



# School Holidays with the kids

Tips to keep the kids occupied at home during the school holidays.

School holidays can be a great time to get out and about with the kids. However there are lots of things you can do at home to keep everyone amused.

## Get creative

Art is a wonderful way to engage children of all ages. Build a kite, paint a masterpiece or make a collage.

## Movies

Heat up some popcorn and head to the couch. Netflix, Foxtel or free to air all have great movie options to keep viewers of all ages interested.

## Make Cards

Get a head start on Christmas, or any occasion, by decorating cards now.

## Cook

There is no shortage of fruit and vegetables, so school holidays is a great chance to get the kids involved in learning how to make a nutritious meal like vegetable soup or a stir-fry.

## Camp out

Pull out the camp gear and set it up in the backyard. Whether you sleep under the stars or not, this is a great activity for day or night. Add in a scavenger hunt in the garden or toasting marshmallows over the bbq, then you've got the full camp experience.

## Move the furniture

Turn on the music and choreograph a dance, make a cubby out of the table, make a giant duplo building or a long hotwheels track down the hallway.

## Redecorate

One for the older kids - have them re-organise and decorate their bedroom.

## Stay active

Ensure your children are keeping active. Dust off your bike and head out onto your local trail, have a picnic in the park or set it up in the backyard. Play a game of soccer or hide and seek or set up a treasure hunt.

## Science experiments

There are lots of opportunities for science experiments using just what's around the house: make slime, grow a grass head, inflate a balloon with fizz! There are an endless number of experiment methods to be found online.

## Get out the camera

Pick a theme and let your budding photographer go. Perhaps a nature theme or portraits. Make it a competition or better yet, let them pick their favourite to print.

## Make a movie

Great for slightly older children, they can write, act and direct their own movie while you play cinematographer recording on your phone with a coffee in hand!

## Timecapsule

Prepare a time capsule with the kids and bury it for a few years. Include items that represent the children's hobbies and passions and have them write letters to their future selves. This is also a good opportunity for them to list their anxieties about what is happening in the world and to bury those too.