

Summer 2020

Family Activity Booklet



#HappySafeCharnwood



Hello!

After a strange few months the holidays are here but this summer is probably going to be like no other.

As we can't go very far and are somewhat limited in what we can do, this booklet aims to provide you with some ideas and inspiration for family fun at home and in your local community.

Throughout the book there are themes for each week and activities for each day.

- Mondays are for play and games
- Tuesday is story day
- Wednesday is about getting physical
- Thursdays are for fun with food
- Fridays are for craft

The booklet links to our facebook page where there will be videos and extra ideas for you to try.

 Charnwood Children & Family Wellbeing Service

There are also a number of challenges where we invite you to share with us what you've made/done/created. You can upload photos etc onto our facebook page using this hashtag **#HappySafeCharnwood**

We hope that every member of your family will take part in at least one activity each week!

Our wishes for you this summer:

- Have fun as a family
- Get active
- Try and learn new things
- Make memories
- Make new connections in your community

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Week 1

Summer Silliness and Lockdown Laughs

Monday - Games and Play

For some proper summer silliness, why not play the “beans” game with your children. No equipment needed, just be prepared to have fun and look a bit silly:

.....

Create your own silly character

You will need

- A4 paper
- Pencils and pens
- A few family members

The first player draws the head and neck of an animal of their choice. Once complete, fold the paper over so the next player cannot see what you’ve drawn. Make sure you leave the end of the neck visible. The next player can draw the middle part of

Take it in turns to call out different types of bean “runner bean”; “broad bean”; baked bean” (maybe you can think of more of your own) and for each type of bean those playing have to act out the type of bean.

an animal, joining it up with the neck lines. And again, fold over the paper leaving the very bottom of the animal visible so they next player knows where to carry on. The third player draws the legs and feet.

Then, as a team, the animal can be revealed, and you can choose a name for your crazy animal.

What do
sea monsters eat?

Fish and ships.

Ha!

Ha!

How does the
ocean say hello?

It waves.

Hee! Hee!

Tuesday - Stories and story-telling

Have fun making stories with the following website which creates a super silly story based on your suggestions of random words:

www.sundhagen.com/babbooks/adlib.cgi

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Wednesday - Physical Activity

Obstacle Course

Dress up however you desire. It could be your favourite princess dress or character from a book.

Set up an obstacle course outside- in the garden or anywhere safe enough to set the challenge.

You can use anything you can find: cartons, boxes, skipping rope, ball,

small stool or chair, bin bag, hoola hoop, racket, small tennis ball or any small ball, balloons filled with water.

You can compete going around the obstacle course – use a timer and see who is the fastest!

Share your photos with us on facebook

Thursday - Fun with food

Crazy kebabs

Fruit kebabs made with unusual fruits and dipped in chocolate or icing sugar. You will need pieces of fruit (probably 3 or 4 types) cut up into approx. 3cm cubes placed into separate bowls for each variety, strawberries and grapes are good as they don't need cutting up use them whole (beware of grapes for very young children they are a choking hazard), skewers (if wooden soak them in water first – stops them splitting) and a bowl of melted chocolate or premixed icing sugar and water as a paste.

You can add sprinkles or decorate with icing sugar pens, put names or faces on them.

Funny Face biscuits

We've been inspired by the "Angry Cookie" book by Laura Dockrill and Maria Karipidou

Use a plain biscuit or cookie as a starting point and decorate with small sweets and coloured icing to create your own funny cookie face.

Ready to roll icing or marzipan works well as it can be cut into strips to create hair, beards etc. Let your imagination go wild! We would love to see pictures of your creations!



Ha!

Ha!

How do you
make a tissue dance?

Put some boogie
into it.

Friday - Craft

These cute cactus toilet paper rolls are not only fun to make and are great as decorations.

