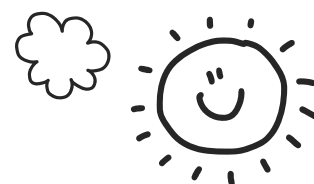
Nature Bracelet

Put some tape sticky side up round your child's wrist and as you walk pick up different types of leaves, grass and anything else you'd like



Eye Spy

The first child to spot these 5 things on your walk wins. (Use checklist below)



Magpie



Squirrel



Conkers



Bare Tree



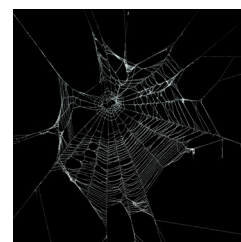
Yellow Leaf



Red Leaf



Orange Leaf



Cobweb



WALK IDEAS

Show & Tell

Draw/ glue or keep the different things you find on your walk and take them in for a show and tell.



Draw anything you find here



RAINY DAYS

Watch a film together

Choose either one you all haven't seen or pick your favourites out of a hat. Grab some popcorn and snuggle up on the sofa with a hot chocolate.



Why not create some chocolate covered apples?

Prep: 20 mins

Serves 4

Cook: 10 mins

Make these chocolate apples as a treat for a kids' party. Great for Bonfire Night or Halloween, cover in chopped nuts, sprinkles and honeycomb pieces



Step 1

Put the chocolate in a heatproof bowl set over a pan of just simmering water, being careful that the bowl doesn't touch the water. Stir frequently for 10 mins until completely melted, smooth and shiny. Remove from the heat. Alternatively, heat the chocolate in short bursts in the microwave, stirring between each burst, until melted.

Step 3

Line a baking tray or large board with baking parchment. Hold the apples by their sticks and dunk into the melted chocolate. Use a spoon to coat the tops of the apples if you like. Once the apples are completely coated, hold over the bowl for a few seconds for excess chocolate to drip back into it, then place, stick pointing up, onto the prepared tray. Leave to set for a minute or two.

Step 5

If using the white and dark chocolate to decorate, heat each separately, as you did the milk chocolate in step 1, then leave to cool slightly. Melt the dark chocolate first, then when the chocolate apples are set hard, use a teaspoon to drizzle this over them, again holding the stick so the apple is on its side and rotating the apple. Have a sheet of baking parchment underneath to catch any drips. Place back on the tray and leave to set, then repeat the process using the white chocolate.

Step 2

Put the apples in a heatproof bowl and pour over boiling water from the kettle. Drain carefully, and wash under hot water to remove any residual wax on the skin. This helps the chocolate stick better. Pat dry with kitchen paper, remove the stalks and push a lolly stick or skewer in its place.

Step 4

Tip the decorations into separate bowls. When the chocolate on the apples is just starting to set but not fully firm, sprinkle the decorations onto the apples. Hold them on their side and rotate using the stick to completely cover. Place back on the tray and leave until completely set.

Will keep in an airtight container in a cool place for two days.