

## 65 Fun Things to Do with Your Family

Teach your children how to play by helping them with the following (cheap) activities during the school holidays...

### In your own backyard or neighbourhood

1. Make home-made kites to fly during summer
2. Play Frisbee in the backyard
3. Teach your dog how to heel, sit, lie-down, stay and come to you !!! Then take him/her for a walk in one of the dog exercise areas... and see if he can obey you away from home!
4. Make a homemade billycart then find a safe place to do time trials or races (use correct safety gear including helmets)
5. Locate a great picnic spot and make the food to go in the hamper for a picnic the next day
6. Look through the old toy box and re-discover Totem Tennis, table tennis and other games you may have stored away
7. Borrow 2 racquets and teach your children how to play tennis at the local court
8. Learn how to play 1 on 1 basketball at the local court {or get 6 people for a game of 3 on 3}
9. Take a walk at dusk with your children to see how many "after dark" animals you can find in your neighbourhood
10. Run a mock Olympic's for the neighbourhood children
11. Make stilts from cans and string
12. Plan a scavenger hunt
13. Phone your local sport and recreation centres and find out what activities they offer and how you and your children can try them

### Go to the Beach

**Remember to Slip, Slop, Slap AND always watch children who are playing near water!!!**

14. Have a sandcastle competition
15. Learn how to swim safely in the surf... Ask your local surf club for details
16. Learn how to body surf or boogie board
17. Go scavenging for shells along with other bits and pieces... then make a beach mobile!
18. Learn how to fish or net for "tiddlies or whitebait"
19. Find out which beaches allow dogs, and take the dog for a walk on the beach (take a bag for any droppings)
20. Beach cricket (or Tipperty Run, or French Cricket)
21. Beach soccer
22. Beach touch rugby
23. Modify other games for children to play
24. Play catches OR tag
25. Set up a treasure hunt complete with treasure maps and treasure
26. Fly your home-made kite
27. Play volley ball with a big beach-ball over a rope between 2 poles - in or out of the water
28. Play Frisbee Golf (trying to get the Frisbee in to the bin, hole or similar)
29. Find a quiet corner to try a spot of snorkelling
30. Stage the Summer Olympics... Long jump, running races, hurdles over sand humps...

### Go to the bush

**Careful not to get lost... Stick to the tracks!!!**

31. Ask your local council about the walking trails in your area... then go exploring!
32. Make a list of great spots for picnics then visit them... take the cricket bat or footy along!
33. Learn how to read a map... Then make a map which shows a safe bike route to school or a friends place
34. See if you can sneak up on rabbits at twilight
35. Take a book about the stars to the bush in the early evening. Try to find the different constellations
36. Play hide and seek in a set area - careful not to venture outside the boundaries - its easy to get lost in the bush!!!
37. Use a library book to help you identify the bird life or flora on your wanders
38. Go tad-poling! Locate them then watch them change each week!
39. Mountain bike down a local mountain if tracks are suitable

### Go to the City

40. Find out if there are any historical walk maps you can follow
41. Find out if there are any special activities for children in the parks during the holidays
42. Find out if there are any other activities for children during the holidays
43. Take a walk around the Museum
44. Take a picnic lunch to the park - invite a friend who works in the city to join you
45. Go for a walk around the Botanical Gardens

## Go to the River

**Choose spots for river activities carefully. Ensure that there is very little current and the water is only knee deep... Ensure whoever is watching the children can swim and knows CPR.**

- Find out if there is a bike track around the river then:

46. Bike it
47. Roller-blade it
48. Walk it

49. Learn how to fish using a branch, cat-gut, a hook and sinker!

50. Make paper / wooden boats and race them down a shallow stream (careful not to fall in). Walnut shells with plasticine to stick a toothpick and paper sail in work well too!

## Go to the Pool

**Make sure there are lifeguards on duty and that your children know how deep they are allowed to go! Always watch children carefully near water Keep a careful watch!**

51. Learn how to swim using a variety of strokes

52. Learn how to dive from the diving board

53. Play chasing games that you play on land in the pool..... tag, chain tag, tag across the pool with the catchers in the middle

54. Diving for objects - (make sure the objects are clean and appropriate for pool use)

55. Tpsi-Turvi Swimming Races - using 2 different strokes{(butterfly legs with breast-stroke arms OR dog-paddle arms with breast-stroke legs)}

56. Handstands competitions in the water

## Go to the Parks

57. Study the habits of the local ant colony

58. Go netting for butterflies then draw them before releasing them - remember not to touch them

59. Learn how to play life-sized chess (or chequers using chess pieces) in the park

60. Learn how to skateboard at the local skate park

61. Play "Hide and Seek "

62. Play "Sardines" (where 1 person hides, and as the other people find them, they hide with the person)

63. Make your own kite then fly it in the local parks

64. Learn to do handstands - then have a competition

65. Find out if **Life. Be in it.** are running any activities for children these holidays

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