You will need:

- 2 Toilet Paper Rolls and 1 Paper Towel Roll (you can also use 2 paper towel rolls and cut 1 in half for the smaller cactus)
- Googly Eyes
- A selection of paint colours
- 2 egg cups from an egg carton
- Small pom poms

How to Make a Paper Roll Cactus

To Make the Large Cactus:

1. First, make the large paper roll cactus by trimming a paper towel roll and making the top rounded. You can also use a toilet paper roll but it won't be as tall.
2. On the remaining paper towel roll piece, trace and cut out 2 arms for the cactus. You can draw the arm on paper first and use it to trace on the paper towel roll.
3. Paint all of the pieces green. Then glue the arms to the side of the paper towel roll. Using a small paintbrush, make small X marks with white paint all over the cactus.
4. Glue on the googly eyes



Hee!

Why do elephants have trunks?

Because they can't fit everything into a handbag.

Hee!

How to make the small cactus:

1. Trim the top of the paper roll so that the front of it is rounded with a little band on the bottom. The band on the bottom will help it stand up better in the egg cup
2. Paint the toilet paper roll green. Once dry, using white acrylic paint add dots or hash marks to it.
3. Glue a small pom pom to the top.
4. Add googly eyes to the toilet paper roll.

Then paint an egg cup in a light brown/terracotta colour to look like a pot and place the cactus in the egg cup

What is a robot teacher's favourite time of the day?

Assembly. Ha! Ha!

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Week 2

Funny Animals

Monday - Games and Play

We love the idea of “Bunnies on the Bus” by Philip Ardagh and Ben Mantle. Take your favourite toy animal outside to visit somewhere they wouldn’t normally be, or on an unusual adventure. Perhaps your plastic zoo animals fancy trying an exciting river safari? It’s simple to make a small raft from a bundle of small twigs or sticks tied together with string.

What funny things can your toy animals get up to? Maybe you could take some photos or even create a mini story board to illustrate your tale.

Share your toy’s escapades with us by uploading pictures and tales to facebook #HappySafeCharnwood

What do you get
when you cross a
Bear with a Cow?

Winnie the Moo

Hee!

Hee!



Tuesday - Stories and story-telling

There are lots of funny stories about animals as part of the summer reading challenge. Follow this link:

readingagency.org.uk/children/news/silly-squad-book-collection.html



Why do French people
like to eat snails?

They don't like
fast food

Ha!

Ha!

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Wednesday - Physical Activity

Monkey Tag

This game is played much like the classic backyard game of freeze tag, but the player who is “it” has to act like a monkey. When a player is tagged, rather than freezing in place, he or she jumps around and acts like a monkey. Once a player is turned into a monkey, he or she has to continue to imitate a monkey and helps the original monkey tag the remaining players.

Lucky Monkey

Cut banana shapes from yellow card, and write the word “monkey” on one of them. Write the names of other safari animals on the remaining bananas. Place them in a safari hat. Have children gather in a circle and take turns picking a banana out of the hat. If a player chooses an animal other than the monkey, he or she has to run around the circle imitating that animal. When a player chooses the monkey banana, however, he or she is the lucky winner of a prize. Keep playing until everyone has a turn to be the lucky monkey.

Sleeping Lions

Forget freeze dance, the lazy lions are too tired for that kind of action. Instead, play some music and have your children prowls around the floor or garden, roaring like lions. When the music stops, instead of freezing, the kids will fall to the floor and lie still like sleeping lions. The last child to become a sleepy lion is out of the game. Start the music again and play for as many rounds as it takes until only one player remains.

Jungle Animal Charades

Like the classic game of charades, this activity requires players to act something out without using any words. Write the names of various jungle animals on notecards, fold them up, and place them in a safari hat. Players will pull an animal name out of the hat and try and get the others to guess the name of the jungle animal using only gestures and motions.

Which birds
steal the soap
from the bath?

Robber Ducks
Ha! Ha!

