Holiday Activity Pack

for Explore/Discover children.



Designed by Carrie Daniels (SALT) and Sarah Macintyre (OT) at Oakley School

These activity packs are ideas for parents and carers… It is the responsibility of the supervising adult to ensure the child is safe at all times.

How to use this pack of activities

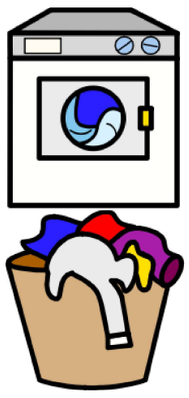
- Summer is a time to kick back and relax but all kids benefit from having a structure to their day. This gives them a sense of control and helps adults too!
- Use a white board or a piece of paper to write the days of the week including weekends and write on activities you will be doing. A blank holiday schedule is included with the pack.
- This pack is designed to give ideas of activities you and your child can do over the holidays to support your child's development.
- Activities have been put into 4 categories – food, clothes, home and actions.
- Each category has activities to support your child's language, learning and physical skills.
- All the activities can be carried out with siblings and other family members and friends too.
- Remember children learn best when they are relaxed and having fun!

Food Activities

Activity	What does it develop?	What will you need?	How to do it!
Cooking 	Fine motor skills Sequencing/problem solving/planning and organising Life skills Following instructions Safety awareness	Recipe Kitchen equipment Food Apron	• Choose a recipe with you child (you could then go shopping for the ingredients – see below). Ideally use a cookbook that has pictures alongside words for each step. The Oakley cookbook is fab! • Get your child involved in the preparation – buying the food, finding the equipment in the kitchen. This will help their organisation skills. • Lots of skills can be learnt in the preparation – weighing out the ingredients, chopping, grating, stirring, reading the recipe. • You could take pictures at each stage and then later get your child to sequence the pictures and maybe write/type the steps. • Clearing up – is a good life skill and as important as the cooking! Washing up can be a good sensory experience!
Sorting foods 	Understanding and naming everyday food items Categorising	Food items Pictures of food	• You can help your child develop their understanding of categorises of different foods (e.g. fruit and vegetables or proteins and carbohydrates). • Use real food items and first talk to them about the different food groups. • Get your child to sort the food items. You could then think of extras. • Your child could use old magazines to cut out pictures of foods and then make different collages depending on the food groups you choose to sort.
Shopping 	Understanding and labelling foods when out and about Vocabulary		• Make food shopping more exciting by getting your child involved in the preparation. • Ideas for shopping lists; write, type, draw the items or dictate into a phone. • This could be the whole list or a select few items your child collects as you go round the supermarket. • Whilst at the shops take the time to name different food items to encourage vocabulary development. • Get your child involved in carrying the basket or pushing the trolley which is good for strengthening their arms and legs.

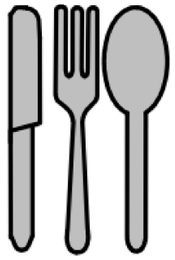
			• Also get your child involved in paying – good opportunity to talk about money. • Help unpack when you get home. You could talk in more detail about the food items thinking of describing words.

Clothes Activities

Activity	What does it develop?	What will you need?	How to do it!
Washing 	Understanding of everyday clothes items Fine and gross motor Matching	Clothes	• There is lots involved in doing the washing from sorting the washing into the basket, loading it into the washing machine, hanging up/pegging it out and then sorting to put away. • Get your child involved in all or some of these steps. • Pairing up socks can be good for matching colours/patterns.
Getting dressed 	Fine and gross motor Motor planning Sequencing Organisation	Clothes	• The summer holidays can be a good time to work on parts of dressing – such as tying shoes laces, fastening zips and small buttons. • Always practise these skills when you have plenty of time, so your child is not rushed. • https://www.kentcht.nhs.uk/childrens-therapies-the-pod/occupational-therapy/dressing-and-undressing/

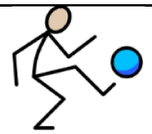
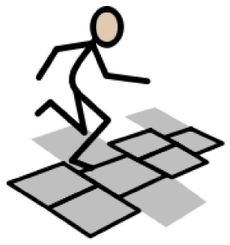
Home Activities

