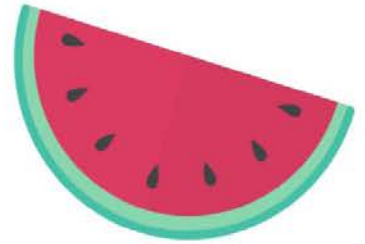


summer activity pack



READY, SET, SUMMER

WORD SEARCH



W	A	T	E	R	P	L	A	Y	A	B
N	I	A	E	R	N	O	T	A	E	H
O	A	E	E	F	N	O	W	E	E	N
L	N	W	T	U	U	P	S	V	E	O
E	R	S	S	R	E	M	M	I	W	S
M	E	O	R	A	R	L	E	E	L	M
R	S	A	N	D	C	A	S	T	L	E
E	A	S	U	M	M	E	R	O	W	T
T	O	H	T	S	A	N	D	A	E	A
A	N	E	E	R	C	S	N	U	S	E
W	B	E	A	C	H	S	N	O	W	H

SUMMER

BEACH

SUNSCREEN

SWEAT

SUN

SANDCASTLE

POOL

WATERPLAY

HOT

SWIMMERS

WATERMELON

HEAT





SUMMER

SCAVENGER HUNT

Challenge yourself this summer! You have 30 minutes to find as many of the below as possible.

☐

beach ball

☐

hat

☐

flip flops

☐

watermelon

☐

ice cream

☐

shorts

☐

water

☐

sand

☐

sunglasses

☐

pool

☐

shade

☐

sun cream

☐

watermelon

☐

water bottle

☐

swimsuit

☐

umbrella

☐

beach towel

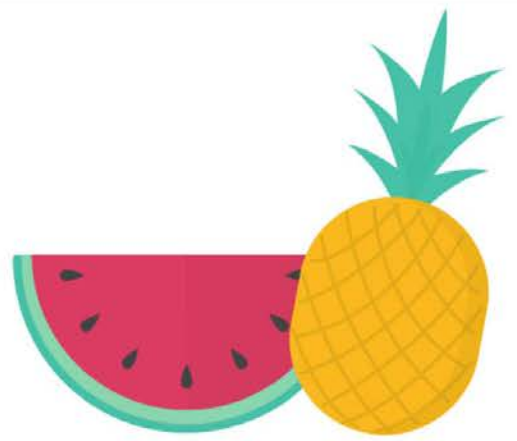
☐

picnic table



SUMMER

Write an acrostic poem using the letters below.



S

U

M

M

E

R

CHICKEN SHISH KEBABS

Ingredients

- 6 chicken breasts, chopped into large chunks
- 2 each red, orange and green peppers , deseeded and chopped into large chunks
- warmed flatbreads , chopped
- tomato and lemon wedges, to serve

For the marinade and sauce

- 2 garlic cloves , finely grated
- 300g natural or Greek yogurt
- 1 tbsp paprika
- 3 tbsp ketchup



Method

STEP 1

Make the marinade by mixing all of the ingredients together in a large bowl. Spoon a third of the mixture into a smaller bowl, then cover and chill until needed. Stir the chicken into the marinade and set aside for 20 mins. Can be chilled for up to two days, covered.

STEP 2

If using wooden skewers, soak them in water for 1 hr before using. Alternately thread the peppers and chicken onto the skewers until you have 6-8 kebabs. You can do this in advance if you like, and chill the kebabs until needed.

STEP 3

Heat a barbecue to medium, or until a thin layer of coals has turned grey. Cook the kebabs for 10 mins, turning occasionally, until the chicken is charred and cooked through. Serve the kebabs with the reserved yogurt sauce, warmed flatbreads, chopped tomatoes and lemon wedges on the side.

TIP

Rain or Shine

The kebabs can also be cooked indoors under a hot grill on a tray lined with foil for 15-20 mins.

EASY APPLE FRUIT DONUTS

Ingredients

- Apples
- Cream Cheese
- Food Coloring (optional)
- Sprinkles

*you'll also need an apple corer or something to make the hole – or you can use a pastry tip.



