

Summer Play Ideas



It comes as no surprise to know that when children are bored they tend to push the limits, become irritable and misbehave. Make your quest this summer to keep them playing so they have no time to play up!

Here are some play ideas, and places to find more, so you can keep the family playing through the holidays.

Ideas for play indoors.

- Using video, photographs or drawings create a "Day in the Life of..." diary of your family. Record the events, feelings and opinions in your household to create a great keepsake for the whole family.
- Have a face painting morning, give everyone a turn to become a new character; you'll find a face painting set including instructions at the Early Learning Centre.
- Make your own family favourites recipe book, in a scrapbook draw and write out instructions for your best-loved foods and then make some of them.
- Try junk modelling using old packaging from around the house, PVA glue and paints. Get to work making robots, monsters or vehicles or try other themes of your own.
- Make a necklace using thread or string and macaroni, cheerio's and dried apple rings.

Ideas for play outside.

- Go on a mini beast hunt looking for bugs in the garden, compete to be the first to find a wood louse, ladybird or hoverfly.
- Make a pet rock, using a large pebble paint it to look like an animal or put a face on it, an adult can varnish it to complete the look. What will you name your pet rock?



Summer Play Ideas

- Collect twigs, leaves and seeds from round the park or garden and paste them onto card to make a collage.
- Try out some traditional games from your own childhood; do you remember how to play hopscotch, musical statues and grandmothers' footsteps?
- Play at catching bubbles, have someone blowing bubbles whilst the rest of you chase and pop as many as you can.

Play away from home.

- Make a simple walk more interesting by playing I Spy or create a home made list of things to spot, see who can be the first to spot a yellow dog, a brown bird or a black cat.
- Visit the many child friendly National Trust properties, such as the Museum of Childhood at Sudbury Hall and the farm at Shugborough Estate. You can find out more, including the cost of family membership, by calling 0870 458 4000 or emailing enquiries@thenationaltrust.org.uk

For more play ideas try your library or bookshop for "365 TV free Activities For Kids" by Di Hodges, "365 Things to Make and Do" by Paragon Books or "The Little Book of Outdoor Play" by Featherstone and Persse.

For ideas online try:- http://www.bbc.co.uk/cbeebies/grownups/things_to_do/

SureStart

For more information on SureStart services please call 01782 425883

Written by Claire Halsey

Consultant Clinical Psychologist