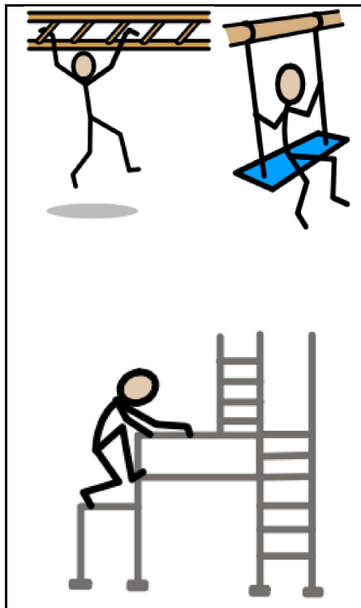
Activity	What does it develop?	What will you need?	How to do it!
Helping around the house. 	Independence Gross and fine motor skills Vocabulary Following instructions	Household items	• Household chores is a life skill for all – even if we don't want to do it! • Maybe your child has a particular room they can keep tidy (their bedroom!) or particular jobs (such as hoovering, emptying the bins, watering the plants or laying the table). • Show your child what to do first. • You could add to it your daily timetable. • The more children do these things regularly the more they take it as a normal activity.
'What's gone?' (Kim's game) 	Memory Vocabulary	Household objects	• Playing Kim´s game is a good way of developing your child´s memory skills and concentration – both skills useful for all learning. • Put 10 things from around the house on a tray - it could be things like a pencil, an orange, some cotton wool, a toy etc.. Ask your child to look carefully at them for about thirty seconds. Then take the tray away and ask them to call out what they remember. • Another way of playing the game is to cover the things, take one thing away and ask the child to spot what is missing. You can put more things on the tray as they get better. • You might be interested to know that the name of the game comes from Rudyard Kipling's story "Kim" where the character Kim plays this game as part of his training as a spy!

Using cutlery 	Fine motor skills Hand strengthening Co-ordination skills	Cutlery Playdoh/putty Plate Non-slip mat	• Holidays is a good time to practise when there is less time pressure. • Using cutlery: Practise this at non-mealtimes. It is difficult to practise anything when you want to eat! • Use playdoh or putty, a plate with a non-slip mat and some cutlery. • Watch the video on the NHS pod to give ideas. • https://www.kentcht.nhs.uk/childrens-therapies-the-pod/occupational-therapy/meal-times/ •

Action Activities

Activity	What does it develop?	What will you need?	How to do it!
Physical activities 			• Children need to do physical activities every day. Physical activity is essential for brain development. • Using a movement programme such as Activate movement programme (Val Sabine) Activate at Home - Module 7b1 - Weeks 1-6 activities. (youtube.com) is a great programme with movements set to music, without lots of verbal instructions. Do it altogether, for 10 minutes a day, it can really help • Alternatively, Joe Wicks has lots of exercise routines which are fun. 5 Minute Energising Fun Kids Workout | The Body Coach TV - YouTube • Cosmic kids also have some fun activities and includes some relaxation activities. Cosmic Kids Yoga - YouTube • Making an obstacle course using the furniture can be a fun way to incorporate activity and language – under, over, though, around. Encourage your child to come up with a sequence for you to follow.
Ball skills	Following instructions Gross motor skills	Ball: lightweight beach ball/tennis ball/football outside	• Summer is a great time for practising ball skills. If your child is adept at this, use a tennis ball for throw and catch, or throwing against a wall. • Football in the park or practising “keepy uppys” outside can be fun. • If you have 3 small soft balls you could have a go at learning to juggle.

	Co-ordination		• New 01 16 9 CRS 5092 Web (youtube.com) • Or make your own! • How to make juggling balls using rice and balloons - Laughing Kids Learn
Colouring activities 	Fine motor skills Concentration Co-ordination Calming activity	Paper and colouring pencils/pens	• Many kids find colouring calming. Use a colouring book or some sheets attached for ideas. • Use colouring pencils if possible.
Hopscotch 	Gross and fine motor skills, balance, coordination	Chalk, a small stone, level ground outside	• Creating a hopscotch ladder can be fun for many ages. Draw out a hopscotch pattern or help your child to do it, then have a go. Say the words hop and jump to reinforce the actions. • You could get your child to add to numbers they land on together as they jump.
Skipping 	Coordination, balance	A skipping rope	• This is a complex skill that needs lots of practice. Once learnt it is a skill for life and can help with fitness.
Using Park equipment	Gross motor skills, balance, coordination,	Access to a playground for older kids	• A trip to the park to use the equipment can be a great way to release energy and develop physical skills. Encourage your child to use the monkey bars, the climbing frames, the swings. All these things help with sensory integration in a fun environment.

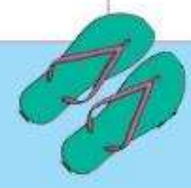
Summer Holiday Planner



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							





Monday
Breakfast
Park
Shopping
Lunch
Tidy bedroom
Dinner

Example

Day

Template


Hello Summer
Let's Doodle!
twinkl

Summer

b	e	e	d	e	f	g	h	d	j	k	z
e	u	o	r	h	r	l	t	h	o	t	x
a	q	t	b	c	o	e	o	g	h	i	j
c	v	m	t	o	p	l	r	w	e	u	s
h	x	y	z	e	t	h	i	t	e	g	e
i	m	k	l	u	r	o	p	d	r	r	a
u	v	s	l	y	z	f	b	c	a	e	s
o	h	u	j	k	l	i	l	o	p	y	i
s	a	n	d	w	w	d	z	y	b	c	d
e	f	n	h	i	j	o	l	m	n	h	e
q	p	y	j	u	v	y	x	i	z	x	b
c	w	e	y	s	w	i	m	s	u	i	t

beach
bee
butterfly
holiday
hot

flowers
sand
seaside
sunny
swimsuit


Shopping List
Bread
Milk
Cheese
Butter
Fruit