



Nene  
Education  
Trust

# SUMMER

# ACTIVITIES

**Being present** in your child's life

*Raising Aspirations - Developing Character - Positive Environment*

# AMAZING SUMMER ACTIVITIES



It's the Summer holiday! An exciting time with plenty of opportunities to chill out and spend time with your children.

The weather hasn't been very consistent this year, so here's a couple of ideas for activities in all weather conditions.

## OUTDOOR ACTIVITIES

### **HAVE A PICNIC**

A picnic isn't just about enjoying a tasty meal outside in some lovely weather, it's about the process. Involving your child in the preparation of the food, packing the bag and planning the day is an excellent way to help them feel a sense of agency and to feel involved.

### **GARDENING**

Helping out in the garden is another excellent way of allowing children to feel involved in a project, as well as helping them to learn about different kinds of life. Even if you do not have ready access to a garden, looking after a plant makes for an excellent summer project. Plus, getting a bit muddy is always fun!



## CREATIVE ACTIVITIES

### **DIY**

A lot of children become enamoured with the latest toy only to discard it within a few days of getting it. However, making something themselves can be far more engaging, as well as making the fun they have with it more gratifying. Try and use recyclable materials to build a new toy, or a simple project like a kite.

### **MUSIC**

Children often have a favourite song or artist, so it can be fun to come up with activities based around their interests. Whether it's a Taylor Swift rhythm game or a Harry Styles themed dance party, basing activities around music is a great way to grab a child's attention.

## EDUCATIONAL ACTIVITIES

### **COOKING AND BAKING**

Preparing food is one of the most fundamental skills anyone can have, so involving your child in food preparation will help them gain important life skills. Following a recipe for their favourite meal, or the promise of sweet treats at the end of a baking session, will help keep their attention on the process.

### **READING**

Reading is fundamental for everyone. Finding a book that appeals to your child can be difficult, but by adapting to their reading level and interests, you may be surprised how quickly they become engrossed in a riveting story. Perfect for a rainy Summer day in!

# FUN IN THE SUN

Pick your favourite teddy and journal your holiday within these lines. Take some pictures and add them in too. Then share your adventures when you're back!



Enjoy!



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# ICE CREAM PUZZLE

USE A DIFFERENT **COLOURED PENCIL** TO LINK EACH PERSON TO THEIR **FAVOURITE ICE-CREAM TREAT**



# LET'S CREATE

## HOMEMADE PLAY DOUGH

### What you will need:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- Food colouring
- 1 tbsp vegetable oil

**\* NON TOXIC \***

### Instructions on how to make this:

1. Mix both the flour and the salt together in a large bowl.
2. In a different bowl, mix the water, a few drops of your chosen food colouring and the oil together.
3. Take the coloured water and pour it into the bowl filled with the flour mix and bring it together with a spoon.
4. Lightly dust a work surface with flour and knead together the dough for a few minutes until smooth.
5. Place in a plastic bag to store and squeeze out the air to keep it fresh.



## CREATE

## PAPER PLATE LADYBIRDS

### What you will need:

- 2 paper plates
- Black paint
- A coloured paint
- Black felt
- Paint brushes
- Scissors
- Stapler
- Glue
- Googly eyes



### Instructions on how to make this:

1. Paint one of the paper plates fully black and paint the other in your chosen coloured paint. Leave them both to dry.
2. Cut out half a circle from the felt for the head.
3. Once the plates are fully dry, take the colourful one and start polka dotting black paint on it.
4. After the polka dots are dry, cut the coloured plate in half and line the two halves up with the black plate and spread them lightly to create the wings.
5. Now staple the top of the halves together onto the black plate.
6. Glue the felt head over the top of the staple.
7. Glue the googly eyes onto the head

# SWEET TREATS

## ICE CREAM BAR

Why not make your own ice cream bar. Put a couple of scoops of ice cream in a bowl and lay all of your favourite toppings around it.

**Take turns putting all of your toppings onto your ice cream, maybe you can create a silly face with ice cream?**



**SOME TOPPINGS CAN INCLUDE:**  
Sauces, sprinkles, strawberries, marshmallows, blueberries and more!



## COOK



# VANILLA CUPCAKES



### Ingredients:

- 110g butter, softened
- 110g golden caster sugar
- 2 eggs
- 1 tsp vanilla extract
- 110g self-raising flour
- 1-2 tbsp milk, plus a little extra for the icing
- For the icing
- 125g butter, softened
- 185g icing sugar



## Step 1

Heat oven to 180°C/160°C fan/gas 4. Line 12 holes in a shallow muffin tin with cupcake cases (not muffin cases). Cream the butter and sugar together until the mixture is light and fluffy. Beat the eggs and vanilla in a jug, then beat into the butter mixture a little at a time.

## Step 2

Fold the flour into the mixture along with a little milk – the mixture should fall easily off a spoon. Divide the mixture between the cases, filling each one no more than half full.

## Step 3

Cook the cakes for 12-15 mins – they should be firm to the touch and slightly golden brown. Cool in the tin for 5 mins, then lift them out gently and leave to cool completely.

## Step 4

To make the icing, beat the butter until it is very soft. Beat in the icing sugar a little at a time, then beat in a splash of the milk as you need to give you a soft icing that can be piped easily. Scrape the icing into an icing bag fitted with a star nozzle. Ice the cakes in swirls, starting in the centre and working outwards.

# SUMMER BUCKET LIST

- GO TO THE PARK
- ROAST MARSHMALLOWS
- HAVE A PICNIC
- DO SOME GARDENING
- RIDE A BIKE
- READ A BOOK
- GO TO THE LIBRARY
- FLY A KITE
- EAT CORN ON THE COB
- COLLECT SEASHELLS
- VISIT THE ICE CREAM VAN
- MAKE PIZZA
- PICK SOME FLOWERS
- PAINT ROCKS
- HAVE FAMILY MOVIE NIGHT
- PICK SOME BERRIES
- SEND A POSTCARD
- HAVE A SLEEPOVER
- MAKE FRIENDSHIP BRACELETS
- GO SWIMMING

- PAINT A RAINBOW
- RUN BAREFOOT IN GRASS
- USE A SKIPPING ROPE
- GAZE AT THE STARS
- MAKE LEMONADE
- PLAY FRISBEE
- PLAY WITH SLIME
- HAVE A WATER BALLOON FIGHT
- DRAW WITH CHALK
- USE A HULA HOOP
- GO TO A MUSEUM
- HAVE A DANCE PARTY
- MAKE LOLLYPOPS
- SEND A POSTCARD
- GO TO THE BEACH
- BUILD A FORT
- PLAY IN THE SAND
- BAKE COOKIES
- GO ON A NATURE WALK
- PLAY FOOTBALL

