



Summer Holiday Optional Activities

Spread the Happiness Summer 50 Things To Do This Summer!

We would love you to work on the 50 Things to do this Summer! You are welcome to share these with us on Facebook and Twitter #spreadthehappiness ☺

50 Things to do this summer 2020
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- Pick a family anthem for the summer, play it everyday
- Make pom pom bunting
- Make a Native America Headdress and have a pow-wow
- Learn a few words each day from a new language - Try the Duolingo app
- Make a hobby horse and have races
- Have a sing song around a camp-fire (real or pretend)
- Make a fan from paper
- Make a postcard (sealed envelope) and send to a friend or relative
- Do a town /area trail
- Have a pizza and pasta night
- Watch a black and white movie with popcorn
- Have a 50/60/70 s Day (Digital Detox)
- Make homemade ice-cream - Mary Berry has a non-churn one
- Make pancakes with different toppings
- Design and make wrapping paper
- Do potato/fruit prints
- Make a pirate ship out of a large box
- Make a puppet theatre and puppets from card on sticks
- Do a puppet show with ice creams for the audience
- Play pin the tail on the donkey
- Have a session not talking but communicating by gestures
- Do some laughter yoga - Click here for our website or Robert Rivest - Click here for a link
- Make playing card towers, who can build the highest?
- Paint a t-shirt
- Make an analogue clock
- Make a sock/tights snake
- Have a country of your choice holiday day
- Make treats for a homeless hostel or care home
- Have a bake sale for a charity
- Go to a charity shop and find a game to play
- Play the traffic light game - Click here for link to activity
- Have a pillow fight
- Make magic potions with food colouring, water and shaving foam
- Make a car/vehicle from a large box
- Play What's the Time Mr Wolf
- Learn old traditional songs like Lavenders Blue, Waltz in Matilda, See Spread The Happiness TV YouTube
- Make a paper windmill
- Learn to play movement games like 'In and Out the Dusty Bluebells', 'Oranges and Lemons'
- Make your own art gallery
- Visit a zoo/wildlife park/animal sanctuary
- Make stick wigwams for toys (or even try bigger!)
- Build mud sculptures
- Be astronomers and lay under the stars, try and identify some of the constellations
- Make silhouette pictures
- Make a shadow clock
- Have an afternoon tea party with home-made scones, sandwiches and cake. Invite neighbours
- Do some flower pressing. You can use these later in the year to make cards/pictures
- Design your own Hokey Cokey type dance routine and dance around the house, garden together
- Play leap frog
- Have an end of summer party reviewing all the things you have done and record in some way

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APPLE FRUIT
"DONUTS"



Using yoghurt and food colouring, can you use cut apples to create 'donuts'? They look delicious!



Can you make banana lollies?
Use the recipe below ☺

Ingredients

- 2 bananas
- 4 large strawberries
- 100g natural yogurt
- 200g dark chocolate
- 1 tbsp hundreds and thousands

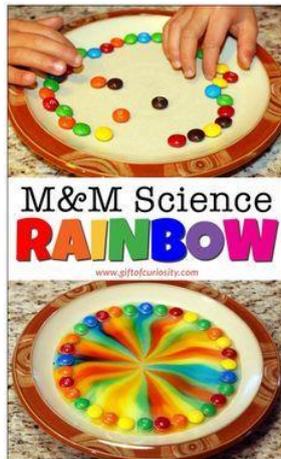
You will also need:

- 4 wooden lolly sticks

Method

1. Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.
2. When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.
3. Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.
4. Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.
5. The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.

EYFS & KS1
(Year 1 & 2)



Using water and M&Ms, see if you can re-create this science experiment!

A great way to get kids to try more fruit... Aim for a range of different flavours and textures, like fig, plum, cherry, kiwi, apricot, watermelon, pineapple and strawberry. Encourage them to give each one a score out of five and try and grow some of the more popular ones. Strawberries and blueberries always go down well. Plus now you know which ones can go in the lunchboxes come September!

Make ice lollies with fruit juice by pouring juice or squash into ice cube trays and sink in little wooden lolly sticks before freezing them. In an hour or two, you should have mini lollies to enjoy!

Have a cultural evening/day - pick a country and try the food they eat there, listen to music from that culture.

LKS2 (Year 3 & 4)

- Design a summer menu from a place you have been on holiday in the past.
- Spread the Happiness Challenge: Have a Pizza and Pasta night.
- Visit a member of your family and take some cakes or biscuits that you have made, you could ask them to give you a score out of 10 for your cooking.
- Look at what people eat in other countries maybe a place you would like to go on holiday. Cook a recipe from there with your family and get your families feedback about what they thought.
- Have a go at being a chef for the night. Plan a meal for your family and cook for them (you may need some help from an adult as well).
- Make some ice-lollies for you and your family. You can add fruit to yours if you like?
- Have a competition with your family, who can make the most interesting snack. Here is some inspiration for you.



