

Holiday Activity and Food Programme

Activities Pack


Summer 2021



**London Borough
of Hounslow**

Content

Reduce, reuse, recycle – Blue planet week

Community Challenge Litter picking scavenger hunt 	Creative Arts Challenge Mosaic tin can pen pots/vase 	Science Challenge Make a wind catcher 	Maths Challenge Recycled bottle bowling 	Textiles Challenge Reusable tie dye tote bags 
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Rainbow on my plate- healthy living week

Wellbeing challenge Calming sensory bottles/ slime 	Edible art Challenge Rainbow on my plate 	Healthy snack Challenge Banana Sushi 	Oral health Challenge How much sugar is in my drink? 	Physical challenge 10 Minute shake up with Disney 
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The following pack contains 10 fun filled challenges designed to provide children with opportunities to enjoy enriching activities inspired by the topics Blue Planet and Healthy Living.

It also includes an optional printable 'challenge accepted card' where each child can collect stickers as they complete a range of challenges. Providers may wish to reward children as follows:

Bronze certificate- 3-5 challenges completed

Silver certificate- 6-8 Challenge completed

Gold certificate- 9-10 challenges completed

Example Weekly Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Blue plant challenge activities	Maths Challenge Plastic bottle bowling	Textiles Challenge Create a tie dye bag for life	Science challenge Plastic bag wind catcher	Creative Arts challenge Making a mosaic pen pot/vase	Community Challenge Litter picking scavenger hunt
Break/snack time					
Late Morning	Continuation of morning activity	Continuation of morning activity	Continuation of morning activity	Continuation of morning activity	Continuation of morning activity
Lunch					
Afternoon Physical	Pottery Clay models	Team games Balloon Volleyball	Cooking activity Baking bread	Mini Olympics Track and athletics	Special event Visit from circus skills workshop
Break/ teatime					
Late afternoon Well-being	Origami Paper plane modelling	Reading Take some time to read a book or shared a story with friends.	Guided meditation Yoga Fun	Safe haven Team den building	Mindful colouring with calming music

Children will also access a range of free choice activities throughout the day.

Community Challenge

Activity- Litter picking scavenger hunt

This activity aims to nurture an ethos of caring for the local environment and being a responsible member of the community.


In groups or pairs, children will search for and collect all the items on the scavenger hunt card. This activity can be in a private outdoor space at the provision or in the local community spaces (risk assessment may be required).




Resources needed



- Reusable plastic bags/ biodegradable bin liners (for litter collection)
- Litter scavenger hunt sheet printed - **PROVIDED**
- Gardening/protective gloves (as required)


Printable litter picking scavenger hunt card below (editable version also available)




Litter picking scavenger hunt card



Material	Look out for...	
Plastic	<ul style="list-style-type: none"> Plastic bags Containers Food/sweets wrappers Drinks bottles/ tops Straws 	
Paper /wood	<ul style="list-style-type: none"> Letters/receipts Newspapers Paper cups Lolly sticks Cardboard boxes/containers 	
Metal	<ul style="list-style-type: none"> Drinks cans Foil Bottle caps 	
Other materials	<ul style="list-style-type: none"> Glass bottles Caution! Do not pick up broken glass Clothing Food waste 	



Try to put the items you find in recycling bins



Creative Arts Challenge

Activity- Mosaic vase

Reuse old tin cans to create a beautiful pen pot or vase!
Ensure tins are empty, clean, and safe with all labels removed.
Children will then glue on the mosaic tiles to create their design and leave to dry.
Younger children may need more support handling glue.



Resources needed

- PVA glue **-PROVIDED**
- Glue spreaders or paint brushes **-PROVIDED**
- Assorted coloured mosaic tiles (tumbled glass/stone or foam) **-PROVIDED**
- Clean tin cans with label removed (such as baked bean tins)

Extension Challenge- What else can you make from reusing a tin can?
Time to get creative! Try making a garden sculpture or bird feeder...
(additional arts and crafts resources required)



Science Challenge

Activity- plastic bag wind catcher

Reuse unwanted plastic bags to create a garden wind catcher.
Begin by cutting plastic bags into strips. Next using a large stick/twig or empty kitchen/toilet roll, glue the plastic strips and other decorations together to create your recycled wind catcher.

