

THE  
AYLSHAM  
COMMUNITY  
TRUST  
(FAMILIES)

**It takes a Whole Community to Educate a Child**

# Summer Holiday Family Learning Activities

A selection of summer themed activities perfect  
to enjoy together as a family.



# Pom Pom Turtles

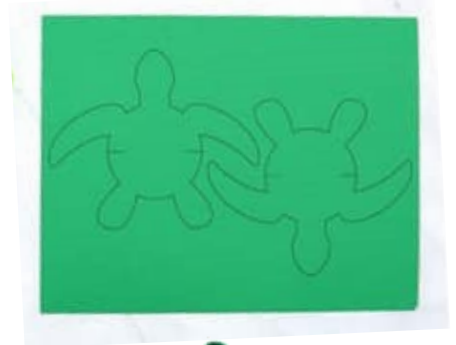
Pom poms are fun to make and can be used in lots of different ways.  
This is a fun and easy craft for children of all ages.

## You will need:

- Card in your choice of turtle colour
- Card for making pom pom
- Wool
- Marker pens
- Glue
- Scissors
- Small piece of white paper

## Method

- Draw a turtle shape on your coloured card and cut it out using your scissors. Cut two small slits in each side of your turtle cut out, these will hold your pom pom in place.
- Decorate the flippers and head with a turtle pattern using your marker pens.
- Draw a pair of eyes on the white paper, cut them out and glue them in place.
- Make your pom pom maker, using tick card cut a rectangle approximately 15cm long and 10cm wide. Then cut a wide groove in the side of the rectangle. (see opposite)
- Wrap the wool around and around the pom pom maker until you have a nice plump bundle of it.
- Tie around the centre and slide the bundle of wool off the cardboard. Tie the centre a second time as tight as you can.
- Attach the pom pom to the paper base by slotting the wool into the side slits and tying it in a knot.
- Trim the pom pom to tidy up and shape the shell how you like it.





# Moon Sand



This moon sand recipe is so much fun. The texture is soft and crumbly, but it also moulds really well into different shapes.



## You will need:

- 8 cups of plain flour
- 1 cup of baby oil
- Mixing bowl
- Wooden spoon
- Play dough moulds
- Tray
- Air tight container for storing your moon sand



## Instructions:

- Measure 8 cups of plain flour and 1 cup of baby oil and add them to a large bowl.
- Use a wooden spoon to stir the flour and baby oil together until combined. It will take about 5 minutes. It is done when the texture is consistent and the flour is mouldable with a spoon. Use your hands to knead it to make sure the flour at the bottom is mixed in.
- Your moon sand is complete, enjoy!



Tip: Keep your moulds dry to avoid the moon sand sticking.



It is possible to colour moon sand however liquid food colouring doesn't mix well with oil so you will not have a consistent colour.



**Moon sand lasts for 2-4 weeks in an airtight container or zip lock bag.**

# Frozen Berry Yogurt Bark

This simple fruity frozen yogurt recipe makes a perfect quick snack or healthy pudding. Its easy to whip up with your child, healthy and extremely tasty! Swap strawberries for any berries.



## Ingredients:

- Plain Greek yogurt
  - Maple syrup or honey
  - Strawberries, blueberries or raspberries
- You may also use freeze dried strawberries which are available from many supermarkets.

Important - If you have a food allergy/intolerance please select appropriate ingredients.



## Method

- Line a baking tray with parchment paper.
- In a medium sized bowl or jug mix together the yogurt and maple syrup.
- Spread the yogurt evenly in the tray but not too thinly as it will break too easily.
- Sprinkle with the strawberries.
- Freeze for a few hours until completely frozen. Allow 4 hours for a 20cm square tray.
- Remove the frozen yogurt from the tray and peel off the parchment paper.
- Break into pieces and enjoy!



Try out any toppings, nuts, chocolate or peanut butter!



# Fruity Breakfast Bars

These breakfast bars are super quick to make. Store them in an airtight container and enjoy them at any time during the day. Makes 16 bars.

## Ingredients:

- 1 x 397g can condensed milk
- 250g rolled oats
- 100g sultanas
- *Optional 75g shredded coconut, 125g unsalted peanuts, 125g mixed seeds (pumpkin, sunflower, sesame)*

## You will also need:

- Foil tray or baking tin
- Vegetable oil for greasing

**Important -If you have a food allergy/intolerance please select appropriate ingredients.**



## Method

1. Preheat the oven to 130°C /110° fan oven, gas mark  $\frac{1}{2}$ . Grease a 23 x 33 x 4cm baking tin/ throwaway foil tray
2. Warm the condensed milk gently in a large pan. (Don't over heat, it only needs to be a little bit warm to make it slightly runnier)
3. Meanwhile, mix together all of the other ingredients and then add the warm condensed milk using a rubber spatula or wooden spoon and mix well.
4. Spread the mixture into the greased baking tin/ foil tray and press it down with the spatula or use your hands to even the surface (make sure you have washed them first!)
5. Bake for 1 hour, then remove from the oven and after about 15 minutes, cut into 16 chunky bars.
6. Allow to cool completely. Enjoy!



# Easy Cardboard Weaving

Weaving creates beautiful bright and colourful decorations.  
Look out for beads and wool in your local charity shops which will make this a cheap and easy activity.