- Make your own ice-cream and eat with your family on a sunny day! What flavour is your favourite? Can you invent your own flavour?



- Create a BBQ menu and then cook and create the food.
- Have a food tasting day - try Indian, Chinese or some new cuisine that you haven't tried out before!
- Write a menu for visitors from another country to try out some very English foods.

UKS2 (Year 5 & 6)

- Try some out [some](#) sweet baking recipes to keep the whole family happy and entertained!
- Keep a record of the fruit and vegetables you eat over the next three days. How close can you get to 5 a day? Don't forget to include fruit and vegetables hidden in other foods, for example: onion, tomato and carrot in spaghetti bolognese.
- Try one of [these](#) beginner's recipes from BBC Good Food and see how you do!





Using chalk on the pavement or pen and paper outside, can you use some toys to draw around their shadows? What happens to the shadow outline if you leave them for a while outside? Explore why the shadows move!

I know lots of you and your families aren't able to go on holiday this year, so why not bring your holiday to you. Create a camp site in your front room.

Find those sleeping bags and snuggle up with a hot chocolate and a film. You may want to think about what food you may have eaten on holiday. Why not help a grown up cook a fakeaway!

Make a model light house. Where might you find a lighthouse? What is a lighthouse used for? Can you find a story which has a lighthouse in it?



Create a mini indoor garden in a shoe box.

Pick the prettiest varieties of flowers and place them between a few sheets of paper. Press them flat between the pages of a large book and close it. Pile heavy objects or other books on top and leave for a few days.

Have a campout in your garden - be a star gazer for the night

Create a sculpture/dream catcher/wind chime using items collected from a nature walk.



Create a summer scrap book - collect pictures, items, tickers from all your summer adventures.

Create a happiness box - fill it with all your favourite things/pictures of things that make you happy.

Little Passports
A GLOBAL ADVENTURE™

Summer Scavenger Hunt

Calling All Explorers

Grab a friend and head outdoors! See how many items you can find on the list and don't forget to check the items off as you go. Happy exploring!

- Grass
- Bark
- Tree
- Insect
- Wildflower
- 3 types of leaves
- Spider web
- Bird
- Flip flops
- Ice cream
- Sunglasses
- Sunscreen
- Frisbee
- Bathing suit
- Sprinklers
- Watermelon

Summer Self-Care



Get Outside
Take a long walk
Read outdoors
Plant a garden



Get Pampered
Have a spa day
Get a massage
Treat yourself



Get Wet
Go swimming
Have a water fight
Take a bubble bath



Get Crafty
Try a new recipe
Transform old clothes
Create a vision board



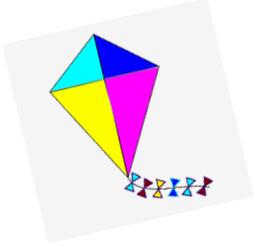
Get Sweaty
Go for a jog
Practice yoga
Try a new sport



Get Personal
Start a journal
Practice mindfulness
Call an old friend



EYFS & KS1
(Year 1 & 2)

<p>LKS2 (Year 3 & 4)</p>	<ul style="list-style-type: none"> • Can you set up your own beach inside a play tent or in your garden? If we can't go to the beach we can bring the beach to us! • Photograph one photo each day of the holidays and then make it into a movie - called the Summer of 2020. • Water balloon toss. Fill up a balloon with water and with a family member, see how many times you can throw it to each other before it pops. • Have a look at this link with an adult. Can you try and make this ocean slime: https://buggyandbuddy.com/ocean-slime-recipe/ you can then write a set of instruction explaining how you did it. • Watch this video and have a go at making and flying your own kite. https://buggyandbuddy.com/make-kite/ • Design your own sunhat or clothes that you could wear to the beach, how colourful will yours be? • Apply for a Blue Peter badge there are doing 6 badges of summer, which badge will you try get?   
<p>UKS2 (Year 5 & 6)</p>	<ul style="list-style-type: none"> • Use Google's coding tutorial games to become a coding whiz! • Start a Book Club with some friends - everyone reads the same book or chapter and then get in touch to talk about it. You could use www.lovereading4kids.co.uk to pick some extracts to read! • Write a postcard from your favourite holiday destination - imagine you've spent a relaxing summer there! • Cloud spotting - what images can you find in the clouds? Take a little bit of time and have a look. <ul style="list-style-type: none"> • Photography - photo a plant at the same time every day for 2 weeks, look at the changes, differences. Or take photos of your feet in new places - take a photo of your feet in new/different places they have visited • Design a Summer PE routine for you and your family. • Observational sketching - when you go out for a walk or a day trip, spend some time sketching what you can see. • Have a pen pal - write a letter to one of your friends and post it to them! 