Method

STEP 1

Slice your apples about 3/4" thick. Use a knife, corer, or pastry tip to make a hole in the centre.

STEP 2

Colour your cream cheese if you'd like. We just added a drop of neon food colouring to get these bright colours. Add sprinkles.

TIP

If you want to sweeten the donuts a bit to cut the tang from the cream cheese, add a drizzle of honey on top.

CLAIRE'S 'TREAT TIME' FRUIT CONES RECIPE

Ingredients

- 50g milk chocolate
- 6 ice cream cones
- 4 strawberries
- 8 green seedless grapes
- 8 raspberries
- 8 blueberries
- 1 nectarine, stoned and sliced
- 6 tsp natural yogurt



Method

STEP 1

Break the milk chocolate into small pieces and put in a microwavable bowl or cup. Melt in the microwave in 20-second bursts, stirring after each burst, until smooth and completely melted. Allow to cool for a few minutes to thicken slightly.

STEP 2

Dip the rims of the ice cream cones into the melted chocolate, then put upright in glasses and leave to set.

STEP 3

Chop 2 of the strawberries into tiny pieces. Reserve 6 of each of the other fruits (including 6 nectarine slices) and cut the leftover fruit into small pieces. Divide the chopped fruit between the cones, filling right to the top.

STEP 4

Cut the reserved strawberries into slices and the grapes and blueberries in half. To decorate, add 1 tsp yogurt to each cone and top with the remaining fruit.

THREE-CHEESE PINWHEEL BAKE RECIPE

Ingredients

- 1 x 325g sheet all-butter puff pastry
- 150g (5oz) fresh tomato and basil pasta sauce
- 3 slices wafer thin ham, torn
- 1 x 250g ball mozzarella, drained and torn into bite size pieces
- 50g (2oz) mature Cheddar, grated
- 2 sundried tomatoes, chopped
- Fresh basil leaves
- 1 egg, beaten
- 5g (1/2 oz) parmesan, finely grated



Method

STEP 1

Preheat the oven to 200°C, fan 180°C, gas 6. Unroll the pastry sheet onto a baking sheet lined with non-stick baking paper and spread evenly with the tomato sauce, leaving a 1 cm border. Scatter with the ham, cheeses, sundried tomatoes and basil. Kids will really enjoy doing this.

STEP 2

Taking one of the short ends, roll up the pastry as tightly as possible. Chill in for 20 minutes or until firm.

STEP 3

Cut the roll into 12 equal slices and place on 2 baking sheets, well spaced apart. Brush the tops with beaten egg and scatter over the parmesan. Bake for 15-20 minutes, or until puffed up and golden. Leave to cool for 5 minutes before serving.

FROZEN BLUEBERRY YOGURT BARK RECIPE

Ingredients

- 500ml Greek-style natural yogurt
- 2 tbsp maple syrup or runny honey
- 1 vanilla pod, seeds scraped, or pinch ground cinnamon
- 250g blueberries



Method

STEP 1

In a medium bowl, mix together the yogurt, maple syrup, cinnamon or vanilla seeds. Stir in the blueberries. Kids will love doing this.

STEP 2

Lightly grease a shallow 16cm x 26cm x 3cm baking tray and line with nonstick baking parchment. Pour in the mixture and spread out so that the blueberries are evenly dispersed.

STEP 3

Cover with cling film and freeze for 2 hrs, or until solid. Cut into finger shapes or long triangles and serve immediately.

TIP

You can easily change the flavours by swapping the blueberries for dried sour cherries or cranberries, fresh raspberries, chocolate drops or nuts. You could also flavour the yogurt with orange or lemon zest instead of vanilla.