Thursday - Fun with food

Create your own animal cupcakes

Ingredients

- 100g butter
- 100g caster sugar
- 2 eggs
- ½ tsp vanilla extract
- 100g self-raising flour

Method;

1. Mix together butter and sugar until fluffy. Add the eggs and vanilla essence.
2. Fold in the flour and mix well.



3. Place into 12 cupcake holders
4. Bake at 200 degrees, gas mark 6 for 15 minutes. Allow to cool

To make butter icing: mix icing sugar and butter until you have the amount you need. Add food colouring and then use sweets etc to make your desired animal cupcakes

Friday - Craft

Animal mixups

In the book "Unipiggle" author Hannah Shaw combines a unicorn and a pig to create a new animal.

Why don't you do a collage activity cutting up and sticking different animal pics to create your own weird and wacky new breed. What will you call your animal? We would love to see some of your examples posted on our Facebook page.

Here's a couple of examples to get you started...



Hee!
What do you call a donkey with 3 legs?

A Wonkey

Hee!

Week 3



When do kangaroos celebrate their birthday? Ha!
During a leap year. Ha!

What makes me happy?

Monday - Games and Play

Dig out those old board games that are lurking at the back of your cupboard and show children what fun can be had playing monopoly, ludo, draughts, garden skittles and quoits, snakes and ladders and many more!

Tuesday - Stories and story-telling

This week why don't you write your own story?

As a family talk about your happiest moments. Write about them in your scrapbook. You might want to add some photos that capture your happy memories.

Wednesday - Physical Activity

Choose one form of physical activity to do as a family today, go for a walk or a bike ride. Get some fresh air in those lungs!!

Info taken from NHS
www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week

- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- walking to school
- skateboarding
- rollerblading
- walking the dog
- cycling on level ground or ground with few hills

Where does the Queen keep her armies?

Up her sleeves.

Ha! Ha!

Thursday - Fun with food

Rainbow Biscuits

the easiest ever biscuits to make!

Ingredients

200g unsalted butter, softened

200g golden caster sugar

1 large egg

$\frac{1}{2}$ tsp vanilla extract

400g plain flour, plus extra for dusting

Method

Heat oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Put the butter in a bowl and beat it with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.

Pull pieces off the dough and roll them out to about the thickness of two £1 coins on a floured surface. The easiest way to do this with small children is

to roll the mixture out on a baking mat. Cut out shapes using a 9cm biscuit cutter, or use the rim of a small glass and peel away the leftover dough around the edges. Press some clean toys gently into the biscuits, making sure you make enough of a mark without going all the way through. Re-roll off-cuts and repeat.

Transfer the whole mat or the individual biscuits to the baking sheet and bake for 8-10 mins or until the edges are just brown. Leave to cool for 5 mins, then serve. Will keep for three days in a biscuit tin.

Bake these biscuits and decorate them with rainbows, add some colouring, put someone's name on them to say thanks to show your appreciation for their support during lockdown or write an inspirational word to make someone feel better or know that you care.

Friday - Craft

Make your own Squishy Ball

You might find it easier to relax by using a squishy ball. You can squeeze and jiggle this around in your hand to help you settle down for some quiet time. They're really easy to make, and you can draw silly faces on to yours to make your family smile.

You will need:

A balloon

Some flour

A small plastic drinks bottle

A funnel (you could use a homemade paper cone)

A marker pen

Some wool (optional)

Firstly, use the funnel to fill the bottle $\frac{3}{4}$ s full with flour

Then, blow the balloon up half way and with help from an adult, gently put the balloon around the top of the bottle, keeping it inflated.

Hee!

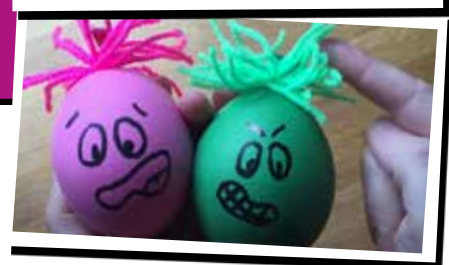
Hee!

Vincent Van Gogh walks into a bar and the bartender offers him a drink. "No thanks, I've got one 'ere".

Now, tip the flour into the balloon. You may need to shake the bottle.

Gentle remove the balloon from the bottle and slowly deflate the balloon. Ask your helper to tie a knot in the balloon.