Resources needed

- A range of plastic bags (different colours if possible)
- Children's scissors **- PROVIDED**
- Sticks/large twigs or toilet/kitchen rolls
- Paint and paint brushes **- PROVIDED**
- Sticky tape or PVA glue **- PROVIDED**
- Roll of string
- Beads (or recycle old plastic straws by snipping them into smaller pieces)
- Other arts and craft material as required for decoration



Maths Challenge

Activity- water bottle bowling

Reuse plastic bottles to create a fun bowling game!
First ensure bottles are clean and all labels have been removed. Once clean, you can paint designs and add numbers to bottles. Next add a small amount of water to each bottle to keep them weighted/stable.
Set up your skittles and compete against your friends!



Resources needed

- A range of empty clean plastic bottles
- Water and food colouring
- A ball
- Optional extras such as glitter and paint - **PROVIDED**



Textiles Challenge

Activity- Create a reusable tie dye tote bag

Create a unique bag for life using a tie dye technique! All the items you need and instructions are included in the kit provided.

Once dry, children could customise their bags using fabric pens!

Caution! You may wish to complete this activity outside to avoid dye damaging furniture/flooring.

Extension challenge: try creating a tie dye t-shirt and holding a Fashion show to display the children's creations.

Resources needed

- Tie Dye set **-PROVIDED**
- Plain tote bags – **x20 PROVIDED**
- Additional plastic gloves/elastic bands may be required depending on the number of children completing the activity.
- Optional- fabric pens
- Jugs of water (to mix dyes)



Wellbeing Challenge

Activity- Sensory bottles/slime

Calming sensory bottles and sensory slime can be a great stress relief and encourage taking a few moments for mindful thinking.

Have fun creating sensory bottles with your favourite calming colours and items. Ensure plastic bottles are clean and empty, with labels removed. Then fill your bottle with items such as beads and glitter before topping with coloured water. Include a range of items to create different sights and sounds in each bottle.

All you need to make slime, including instructions, are in the kit provided!

Resources needed

- Slime making set (includes everything required) - **PROVIDED**
- Empty plastic bottles
- A range of materials to put in the bottles, such as food colouring, water, beads, glitter, buttons, shells and oil.



Edible Art Challenge

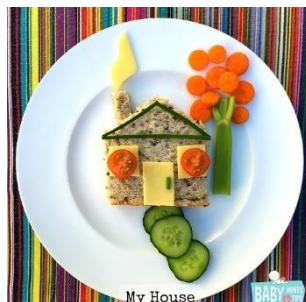
Activity- Rainbow on my plate

Make healthy eating fun and let your imagination run wild creating edible art! Using as many colours as they can, children will create a picture on their plate. Encourage discussions around healthy, balanced food choices.

Caution! Be aware of children's allergies and dietary requirements

Resources needed

- Plates
- A range of fruits, cheese, vegetables, bread etc in as many colours as possible.
- Cookie cutters and child safe knives.



Healthy Snack Challenge

Activity- Banana sushi

To create your banana sushi, peel the banana, spread yogurt, or cream cheese on top before adding a range of your favourite healthy toppings and cutting into bite-sized chunks.

Caution! Be aware of children's allergies and dietary requirements

Extension Challenge- try eating your sushi using chopsticks!

Resources needed

- Bananas
- Chopsticks
- Child safe knives
- A range of healthy toppings such as- yogurt, avocado, coconut, cream cheese, a range of dried and fresh fruit.



Oral Health Challenge

Activity- How much sugar is in your drink?

This activity promotes an awareness of the amount of hidden sugars in everyday drinks and to discuss the effect this will be having on our teeth. Using the table on the right, ask children to predict how many teaspoons of sugar is in a range of drinks. Using sugar, ask children to measure out the correct amount to help with visualisation

Extension Challenge- create a 'tips for terrific teeth' Poster and display these in your provision.

Resources needed

- A Bag of sugar
- A range of drinks for comparison (see table)
- Glass of water
- Teaspoons
- Bowls
- Scales

How much sugar is in my drink?

The table below shows how many teaspoons there are in each type of drink and if they are natural sugars or added sugars.

