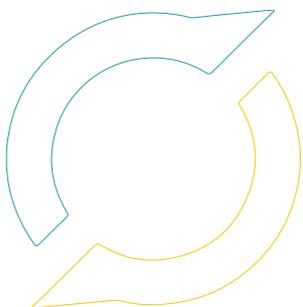


0808 8020 400



Parents,

Schools out and Summer is here! But we at Parentline know that summer is not all fun and games and entertaining kids all summer long can be hard (and expensive!) So we are here to help!

Do you dread your kids asking '*what are we doing today?*'

Has the weather affected that great day out you had planned and now your stuck for ways to make your day just as exciting?

Then look no further. We at Parentline NI have got you covered!

What is it?

We have gathered together some fun, easy and free activities for kids and families. Here's the idea;

Why not cut around each activity, fold it up and put it inside a jar, a bowl, a sock a pillowcase, or whatever you have!!? Give it a mix then let your child pick one out on the days you are stuck for things to do?

AND every suitcase needs a first aid kit, check out our self-care first aid kit for you parents and carers, take care of you!!

Have a lovely summer,

The team @ Parentline NI.

4th Floor
3 Glengall Street
Belfast
BT12 5AB
Freephone: 0808 8020 400
E: parentline@ci-ni.org.uk
W: www.ci-ni.org.uk

Draw together:

Some suggestions:
Your favourite animal
A car
Your family.



Play with toys:

Some suggestions:
Build a castle
Play schools, shopping
Car race



Have a dance party:

“Get your favourite music on and show us your moves?”
Can you do the floss?
Lets see who can do the funniest dance!
Musical statues- stop when it stops.



Play catch:

Practice your catching skills....
Can you catch up high, down low?
To make it tricky – can you catch with one hand?



Play hide and seek:

Take it in turns...count to 20...
Are you clever enough to trick your parents?



Water Play:

Play in the bath?
Or fill a big tub...
Or maybe a paddling pool??
Watch out for that hose



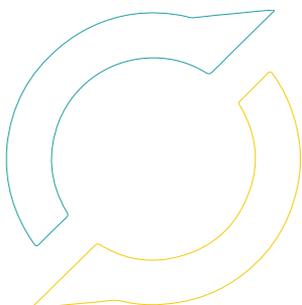
Hold your own Talent Show:

Take turns dancing or singing.... Or are you the funniest in your family? Now is your time to shine!



Make a den/fort:

Use items such as pillows, blankets chairs etc and be sure to send a photo to our Facebook page @ParentlineNI, we would love to see all your ideas.



Play sock wars:



Have 2 teams – Make sock balls from your socks and start throwing! When you get hit you are out, last team standing wins!



Have a treasure hunt around the house or in the garden:

Use items such as toys, teddys or even pretend a spoon is real treasure!



Music parade



Make some homemade instruments.. How about a.....

- guitar from an old shoe box with elastics
- a rattle with rice in a container
- a trumpet with a kitchen roll holder
- drums with pots,pans and spoons

Touch and feel:



Use a shoe box (or cereal box, whatever you have) Decorate it then put an item inside the box and have your children guess what it is. You can use such simple objects as a brush, a toy, a piece of fruit. Get as gooey as you like!

In home obstacle course:



Make an indoor obstacle course using cushions, pillows, small tables, hula hoops. A balance beam can be made on the floor with masking tape, rope or shoelaces tied together.

Teddy bear picnic;



Let your child choose which teddy they would like to bring and pack a bag filled with treats. To include the kids ask them to come up with some ideas of games to play, for example I spy, Simon says, hide and seek...

Go on a nature scavenger hunt:

Why not make your walk fun and exciting with the attached scavenger hunt handout!

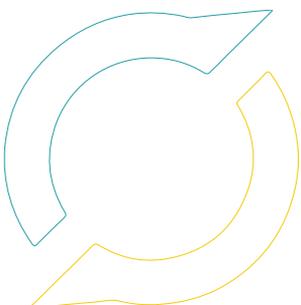


HAPPY HUNTING 😊

Visit your local Museum:



Get dressed and head out for the day to your local museum – its FREE! Pack a picnic too and enjoy some family time in a nearby park.