Using the marker pen, create your own crazy face and tie the wool to the end of the balloon to make silly hair.



Ha!
Ha!

What did the
Uama say when he got
kicked out of the zoo?
"Alpaca my bags"



Well-being and how to relax

The well-being of all family members is really important, especially at stressful times!

Below are some tips for well-being.

Exercise regularly

whether this is just taking a lovely walk around your local area, or doing a home exercise video.

Dancing in the house with the children and even the dog!

Get out into nature

There are lots of lovely parks and open spaces in Charnwood. Get outside, look at the colours and listen to the birds sing!

Family & Friends time

Keep in touch with family and friends with 'phone calls, texting or get togethers using Zoom or Skype. How about a "Sing Song" and a bit of karaoke.

Relaxation

Find a quiet corner and half an hour for yourself.

This precious time could be spent reading the book that you bought ages ago and are yet to read.

Maybe start writing a daily journal – put down your thoughts and try and write down 3 things everyday that you are grateful for, or what was positive about your day.

Take time to just do nothing for a short while – just sit and reflect on the world around you, the birdsong or laughter of children nearby and concentrate on your breathing – enjoy the feeling of calm.

Other activity ideas by age range

Under 5's

Feeding the ducks

Messy play with jelly, custard or baby lotion

Have a family picnic

Play with play dough

Make an outside mud kitchen

5-13's

Build a model out of junk

Go on a nature walk. What can you find?

Play piggy in the middle and hide and seek

Have a family film night

Design and make your own fruit cocktail

13+ years

Download the headspace app and try meditation

Cook a meal for your family

Do a 'random act of kindness' for someone special

Take a bus ride with your friends – don't forget your mask!

Explore the Urban Forest with friends

Watch Breck's Last Game on YouTube and encourage your friends to do the same



Week 4

Sharing joy

Monday - Games and Play

Time to get Dirty!! – get out in the garden and dig out those weeds, plant some vegetables or flowers, chop those overgrown shrubs down!

Whether you are a parent or grandparent, be a child again and encourage the children to get muddy and messy with you!!

Simple “Grow your own” ideas:

Cress seeds will even grow on wet cotton wool (try in egg shells with drawn on faces and then watch your new friend grow edible “hair”).

Herbs like parsley or basil appear within a few days and can be easily grown in recycled containers on a windowsill.

Radish can be easily grown in a container outside and are ready to harvest within just 4 - 5 weeks of planting.

Hee!
Hee!

My friend recently got crushed by a pile of books.
But he's only got his shelf to blame

Tuesday - Stories and story-telling

One of the suggestions in the reading challenge is “Aunt Grizelda’s Fairy Tales of the Unexpected” by A. L. Best and Natallia Pavaliaeva.

We would love you to create your own Charnwood Tales of the Unexpected through a shared community story-telling event. Please can you start your own story, or add to one someone else has already started. Write a paragraph and then share your idea. Let’s see where someone else’s imagination takes your idea!

Ha!
Ha!

What did the envelope say to the stamp?
Stick with me and we’ll go places.

Wednesday - Physical activity

Today's physical activity challenge is about getting out into your garden or a local park and scavenging for things!!

We are asking you to FIND things, COLLECT things, TOUCH things and then, to take a picture of your garden or local park.

Visit facebook or look in your pack for the worksheet 😊

Have fun exploring!

Thursday - Fun with food

Food is essential to keep us healthy but sharing food spreads joy too. Try the recipe below and share for a family lunch and wrap up some up as a gift if you have any left!

Here's a healthy and easy recipe you can make and enjoy for lunch with all your family:

Cheese and Courgette Muffins

Ingredients:

- 300g self-raising flour
- Salt and pepper
- 3 tsps baking powder
- 75g strong cheese like mature cheddar or parmesan, grated
- 1 courgette, about 200g, coarsely grated
- 150ml natural yogurt
- 3 tbsps olive oil
- 3 eggs
- 3 tbsps milk

Method:

- Set the oven to gas mark 6/ 200°C/400°F
- Combine flour, baking powder, cheese and salt and pepper into a large bowl.
- Add courgette together with the remaining ingredients. Fork together until just mixed.
- Spoon into paper cases in muffin tin. Fill each one no more than two-thirds full.
- Bake until well risen and golden brown, about 18 – 20 minutes.
- Enjoy slightly warm with cheese spread or butter.

