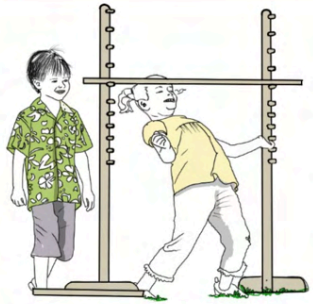
Summer Holiday Activity Calendar Week 5 - Beside The Sea

10 Minutes Together — Limbo Up, Limbo Down — Week 5



Limbo dancing is great fun Stick some music on and pop a broom or mop handle across the back of two chairs - or if there are enough of you, two people can hold the limbo pole.
If you want to make more of a thing of it, you can put streamers on the pole and invite some friends over. Just mind your back and if you have any back problems, then be sensible!
What will your children learn? Safe risk taking and risk assessment, tenacity (sticking at something), Having a go, about their own capabilities, learning new skills, watching others try, how to cope with success or failure, strengthening their core and legs, rhythm, PLUS IT'S FUN!!

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10 Minutes Together — Let's Play Frisbee! — Week 5

Throwing and catching games are great fun and they also strengthen arm and shoulder muscles, develop hand eye co-ordination, and exercise cause and effect and predicting.
Frisbees are often easier for young children to play with as they fly a little slower than a ball and they are nice and light weight, so easy to propel if they don't have much arm strength yet. If you have a dog, then even better because they love them too!

If you don't have a frisbee, then you can pick one up very cheaply. You can also play frisbee with a disc of cardboard - it's not quite as good, but has the advantage of being free, and your child can adapt it by painting or drawing on it. Experiment with different sizes and shapes - does a banana shape work? does a square? If not, why not?
What do you children think about why certain shapes work better than others?

You can strengthen shoulder muscles by throwing anything - even paper!

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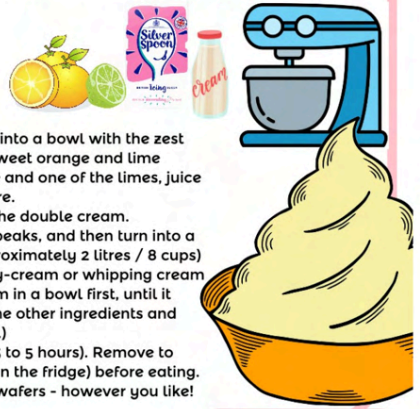
10 Minutes Together — Let's Make Ice Cream! — Week 5

Making ice cream is one of the most simple things and it's truly delicious. You will know that it is super healthy too as there are no chemicals in it. This recipe is for orange and lime and you might think your child wouldn't like it, but it's super sweet and tasty - I urge you to try it. If your child doesn't like it then you can substitute the fruit juice for pureed strawberries or raspberries, or you can use cranberry juice or pineapple or anything really! It's such a simple recipe.

You will need
1 eating orange and 2 limes
175 grams icing sugar
584 millilitres double cream
6 wafers (to serve)



METHOD
Squeeze the juice of all 3 and pour into a bowl with the zest and sugar. If you're going for the sweet orange and lime option, grate the zest of the orange and one of the limes, juice them and add to the sugar as before.
Stir to dissolve the sugar and add the double cream.
Whip everything until it holds soft peaks, and then turn into a shallow air-tight container (of approximately 2 litres / 8 cups) with a lid. (If using American heavy-cream or whipping cream in other countries, whisk your cream in a bowl first, until it reaches soft peaks, then whisk in the other ingredients and continue whisking until thick again.)
Cover and freeze until firm (from 3 to 5 hours). Remove to ripen for 15-20 minutes (or 30-40 in the fridge) before eating.
Serve in a bowl, in cones, with wafers - however you like!

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10 Minutes Together — Explore Heuristic Play — Week 5

What is Heuristic Play?
Heuristic (h-you-ristic) play is play using familiar objects in a new way and discovering something - a good example is playing with the pots and pans and making music with them. We have put heuristic play in the seaside week because playing with stones, shells and things you find on the beach is the utmost in heuristic play.

If you are at the beach, see what you can find and make some pictures. You can do this anywhere where you choose to play - in the woods or park too!

Make a sculpture
Use what you can find to make a sculpture. Make sure that if you make a cairn (a pile of stones), you put all the stones back when you are done.

Make a person
You will find all sorts of things that you can use as body parts or features and if you are on the beach you will find coloured shells, glass, and sadly, plastic, but you can tidy up as part of the activity and know that you are helping clean up the beach or woods!

Here are some ideas:
Have a natural picnic - seashells for bowls, leaves for plates, flowers for food, acorn cups for, well, cups!

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10 Minutes Together — Picnic Time — Week 5

A picnic is always fun and a summer picnic at the seaside is the business. Can't make it to the seaside? Don't worry! You can take your picnic to the park or a paddling spot and eat it there. If you don't have a paddling opportunity near by, or it's raining, then picnic in your sitting room or in a tent in the garden. Kids love it if you make an occasion out of something and you don't even have to leave the house - use your imagination!

Try these recipes to avoid having sand in your sandwiches!

Pasta salad
Pasta salads are brilliant because they taste great at room temperature, they will last for a morning win an insulated lunch bag, you can get vegetables into your child! And they are so versatile - you can put something different in every day. You can prepare them the night before and use ingredients like sweetcorn, peas, tuna, broccoli, cherry tomatoes, grapes, cucumber, cheese, spring onion, olives, lettuce leaves, spinach, dressing, mayonnaise, beans, the list is endless!

Finger food
Falafels, veggie or sausage rolls, pigs in blankets, veg fingers, gefilte fish balls and dip, toast and dip or pate, mini cocktail sausages, samosas, onion baji, pakora, nan bread, chapati, quesadilla, wraps, kebab, home made lunchables (cheese crackers, sliced cheese, ham), scotch eggs.Cut into bite sized portions and maybe with some dip. Yummy!

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Crudités and dips
Homous, salsa, sour cream dip, guacamole etc, along with chopped celery, apple, toast, carrot sticks and bread sticks

Don't have any cool packs? You can use tupperware with icecubes or fill sandwich bags with water and freeze them overnight. Tip the water out when you come home so that you don't have to carry it!

Pinwheel sandwiches
You can use wraps or soft bread to make these. If you're using bread then make sure you flatten it with your hand first. You can then spread filling on one side, roll them up and slice them to make pin wheels. Try ham and cheese, cream cheese and smoked salmon, grated carrot and hummus, sandwich spread, crab paste, salami, pate, cheese slices and ketchup, jam even - whatever your child likes best.

Leftovers
Take on your picnic any leftovers that you think will work cold. Kids love cold pizza, although that's not to everyone's taste cold pizza and garlic dip is a great picnic treat! Leftover rice can be made into a rice salad with pepper and tomato, cucumber, sweetcorn, etc. Cold chicken, salmon or ham will all be fine as a cold meal eaten with a fork. Please check simple guidelines on the cooling and storage of cooked food. Rice needs to be cooled as quickly as possible and stored in a fridge.

Don't forget to take a flannel or a clean dishcloth in a zip loc bag to wipe sticky fingers. It's much more environmentally friendly than wet wipes.

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