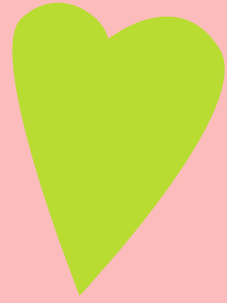


HOLIDAY ACTIVITY PACK

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FOR MANY CHILDREN THE HOLIDAYS HAVE BROUGHT A LAYER OF CHALLENGE TO 'WORKING FROM HOME'. AS A RESULT WE AT TRINS-ELC HAVE PUT TOGETHER A 'HOLIDAY ACTIVITY PACK'.

THE PACK IS AIMED FOR PARENTS TO HELP CHILDREN WHO WILL SURELY ENJOY SOME OF THE FUN ACTIVITIES/IDEAS, TIPS, AND LINKS.

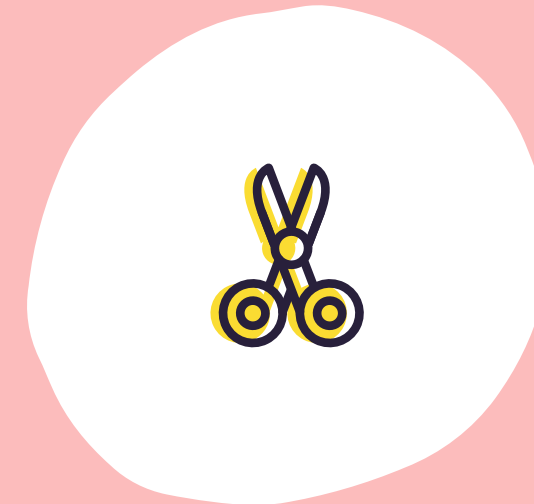
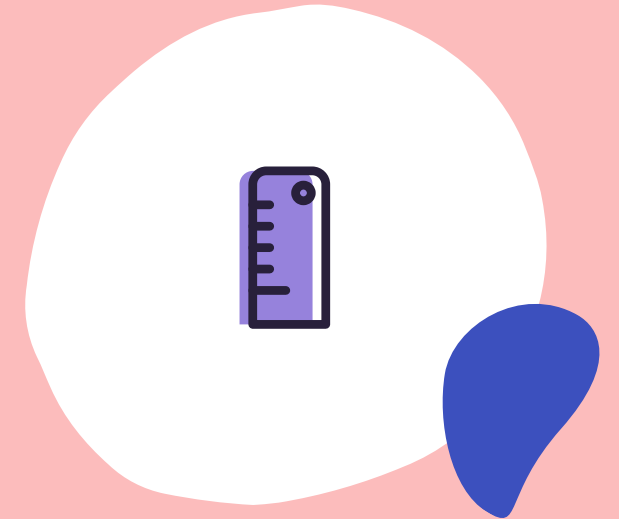
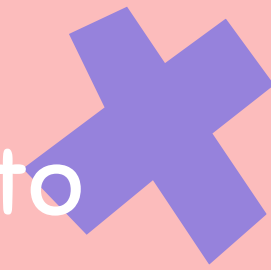




Tips for Parents

Managing the Holidays, Children and your Work

1. Be kind to yourself
2. Focus on your main work/key tasks of the day
3. Plan your day. Make priority lists.
4. Take the pressure off yourself. Share the work.
5. Check if it's possible to work half days
6. Take short breaks between tasks
7. It's okay if the kids are 'bored' it leads to creativity



CONTENTS

There are some great activities, tips, and links for all. It is not an exhaustive list, but it is designed to give you ideas over the coming weeks to keep the energies high and boredom low.

- Virtual Attractions
- Yoga & Dance
- Cooking Fun
- Art & Craft
- Literacy
- Numeracy
- Coloring Fun
- Things to do indoors / in garden
- Scavenger hunts
- Fairy tales / puppet shows
- Free Audio books / sites
- Sensory play



