



## 21 Simple Activities to do with your child these holidays

- Those Barbies / Babies / action men** you bought them – let them play!
- Pull out the big jigsaw puzzle** (big enough to be an age appropriate challenge, not so big it is too daunting for them to even attempt) as a family jig where bits can be built / added over a period of days OR pull out smaller fun puzzles for them to build in one sitting. Younger kids: cut a couple of post cards in half and get your littlies to match the correct halves together.
- Make a project** – you've got the time! Get creative with your kids with age appropriate ideas in the free Holiday Survival Guide from Crafting Kids.
- Play 'Kim's Game'** over breakfast – select 10 to 15 (depending on age & ability) arb items (pencil, cotton, calculator, eggbeater, sharpener, button etc etc); place on a tray. Get child to look at the tray for a minute; remove a couple of items & see if your child can tell you what is missing.
- Bake a cake / biscuits / muffins** – take them to the next door neighbour if you are watching your waistline! Some suggestions for child-friendly recipes from Tots 'n Pots at [www.momsmatter.co.za/news/403](http://www.momsmatter.co.za/news/403) .
- Write a letter** to granny (OR WHOEVER!), draw a picture and physically put it in an envelope & post it.
- Pull out the baby photos / old albums / wedding album** & page through together with your child, sharing stories, answering questions etc.
- READ your child a story.** Go to the public library ... often!
- Adapt your old varsity / college drinking games** to drill those tables: one frog – two eyes – four legs – into the pond – kaplonk. Two frogs, four eyes, 8 legs, into the pond , kaplonk, kaplonk etc OR bottles & tops where you count & multiples of 5 = bottles & multiples of 10 = bottles: 1,2,3,4, tops, 6,7,8,9,bottles, 11, 12, 13,14,tops,etc, etc
- Pull out the sand art.** Join in the fun, do one, too!
- Get some felt & wool & teach** your child blanket stitch (or to knit / crotchet / french knit / make scuby wire key rings)
- Plant something new** in the garden together. Grow beans in cotton wool. You have 4 weeks to watch them grow!! Grow a mealie seed at the same time & compare the differences.
- Colour in a picture together.** Download colouring images: [www.momsmatter.co.za/news/402](http://www.momsmatter.co.za/news/402)
- Have a picnic in the garden / Prepare a meal together.** Teach them to set the table / butter toast / put a salad together / peel potatoes
- Visit the SPCA** (take a tin or two of dog food with you!)
- Spring Clean the kids room(s)** & take the too small to wear clothes & outgrown toys to an orphanage in the area.
- Play board games** – there is life beyond Monopoly – thank goodness!! Look out for toys made by Thinkfun – brilliant games for cognitive development.
- Hang out the washing together** / fold away the washing together – anyone remember the simple joy of “pulling sheets”???
- Buy a country bunch of flowers** – arrange them together & take them to an old age home / an elderly person you know.
- Take sandwiches you have made** together & some juice to a security guard in the area.
- Visit [www.MomsMatter.co.za](http://www.MomsMatter.co.za)** and find FREE Downloads for even more activities and projects, as well as a comprehensive calendar of events.