Heel!

I hate Russian dolls
– they're so full of
themselves

Heel!

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Friday - Craft

Twig Hearts

What you need:

- Twigs
- White paper or cereal box card
- A pencil
- Secateurs (adult supervision)
- A paintbrush and paints
- Hot glue gun or PVA glue
- Scissors
- String, ribbon or wool
- Googly eyes (optional)

Step 1:

Gather your twigs, thin and spindly ones on a family walk at the local park or woods.



Step 2:

Turn your paper or card landscape or horizontally and use your pencil to draw a heart in the centre. The heart can be whatever size you please, big or small.



Use the heart you've just drawn as a template to get the shape of your piece and lengths of your twigs right by arranging the twigs you've gathered into some sense of order according to the lengths and width of the twigs. Put the longest in the centre lined up with the heart's bottom point and decreasing in size out towards the heart's sides until the heart shape is filled.

Step 3

When all the twigs have been glued to the card, trim the sticking out edges to the shape of the heart with the secateurs.

When the glue has dried you can paint your heart if you wish, add googly eyes and add a ribbon to hang it up with.

Share joy by giving your heart to someone special and telling them why you love them so much. You could also make other twig shapes like the first letter of your name

Which letter of the alphabet has the most water? The "C"!

Ha!
Ha!

Celebrating brilliance

Monday - Games and play

Why not make a brilliant shiny water bottle percussion instrument?

You will need:

- a selection of different sized jam jars and bottles -glass sounds best but you can experiment with plastic too
- food colouring
- wooden or metal sticks, e.g. barbecue skewer, to "play" the bottles

Instructions:

- Fill each bottle or container with different quantities of coloured water. You will get a different pitch (note) depending on the amount of water in each one, and whether you hit them with a wooden or metal beater.
- See if you can play a tune! There are some amazing clips on you tube to inspire you!



Water Play

Enjoy outside play with coloured ice cubes and blocks in a paddling pool or even a washing up bowl or other suitable container. Fill clean ice cube trays, take-away or other small plastic tubs with water and food colouring and freeze in advance. See how the bright colours melt away and mix as you play.

Did you hear about the hyena that ate an Oxo cube?
He made a laughing stock of himself.

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Tuesday - Stories and story-telling

We can explore brilliance in 'Aunt Grizelda's Fairy Tales of the Unexpected' by Anna Best and Natallia Pavaliayera – one of the books recommended for this year's summer reading challenge.

Think about people from history who have been brilliant and who have changed the world; Barack Obama, Marie Curie, Bruce Lee, JK Rowling. Maybe do some research on the internet and choose a brilliant person from history to write about.

Ha!
Ha!

My girlfriend has just dumped me because she thinks I'm obsessed with football. We'd been going out for three seasons.

What kind of dinosaur likes to sleep?

A stego-snore-us

Ha! Ha!

Wednesday - Physical activity

Dance, Dance, Dance!!

Research shows that dancing can improve your mental health by boosting happiness. Dancing is also a great cardio workout. Dancing can improve cardiovascular health, increase stamina, strengthen bones and muscles and stave off illnesses.

Your challenge today is to get funky! Have a family dance off. Pick your top 10 tunes, dim the lights and let the music get you moving.

Maybe pick one favourite song and make up your own dance routine to it. You could then share this on video chat with your friends! Get down!

Thursday - Fun with food

Stained glass window biscuits

These biscuits look really pretty and brilliantly coloured when you hold them up to the light – just like stained glass windows!