Drink	Average Qty sugar
WATER - "choose as your main drink throughout the day"	0
MILK (low fat) 250ml (1 cup) natural sugar	14g 3 tsp
100% FRUIT JUICE 250ml natural sugar	24g 6 tsp
FLAVOURED MILK 300ml added sugar - but has some healthy nutrients	28g 7 tsp
FLAVOURED FRUIT DRINK 250ml high added sugar	27g 7 tsp
ENERGY DRINK high added sugar	36g 8.5 tsp
SOFT DRINK CAN 375ml high added sugar	38g 9 tsp
SOFT DRINK BUDDY 600ml high added sugar	64g 15 tsp
SOFT DRINK 1.25 Ltr high added sugar	137g 33 tsp

Physical Challenge

Activity- Minute shake ups with Disney

[Your School Games - 10 Minute Shake Up - Elsa's snowball stash](#) (link)

10 Minute Shake Up activities are Disney themed games that aim to inspire children to have fun, rebuild confidence in being physically active and develop new and longer-term physical skills through 10 minute bursts of activity.

This resource: - works outdoors and for a range of settings - can be used with small or large groups - is easy to use - requires minimal equipment (cones or other items to mark spaces; tennis balls, bean bags or scrunched-up paper for catching and throwing) - designed for 5-11 year olds.



The poster features a green background with a large yellow circle at the top containing the title 'Elsa's snowball stash'. To the right of the title are two icons: a green and white checkered circle labeled 'Start/Finish line' and a yellow circle with a green triangle, a red star, and a white square labeled 'Props'. Below the title, the text reads: 'Elsa is playing in a snowball fight and she needs as many snowballs as possible. How many can you collect?'. A yellow box with a white border contains the 'Instructions' section, which lists five numbered steps. At the bottom of the poster is a circular image of Elsa, Anna, and Olaf from Disney's Frozen.

Elsa's snowball stash

Start/Finish line

Props

Elsa is playing in a snowball fight and she needs as many snowballs as possible.
How many can you collect?

Instructions

- 1 Scrunch up some pieces of paper and drop them at the finish line. These are your snowballs.
- 2 Stand at the start line.
- 3 On 'go', race to the snowball pile. Pick one up and skip back to the start line.
- 4 Drop the snowball on your pile. Elsa knows that the more snowballs you have, the better. So try to collect as many snowballs as you can.
- 5 Keep going until you've moved all the snowballs to the start line. Who's collected the most? Can the group do it in less time in the next round?

Top tip - remember to recycle your snowballs after the game has finished!




[Your School Games - 10 Minute Shake Up - Race with Woody](#) (link)

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Race with Woody


Start/Finish
line

When Woody goes on a mission to re-unite Forky with Bonnie, he has to travel across the carnival. The fastest way for a cowboy to travel is by horseback. **Are you ready to ride like the wind just like Woody and Bullseye? Saddle up cowboy!**

Instructions

- 1** Get into pairs.
- 2** Stand at the start line. One of you is the horse, one is Woody.
- 3** The person being the horse lies down at the start of the course. Woody picks up their horse's feet, just like a wheelbarrow.
- 4** On 'go', race each other to the end of the course.
- 5** When you get to the finish line switch places and race back.



Appendix 1 Challenge record card (electronic editable version available)

	1	2	3	4	5
	6	7	8	9	10

Name: _____

Appendix 2 Timetable (electronic editable version available)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Break/snack time					
Late Morning					
Lunch					
Afternoon					
Break/ teatime					
Late afternoon					





Appendix 4 – Useful Links (electronic version available)

Looking to continue the fun? Take a look at some of these websites...	
Hounslow Website activity sheets	<u>Synergy (hounslow.gov.uk)</u>
Fun physical activities	<u>www.yourschoolgames.com/active-recovery</u>
The National Trust – indoor and outdoor activities	<u>www.nationaltrust.org.uk/lists/family-activities-for-outdoor-adventures</u> <u>www.nationaltrust.org.uk/features/summer-family-activities-to-do-at-home</u> <u>www.nationaltrust.org.uk/50-things-to-do</u>
Hounslow oral Health promotion team activities	<u>Hounslow Oral Health Promotion Team</u>