VIRTUAL ATTRACTIONS

1. Visit the zoo

4. Field trip to the animal farm

7. Jungle animals with Blippi

2. Blippi tours a children's museum

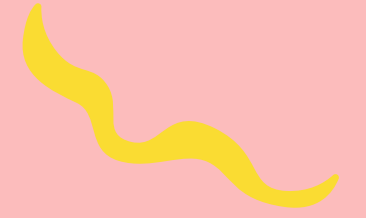
5. Tokyo Disney christmas stories

8. Chicago's shedd aquarium

3. Farmers market field trip

6. Parade at Disneyland park

9. Kids amusement park



VIRTUAL ATTRACTIONS

10. Jurong bird park Singapore

13. Seven wonders of the world

14. Trip to the beach

11. Jurassic park ride

12. Children's museum of Indianapolis

15. Chocolate factory trip



YOGA & DANCE

YOGA



1. Tree Pose

2. Cat and
Cow Pose

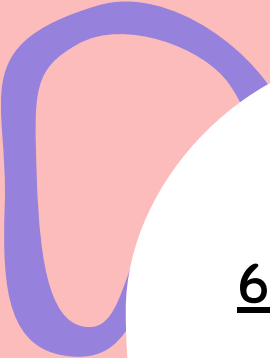


3. Snake Pose



4. Lion Pose

5. Happy Baby
Pose



6. Hero Pose

7. Crab Pose



YOGA & DANCE

DANCE



1.Tooty ta-ta
Song

2.Bus song and
more kids songs

3.Barney -Old
MacDonald
rhyme

4.Barney -
Laugh with Me

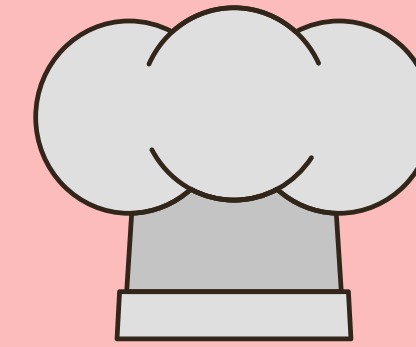
5.Barney - I
Love You

6.Exercise
song-
Movement
song for kids

7.Jump, run
and shout
song Action
Song for kids

8.Freeze Song

COOKING FUN



1.Rainbow
Toast

2.Fruit Salsa

3.Tomato
Cucumber
Sandwich

4.Vanilla cake

5.Oreo
milkshake

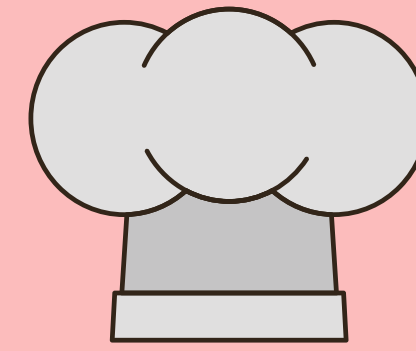
6. Cheese Dosa

7.
Watermelon-
mint Lime
Juice

8. Fried Egg &
Cheese
Sandwich

9. Fruit
Custard

COOKING FUN



10. Bread Pizza



11. Mayo Pasta
Salad

12. Carrot &
Chutney
Sandwich

13. Chocolate
Banana
Smoothie

14. Mini Puris

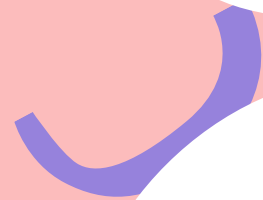
15. Donut Apples



ART & CRAFT



1. Ladies Finger Printing



2. 10 innovative activities using vegetables

3. Fun Drawing For kids

4. Fruit Art

5. DIY paper crafts for Kids

6. Easter Bunny craft



7. Paper butterfly Origami



8. Plastic bottle crafts

9. Paper plate crafts





ART & CRAFT

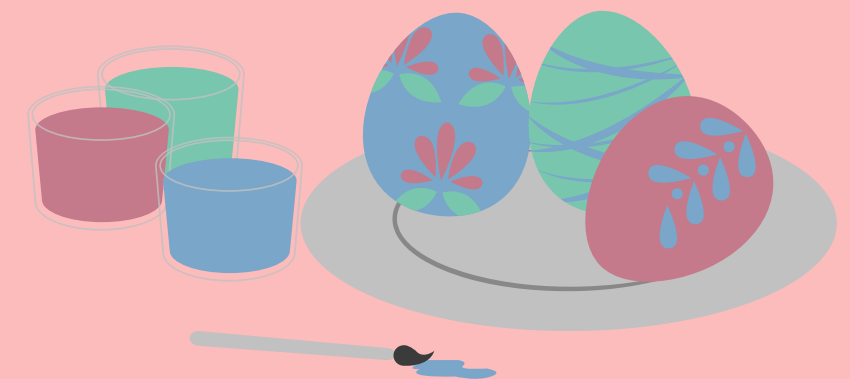
10. DIY paper fruits

11. How to draw anything from Numbers

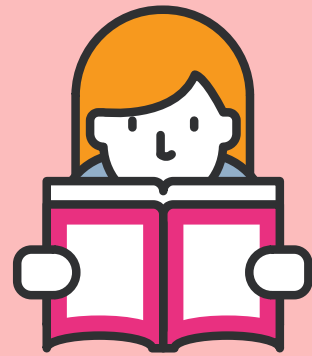
12. 8 Awesome drawing tricks for kids

13. Scrap material DIY projects

14. 36 great DIY games & toys for kids



LITERACY



1. I spy with my eye

4. Phonics activities

7. 20 Literacy activities

2. Letter sound recognition

5. Sound Match

8. Find and Cover the sounds

3. Fun phonics activities

6. A-Z letter and sound song

9. Fishing for Letters



LITERACY



10. Letter
Puzzle

13. Letter sounds
Hopscotch

15. Letter
graphing

11. Letter Hunt

14. Letters from
magazine

12. Making
Letters



NUMERACY

1.Counting(A)