Shadow drawing:

Using paper, colours and a toy, you can have a lot of fun doing this. If there's no sun try using a torch or a light to create a shadow!



Charades:

Make your teams. Whisper an act to do and let the others guess! This can be a movie, song, book etc.. Only one rule... you can't make a sound!



Arts and craft fun:

Trace around your hand and decorate to make a colourful butterfly!



You can also use your finger prints to make lovely petals on a flower!

Bug Hotel:

Looking for bugs is great fun, especially when you find them and have to chase them a little bit. Build them a hotel using toilet roll holders or plastic bottles then fill them with leaves, soil and some sticks. You can even use flowers!



Homemade Play Dough:



Create your own target practice :

Stack up plastic cups, draw targets on a wall, or use empty bottles. You can shoot at these targets with a gun, throw a ball and even have points on each target – see how many you can knock down!



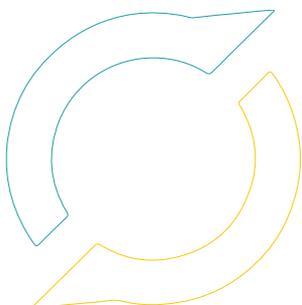
DIY bowling:

Collect some bottles around your home, use a ball or football to see who can knock down the most!



Make paper airplanes and have a race:

Paper planes are so much fun! Decorate how you like then race to see how far it can go. Can your plane carry a secret message?



NATURE SCAVENGER HUNT

BE ON THE LOOK OUT FOR THE FOLLOWING:



