



# SUMMER HOLIDAY ACTIVITY IDEAS

Here are some fun activity  
ideas for your summer break.

Enjoy!



# Fruity Breakfast Bars

These breakfast bars are simple to make and can be stored in an airtight container for a tasty snack anytime. 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!







# Frozen Berry Yogurt Bark

This fruity frozen yogurt is an easy, healthy snack or pudding that you can make with your child. It's delicious and can be made with any berries instead of strawberries.

## 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!







# 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.**







# Bubble Snakes



These amazing rainbow bubble snakes are a perfect outdoor family activity. They are easy to make and create super cool and colourful long strings of bubbles.



## You will need:

- Empty water bottle
- Scissors
- 1 x child's sock
- Rubber band or parcel tape
- Shallow bowl or container
- Washing up liquid
- Food colouring (optional)



## Instructions:

- Use a pair of scissors to cut off the bottom of a water bottle. Top tip - unlike fizzy drinks bottles water bottles are usually made from a thinner more flexible plastic making them easier to cut.
- Slide the sock over the bottom of the bottle, fold the sock back on itself if it is a bit too big.
- Use a rubber band or parcel tape to secure your sock.
- Pour some washing up liquid into a shallow container with a little bit of water and gently mix.
- To add some colour to your bubble snake put a few drops of food colouring onto the sock covered end. (Be careful this may get messy!)
- Dip the end of the bottle and sock into the bubble solution.
- Blow on the mouth piece of the bottle to make the bubbles. Remind younger children to blow air out and not to suck air in!