4.Patterns(A)

7.Number
Recognition

2.Matching

5.Shape
recognition(A)

8.Puzzle(A)

3.Sorting(A)

6.Patterns(B)

9.Patterns(C)

NUMERACY



10.Counting(C).

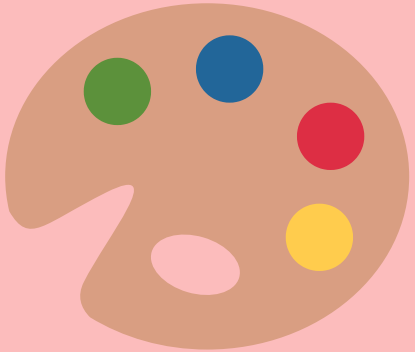
13.Sorting(B).

11.Counting(B).

14.Colour
recognition

12.Shape
recognition(B).

15.Puzzle(B).



COLORING FUN

1.Fruits and Vegetables

4.Coloring seasons

7.Coloring & Drawing

2.Splash & Bubbles

5.Coloring by the Alphabet

8.Online fun Colouring

3.Arthur's Tricks And Treats

6.Coloring For All

9.Fun colouring



COLORING FUN



10.Print and Colour

13. Colour by Numbers

11.Go colouring

14.Colour Games

12.Disney Coloring.

15.Happy Colouring

ACTIVITIES FOR CHILDREN

(SOME USEFUL APPS)

1. Smiling Mind

This app offers mindfulness sessions, developed by a team of psychologists, that start with a quick series of questions to focus the mind followed by simple, easy-to-follow meditation exercises.

2. Go Noodle – YouTube

Brainercise, dancing, strength and mindfulness, videos – as well as videos that are “just for fun” .

3. Peg + Cat Big Gig

The app features the characters Peg and Cat who dance and sing along to easy math exercises such as counting up and down. Through singing, children learn to count, identify numbers and repeat patterns.

4. Monkey Preschool Lunchbox

Pre-schoolers are entertained by helping the monkey to fill up its lunchbox with healthy food. The Monkey Preschool Lunchbox app aims to introduce letters, shapes, patterns and colours by asking the children to solve puzzles, match pictures of fruits.

5. LEGO® App4+

Children can create their own truck and have to move it around a bumpy track to collect coins that unlock more parts of the game. The LEGO App4+ is a game that helps to improve imagination and building skill.



MINDFULNESS FOR ADULTS

(SOME USEFUL APPS)

1. Aura

This mindfulness app provides the user with daily micro-meditations that last only three minutes a piece. Aura helps users relieve stress and anxiety with a technologically advanced, simple, and effective meditation platform.

2. Breathe

Breathe is a free app that follows users throughout the day, from the time they wake up to the time they go to sleep. It provides them with supportive tools and guidance to help them stay on track with their meditation practices throughout the day.

3. Calm

This app brings joy, peace, and a sense of clarity to your everyday life. Millions of people agree that this app is great for meditation, mindfulness, and changing your life in a positive way.

4. Headspace

Headspace provides the user with spoken-word exercises that are designed to be used for around 10 minutes a day, beginning with a 10-session pack that comes free with the initial download. It includes short meditations for people who are on the go and even SOS meditations that are useful during times of crisis.

5. Mindfulness Daily

This is another mindfulness app that will only take a few minutes of your time each day and provide you with invaluable benefits. The app supports quick, effective guided practices to reduce stress and anxiety, improve performance, and enhance sleep (along with the growing list of other evidence-based benefits of mindfulness, like pain management).





THINGS TO DO INDOORS / IN THE GARDEN

Indoor den building
with chairs

Painting with Water

Make the coziest
blanket fort.