Ingredients:

- 125 g (4oz) butter
- 175 g (6oz) plain flour
- 50 g (2oz) caster sugar
- Finely grated rind of 1 lemon or half an orange
- A handful of coloured clear boiled sweets

Method:

- Use a rolling pin to bash each of the boiled sweets into a few smaller pieces. Set aside ready for later.
- Set oven to Gas mark 4/180 degrees C/ 350 degrees F
- Line 2 baking sheets with non-stick baking paper
- Cut butter into small cubes, then rub into flour and sugar (or use a food processor)



- Add rind
- Use hands to bring dough together into a ball, then roll out thinly on a surface dusted with flour.
- Using larger cookie cutters cut out biscuits and put onto your lined baking sheets. Then using small cookie cutters cut out smaller shapes from each of your biscuits and remove.
- Re-knead the dough trimmings to use it all up to make more biscuits.
- Bake for 8 – 10 minutes until pale gold in colour.
- Carefully remove the baking sheets from the oven and fill each hole with a couple of different coloured pieces of boiled sweets.
- Bake in oven a further 2 – 3 minutes until the sweets have just melted.
- Leave to cool, then peel off the paper and enjoy.

Friday - Craft

Genius Inventions

Design and make a brilliant invention – let your imagination run wild and see what ideas you can come up with. Please upload your ideas to our Face book page for others to see.

Week 6

Looking ahead

Monday - Games and play

Routines can be hard so involve the whole family in planning the week ahead. What shall we do? Where shall we go? What games will be play? What clothes will we need to have ready?

Write up your plan and put it on the wall for everyone to see.

Set children goals and tasks. Can they:

- get dressed by themselves?
- put their shoes on?
- find their coat?
- lay the table?

Planning ahead

Make a list of all of the things you'd like to do this Autumn:

- Paint pinecones
- Carve pumpkins
- Build a birdbox

- Jump in leaves
- Plant spring bulbs
- Have a campfire
- Go to the fair
- Eat hotdogs and make hot chocolate with cream
- Donate old clothes to the homeless or food to a food bank

Cut out leaf shapes from coloured paper and then write each idea on a leaf. Attach to string as shown and hang up in your house. Each time you do one of the things you have planned you can remove the leaf from the string and then stick it into your scrapbook as a memory.



Tuesday - Stories and story-telling

Talk about returning to school and read books to bring this to life, one idea is from the summer reading challenge list, *Monsters Go to School*, from Zanna Davidson and Melanie Williamson.

Wednesday - Physical Activity

Is there a sport that you have never tried as a family? Try it today!!

Hula hooping, dancing, yoga....
Let your imagination go wild!



Thursday – Fun with food

Getting back to normality and school days soon eh? Here's some healthy lunchbox ideas for your kids to try!

Having a sandwich for lunch every day can be really boring, so switch things up with these healthy lunchbox ideas for kids that don't rely on two slices of bread. The recipe below freezes well, so make a big batch then relax the rest of the week. Just add some crudités or cut up fruit for a well-balanced, nutritious meal.

Stuffed Sweet potato boats

Serves: 4

Prep Time: 5 min

Cooking Time: 15 mins

Ingredients

2 sweet potatoes
2 tsp olive or avocado oil
75g frozen mixed veg
50g broccoli, split into small florets
50g grated mozzarella and Cheddar

Method

Cook the sweet potatoes in the microwave for 5 minutes on high. Allow to stand for 1 minute, then cook for a further 5 minutes.

Cut them in half, scoop out the flesh, leaving a rim of potato around the edge, then mash the flesh with the oil



reserving the skins. Meanwhile, heat the grill to medium.

Cook the frozen vegetables and broccoli florets in boiling water for 4 to 5 minutes. Drain, then mix into the sweet potato.

Fill the potato shells with the veggie mash, sprinkle with the cheese, then pop under the grill for 5 minutes until the cheese is melted and golden.

Good way of getting kids eating vegetables, but if you wanted to swap the veg for chicken and sweetcorn that would work too.

Other healthy snack ideas:

Yoghurt with mandarin segments or pineapple chunks.