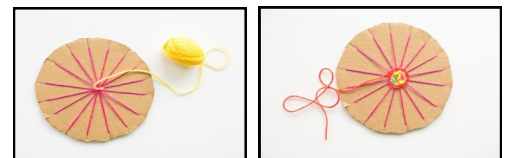
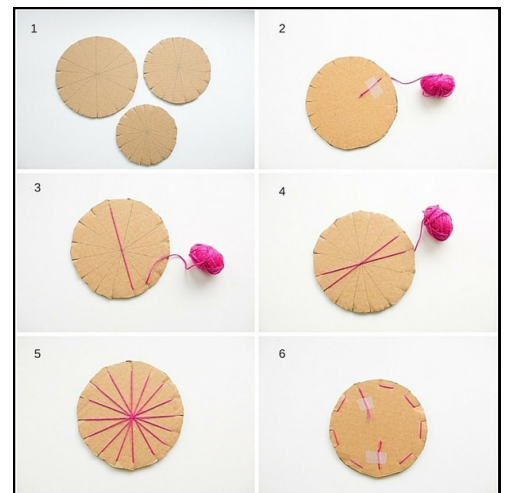
## You will need:

- Various coloured wool in different textures (we used both chunky and fine wool)
- Cardboard
- Pencil
- Scissors
- Tape
- Assortment of beads



## Instructions:

- Find various circle objects in your home and trace them onto the cardboard. Cut out the circles.
- Draw spokes on your wheel with a pencil and cut small notches at each end, you can have an odd or even number of spokes.
- Tape a piece of wool to the back of your cardboard circle. Run the wool through one of the notches and then run the wool to the opposite side pulling the wool through another notch to hold it in place. Repeat until you have wool that follows all of your pencil lines. Tape the wool to the back. This is your loom.
- Tie the wool you are weaving with to the centre.
- Go around the circle weaving your wool over and under, add beads along the way and if you would like to add wool simply tie it to the wool on the loom.
- When you have completed your circle of weaving tie the end of the wool to the loom.



# 50 free activities to do with your child

1. Have a Teddy Bears picnic
2. Make shadow puppets
3. Go to the library
4. Make some playdough
5. Paint your patio with a paintbrush and some water
6. Make bunting and placemats for a Picnic in the garden.
7. Feed the ducks at the park
8. Freeze some little plastic toys in ice cubes
9. Make moon sand
10. Make fairy cakes
11. Draw in the garden with chalk
12. Play with cardboard boxes
13. Water the garden
14. Visit the beach and make sandcastles
15. Make a paper bag bear puppet
16. Do some colouring
17. Try painting with flowers
18. Make an easy bird feeder
19. Go bug hunting
20. Go for a walk in the woods
21. Make ice lollies with fruit juice
22. Draw a treasure map and have an indoor treasure hunt
23. Paint with cotton wool buds
24. Play Pooh Sticks
25. Make paper aeroplanes or boats
26. Make a mud kitchen in your garden
27. Go on a colour hunt
28. Draw on shells
29. Build a den
30. Make perfume out of flower petals
31. Make a paper plate sea collage
32. Have a play date with friends
33. Play catch a ball
34. Make fruit kebabs
35. Visit a free local museum
36. Play I Spy
37. Make a Cheerio necklace
38. Play football
39. Make a rain catcher
40. Go crabbing
41. Make cards to give to family and friends
42. Play Simon Says
43. Do potato printing
44. Visit a play park
45. Make a smoothie
46. Read or listen to a story
47. Try forest bathing
48. Make homemade lemonade
49. Bird watch in your garden
50. Ride a bike



There are lots of fun activities that you can do during the Summer holidays to keep your family happy; here are a few ideas:

Get your kids closer to nature with '50 things to do before you're 11 $\frac{3}{4}$ ':

[www.nationaltrust.org.uk/50-things-to-do](http://www.nationaltrust.org.uk/50-things-to-do)

The beach is a wonderful place to be. If you're heading to the coast, take a look at the R.N.L.I advice to help you have fun and stay safe:

[www.rnli.org/safety/beach-safety](http://www.rnli.org/safety/beach-safety)

The countryside is a beautiful place to walk and have picnics: The Countryside Code is a guide to enjoying parks and waterways, coast and countryside:

[www.gov.uk/government/publications/the-countryside-code](http://www.gov.uk/government/publications/the-countryside-code)

Explore walking and cycling trails across Broadland and Norfolk:

[www.southnorfolkandbroadland.gov.uk/market-towns-visitor-economy/walking-cycling-broadland](http://www.southnorfolkandbroadland.gov.uk/market-towns-visitor-economy/walking-cycling-broadland)

Discover Norfolk's Deep History Coast:

[www.visitnorthnorfolk.com/Deep-History-Coast](http://www.visitnorthnorfolk.com/Deep-History-Coast)

Discover and learn about Norfolk's wildlife:

[www.norfolkwildlifetrust.org.uk/discover-and-learn](http://www.norfolkwildlifetrust.org.uk/discover-and-learn)

Visit one of Norfolk's museums:

[www.museums.norfolk.gov.uk](http://www.museums.norfolk.gov.uk)

Try something new at Hautbois Hall Activity Centre:

<https://hautbois.cinolla.com/hautbois/>

