100 QUICK AND EASY SCHOOL HOLIDAY ACTIVITIES

PART 1A - 'AROUND THE HOUSE'

1 MAKE A ROBOT OUT OF RECYCLED MATERIALS AND GLUE 	THROW AN 'UN-BIRTHDAY PARTY  2	3  PRINT SOME COLOURING PICTURES	LEARN EACH DAY WITH 'HTTP://TRAINWRECKLABS.COM  4	5  MAKE A 'SHOP' USING PANTRY ITEMS
FLOAT AND SINK ITEMS IN THE BATH 6 	7 TRACE AN OUTLINE OF YOUR BODY AND MAKE A LIFE SIZED 'YOU' 	FREEZE SMALL TOYS IN ICE CUBE TRAYS & CRACK OPEN TREASURES  8	9  TRY FOOD, ART & MUSIC FROM A DIFFERENT CULTURE	MAKE A WIND CHIME  10
11  MAKE A PASTA OR BEAD NECKLACE	FINGER PAINT  12	13 MAKE POTATO STAMPS 	PLAY 'THE FLOOR IS LAVA'  14	15  GOOGLE SCIENCE EXPERIMENTS
FOLLOW A YOGA VIDEO TUTORIAL 16 	17  HAVE A 'SPA DAY' AT HOME	WATCH OLD FAMILY VIDEOS TOGETHER  18	19  WATCH A MOVIE	DO A PUZZLE  20
21  PLAY HIDE AND SEEK	HAVE A PILLOW FIGHT  22	23  MAKE A BLANKET FORT	INTERVIEW ONE ANOTHER  24	25  CREATE A SECRET HAND SHAKE

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OT SENSORY MOTION RESOURCES

100 QUICK AND EASY SCHOOL HOLIDAY ACTIVITIES

PART 1B - 'AROUND THE HOUSE'

26 MAKE KINETIC SAND



LEARN TO DANCE FROM YOUTUBE 27



28 HAVE A PUPPET SHOW



CONSTRUCT WITH 'LOOSE PARTS' OR RECYCLABLES



29

30



MAKE AN OBSTACLE COURSE WITH FURNITURE AND PILLOWS

DRAW ON AN OLD T-SHIRT WITH FABRIC MARKERS 31



32 HAVE A DANCE PARTY



PLAY A BOARD GAME 33



34



MAKE 'SHRINKABLES'

PLAY WITH SHAVING CREAM AND FOOD COLOURING



35

36



DO A PARENTS' MAKEUP

HAVE AN AT HOME 'YES HOUR'



37

38



MAKE A TEA STAINED TREASURE MAP

PLAY CHARADES



39

40



HAVE A TREASURE HUNT WITH CLUES

PRACTICE ORIGAMI 41

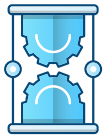


42



HAVE A FASHION SHOW WITH PARENTS' CLOTHES

CREATE A TIME CAPSULE



43

44



SET THE CAMERA TIMER FOR A PHOTO BOOTH

CUT UP MAGAZINES FOR A VISION BOARD



45

46



WRITE AND POST RANDOM KINDNESS LETTERS

MAKE A RUBE GOLDBERG MACHINE



47

48



MAKE HAIRSTYLES WITH HAIR CHALK

PAPIER MÂCHÉ YOUR OWN PIÑATA



49

50



MAKE A CITY OUT OF BOXES

OT SENSORY MOTION RESOURCES

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100 QUICK AND EASY SCHOOL HOLIDAY ACTIVITIES

PART 2 - 'IN THE KITCHEN"

51  'PAINT' COOKIES' WITH FOOD COLOURING	MAKE SMOOTHIES 52 	53  MAKE A BODY SCRUB	MAKE 'OOBLEK'  54	55  MAKE CLOUD DOUGH
MAKE MINI PIZZAS  56	57  MAKE FRUIT KEBABS	BAKE COOKIES OR CUPCAKES  58	59  MAKE JELLY CUPS	MAKE SLIME  60
61  MAKE FACES OUT OF ARROWROOT BISCUITS AND ICING	MAKE BATH PLAYDOUGH  62	63  HAVE A BLINDFOLDED TASTE TEST	MAKE A BOTTOMLESS JUICE BRUNCH  64	65  MAKE JUICE ICE BLOCKS
MAKE NATURAL FACE MASKS  66	67  DECORATE A CAKE (PARENTS CAN'T SAY 'NO' TO INGREDIENTS)			

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100 QUICK AND EASY SCHOOL HOLIDAY ACTIVITIES

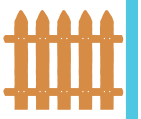
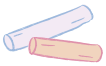
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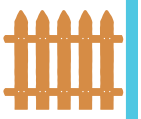
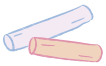
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68 POT SOME PLANTS 	PAINT A FENCE WITH WATER 69 	70  RUN UNDER THE SPRINKLER	DRAW ON THE DRIVEWAY WITH CHALK  71	72 PLAY SOME BALL GAMES 
PAINT THE DRIVEWAY WITH CORNFLOUR 'PAINT' 73 	74  MAKE SHADOW DRAWINGS OF FAVOURITE TOYS	SLIP AND SLIDE ON A TARP 75 	76  EMPTY MILK BOTTLE OR TIN CAN 'BOWLING'	BUILD USING STICKS AND TWINE  77
78  PLAY HOPSCOTCH	HAVE A PICNIC 79 	80  'SPLAT' PAINT WITH SPONGES AND SPATULAS	PAINT ROCKS  81	82  3 LEGGED AND EGG & SPOON RACES
SPRAY PAINT FROM A WATER SPRAY BOTTLE 83 	84  HAVE A WATER BALLOON FIGHT			

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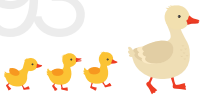
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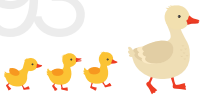
PART 4 - 'OUT AND ABOUT'

85 GO TO THE CINEMA 	GO TO A PARK  86	87  GO FOR A BIKE RIDE	COLLECT STICKS AND LEAVES  88	89  GO TO THE LIBRARY
WATCH OR FEED BIRDS  90	91  WATCH PLANES TAKE OFF OR LAND	HAVE A PICNIC  92	93  FEED SOME DUCKS	GO PLAY IN A TOY SHOP ('NO BUYING' RULE)  94
95 INDOOR PLAY CENTRE 	BUSH WALK  96	97  VISIT A PET SHOP	GET ON A TRAIN AND EXPLORE A CITY  98	99 FIND A MUSEUM 
FIND YOUR NEAREST LAKE, RIVER OR BEACH  100				

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HI, I'M DANIELLE

Becoming an occupational therapist 15 years ago taught me skills. Becoming a parent 9 years ago taught me which to use and which to adapt.

I'm here to support parents, therapists and teachers to balance their own wellbeing and their child's development.. with a lot less stress!

Connect with me for OT, supervision, parent coaching and lots of achievable ideas!

Danielle

Bee Kind

@sensorymotionmama

danielle@sensorymotion.com.au

https://sensorymotion.com.au