CLOVER



PINECONE



BUTTERFLY



FEATHER



LEAF



STICK



BIRD

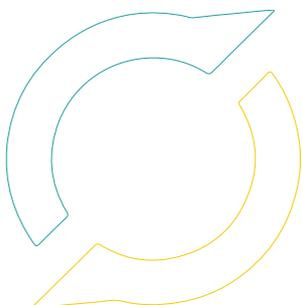


FLOWERS

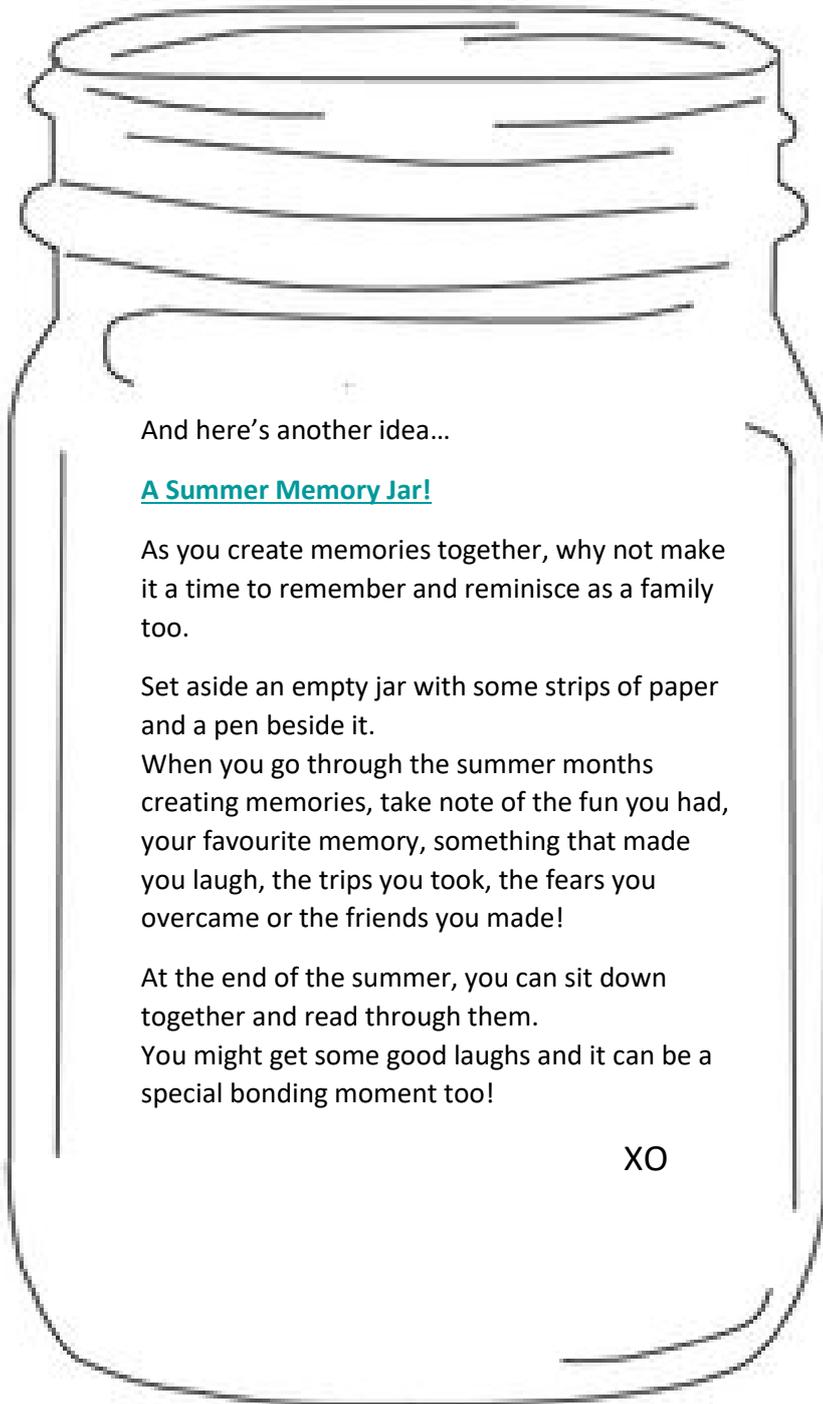


ANIMAL TRACKS

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And here's another idea...

A Summer Memory Jar!

As you create memories together, why not make it a time to remember and reminisce as a family too.

Set aside an empty jar with some strips of paper and a pen beside it.

When you go through the summer months creating memories, take note of the fun you had, your favourite memory, something that made you laugh, the trips you took, the fears you overcame or the friends you made!

At the end of the summer, you can sit down together and read through them.

You might get some good laughs and it can be a special bonding moment too!

XO

While you mightn't be packing a suitcase to go too far this summer we hope this one helps you out and you and your children enjoy some fun times! And hopefully the sun shines!

We would love to hear how you get on, let us know at parentline@ci-ni.org.uk.

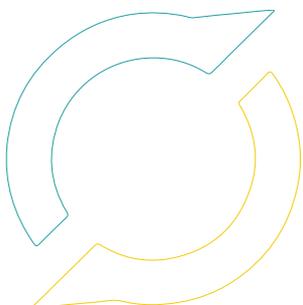
Remember we are here

On 0808 8020 400

Mon-Thurs 9am-9pm

Friday 9am-5pm

Saturday 9am-1pm





SELF CARE
IS NOT
SELFISH.
MAKE TIME
FOR YOURSELF,
YOU ARE
IMPORTANT.



LEMON WATER look at the big picture A CUP OF TEA Listen to MUSIC PRACTICE MINDFULNESS
STRETCHOR DO YOGA TAKE A BREAK THERAPY TAKING A BATH

PRACTICE YOGA SAY NO WHEN YOU NEED TO! have a pamper day Cry READ
take a walk SLEEP FRESH AIR QUIET TIME JOURNALING reach out

SOCIAL MEDIA DETOX MASSAGE MEDITATION sit in NATURE Color Paint Draw CREATE ART!
GET UP EARLY BE CONSISTENT take a nap BOUNDARIES HAVE BREAKFAST