Toasted malt loaf with strawberries – malt loaf is low in fat– it's also nice with sliced banana put back under the grill yummy!

Toasted pitta with tuna, mayo and yoghurt dip, a good snack for when they are playing on those games consoles, better than a packet of crisps!

Rice cakes with low-fat cream cheese and cucumber slices.

Friday - Craft

Key Worker Thank you posters

Why don't you make a poster as a thank you gift for your teacher or a welcome back poster for your friends and school mates.

Use colours, glitter – everything to celebrate seeing them again.

www.kiddycharts.com/assets/2020/04/Free-key-worker-thank-you-poster.pdf

Messy Hands Outdoor Play

- ideas for children with special educational & additional needs (SEND)

Water play with gutters tubes and containers

This construction was made by children using their own ideas

Let children be in charge – ask them if they need help

Don't rush it - let children repeat the play as they want

Keep them supplied with water – big plastic milk bottles are good

Help them play in the right position for them - this may be standing, seated or lying down

Have water containers ready at the right height to pick up and pour



Does your child love the sound of running water – keep background noise down

What else will go down with the water? – try small balls with bells in or small vehicles, or use bubbles

Have a towel ready if your child wants to dry off while playing

Be prepared to get wet

Playing with gravel and stones



Add crisps tubes, ice cream tubs, ladles, colanders to help move and pour the gravel

Children may like making a trail of gravel or transporting it round

What about using a pop-up gazebo with battery fairy lights tucked inside over the activities tray so rain doesn't stop play.

When gravel just isn't big enough try stones

Let children decorate them with felt tips or paint – brightly coloured and as detailed as they want

Try hide and seek with the stones –

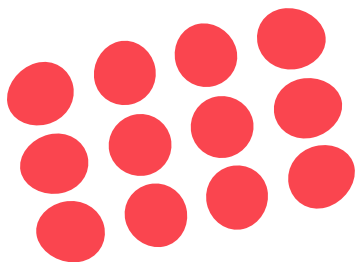
Hide them in the garden – who can find their own stone or who can find the most stones?



Remember – keep it safe – this play is not with ordinary toys.

Supervise your child and only use things you know they will be safe to play with

Have fun!!





Remembering Summer 2020

We hope you've had a good summer and enjoyed our activities with your family.

One last activity for your family is to create a time capsule. Find a waterproof container such as a plastic lunch box and add some of the things you've made.

Leave a letter, notes, photos explaining what lockdown 2020 was like and why we had to do it . You can bury it in the garden or hide it in the roof , take it to a family or friends house and ask to bury it there. Please take a picture and post it to the Charnwood Children & Family Wellbeing Service Facebook page so we can fill it with our Charnwood time capsules

Useful Contact Numbers:

First Contact Plus

Help with issues including money, your home and feeling safe.

0116 305 4286

First Response (Social Care)

0116 305 0005

Jobcentre Plus

0800 169 0190

- New Benefit Claims

0800 055 6688

Trussell Trust - Loughborough Area Food Bank

07955 61408

NHS Non-emergency Number

111

QuitReady Leicestershire (smoking cessation)

0345 646 66 66

Charnwood Borough Council Offices

01509 263151

The Bridge Housing Advice

01509 260500

Charnwood Citizens Advice

03003 301025

SOFA Furniture Project

01509 262557

Turning Point

Drug & alcohol support.

0330 303 6000

Let's Talk Wellbeing

Talking therapies for people experiencing some mental health issues.

0115 876 0157

Mental Health Matters

Leicestershire and Rutland mental health and wellbeing recovery service.

0300 323 0189

Leicestershire Adult Learning Service

0800 988 0308

The worksheet features four hand-drawn speech bubbles of varying shapes and sizes, each containing a prompt for reflection. The background is white and decorated with colorful confetti in the shape of short, thick lines in red, blue, green, and yellow. The prompts are written in a simple, black, handwritten-style font.

This summer
we've enjoyed...

This summer I learnt...

This summer I felt....

Next summer
I'd like to see...