FRUITY MOCKTAIL

Ingredients

- Handful of green grapes
- Handful of blueberries
- 4 tbsp grenadine
- 300-400ml orange juice
- Sparkling water , to top up

You will need

- 4 bamboo skewers



Method

STEP 1

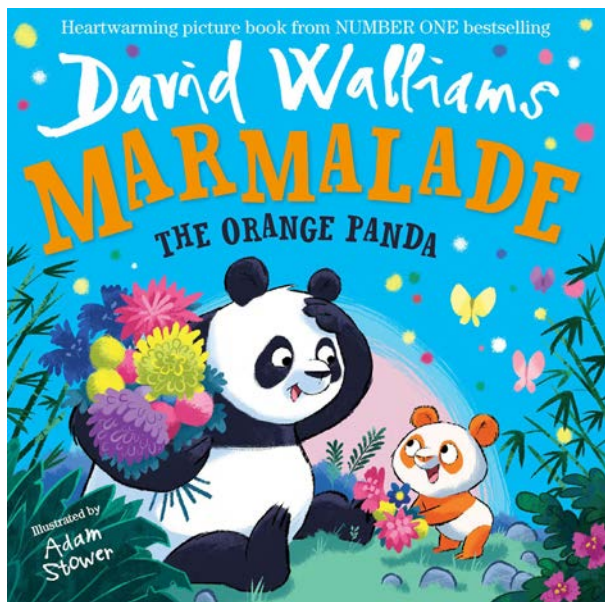
Thread the grapes and blueberries onto the skewers to make stirrers.

STEP 2

Pour the grenadine into four glasses. Gently tip the glasses and pour the orange juice down the inside of the glasses so it sits on top of the grenadine. Top up with sparkling water, and add the stirrers to serve.

SUMMER READING LIST

AGES 2-5

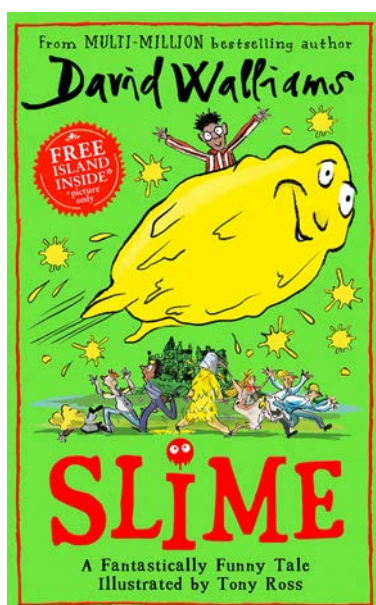


Marmalade: The Orange Panda (Hardback)
David Walliams (author), Adam Stower (illustrator)

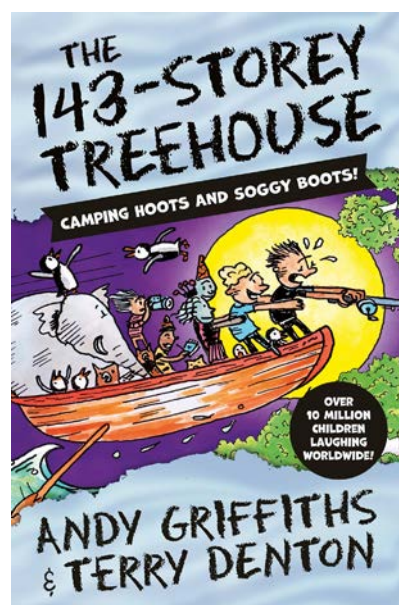


Bluey: The Pool - Bluey (Board book)
Bluey (author)

AGES 6-8



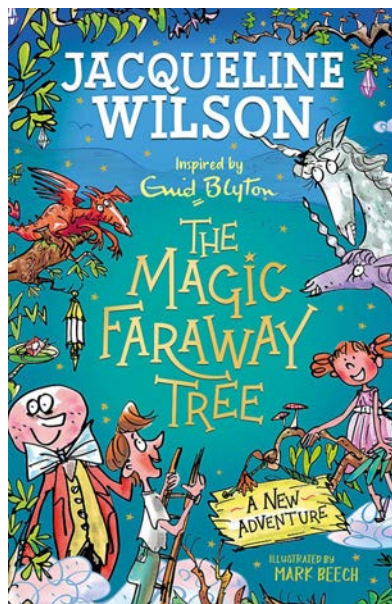
Slime (Paperback)
David Walliams (author), Tony Ross (illustrator)



The 143-Storey Treehouse
Andy Griffiths (author), Terry Denton (illustrator)

SUMMER READING LIST

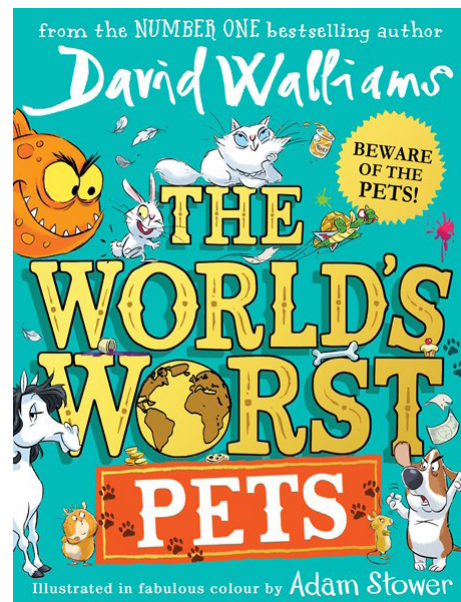
AGES 9-12



A New Adventure (The Magic Faraway Tree)
Jacqueline Wilson (author),
Mark Beech (illustrator)

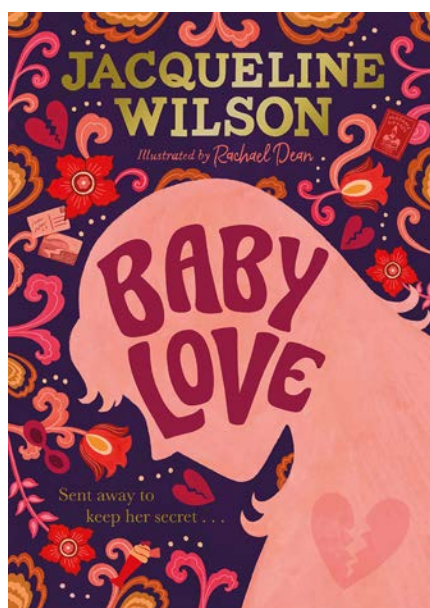


Like a Charm
Elle McNicoll (author)

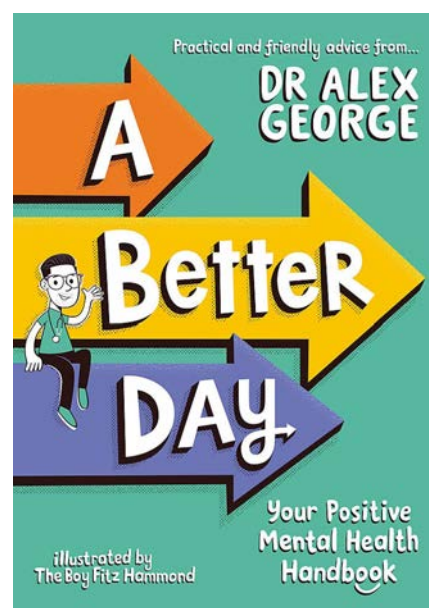


The World's Worst Pets
David Walliams (author),
Adam Stower (illustrator)

AGES 13+



Baby Love
Jacqueline Wilson (author)



A Better Day: Your Positive Mental Health Handbook
Dr. Alex George (author)

SUMMER CHALLENGES

The Popcorn Push ups

All this challenge requires is yourself, a bowl of popcorn and determination!

- 1st step – Learn how to do a push up, either on your knees or if you're feeling extra strong try a full push up.
- 2nd step – when you have mastered a push up put a bowl in front of you and every time you do a push up, stick out your tongue to get a piece of popcorn as a reward.

Catching challenge

All this requires is yourself, a tennis ball, a timer (or someone to count for you) and an open space.

- 1st step set up and start a 30 second timer
- 2nd step, throw the ball in air and see how many times you can throw and catch the ball in 30 seconds.

Jumping jacks

- How many star jumps can you do in 1 minute?

Pick a song and learn a new dance!