Origami Paper Boat

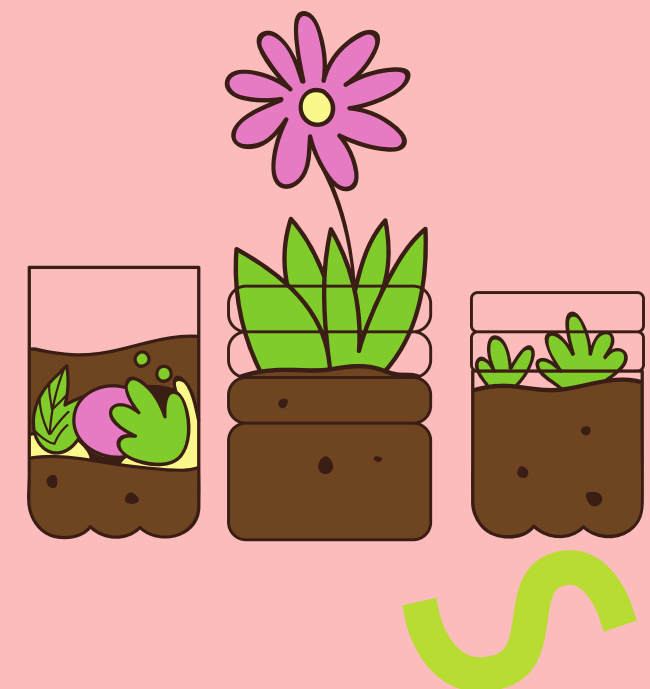
Fun Music Activities

Homemade musical
instruments

Pretend car wash

Chore chart for
preschoolers

Freeze dance



THINGS TO DO INDOORS / IN THE GARDEN



Make a Sensory Bag

Sponge Stamps

Paint a recycled jar
or bottle

Tissue box monster

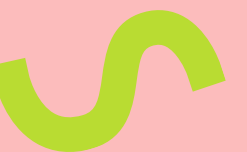
Sorting and
counting

Pet Rock Panting

Rainbow ice Painting

Make your own
superhero costume

Book Making



THINGS TO DO INDOORS / IN THE GARDEN



Triangle Fox

Racing Pom Pom
with straws

Make a giant bubble

Home made Mask

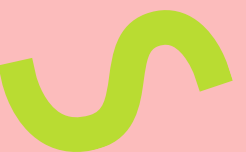
Practice making
interesting shadow
puppets

Four season tree

Marble painting

Marble bowling
game

Bird feeder



THINGS TO DO INDOORS / IN THE GARDEN



Indoor Scavenger Hunt – List Items To Find Around Your House Or Garden

- 1 SPOON
- 2 ALARM CLOCK
- 3 TOY TRUCK
- 4 ICE CUBES
- 5 PLANT
- 6 NAPKIN
- 7 CUP
- 8 KEYS

- 1 EGG
- 2 MUG
- 3 DOLL
- 4 HAT
- 5 RULER
- 6 UMBRELLA
- 7 FLOWER
- 8 LEAF



THINGS TO DO INDOORS / IN THE GARDEN



Indoor Scavenger Hunt – List Items To Find Around Your House Or Garden

- 1 FIND 3 THINGS IN VIOLET
- 2 WEAR SOMETHING IN INDIGO
- 3 MAKE A BLUE BALL
- 4 FIND A VEGETABLE IN GREEN
- 5 MAKE A YELLOW PAINTING
- 6 FIND 5 ROCKS AND PAINT IN ORANGE
- 7 FIND A RED FRUIT
- 8 FIND SOMETHING THAT IS SAME COLOR AS YOUR DRESS



THINGS TO DO INDOORS / IN THE GARDEN

Indoor Scavenger Hunt - List Items To Find Around Your House Or Garden

Parents can hide
the books and
encourage the
child to hunt for
the books. Parents
can also read
books for kids on
a daily basis.



THINGS TO DO INDOORS / IN THE GARDEN

ACTIVITIES

- 1 MAKE LIFE SIZE PORTRAIT
- 2 PLAY AT HOME
- 3 INDOOR OBSTACLE RACE
- 4 COLOR MATCH CAR PAINTING
- 5 MAKE A CUP STACK
- 6 HAVE A PILLOW FIGHT
- 7 PUT ON A FASHION SHOW
- 8 BAKE CUPCAKES OR MUFFINS

- 1 HAVE A DANCE PARTY
- 2 DO YOGA
- 3 MAKE A FOOTPRINT LION
- 4 BALANCE A BOOK ON HEAD
- 5 PLAY HOPSCOTCH
- 6 MAKE A TREASURE HUNT
- 7 LEARN TO DRAW
- 8 COLOR IN A COLORING BOOK



THINGS TO DO INDOORS / IN THE GARDEN

Educational

1

READ A BOOK

2

LEARN ABOUT AN ANIMAL

3

DO A SIMPLE SCIENCE PROJECT

4

LEARN NEW RHYMES

5

WRITE YOUR NAME



THINGS TO DO INDOORS / IN THE GARDEN

Educational

1

ROCKING PAPER PLATE CHICK : [CLICK HERE](#)

2

FLOWER WITH FORK : [CLICK HERE](#)

3

MISSION IMPOSSIBLE RIBBON : [CLICK HERE](#)

4

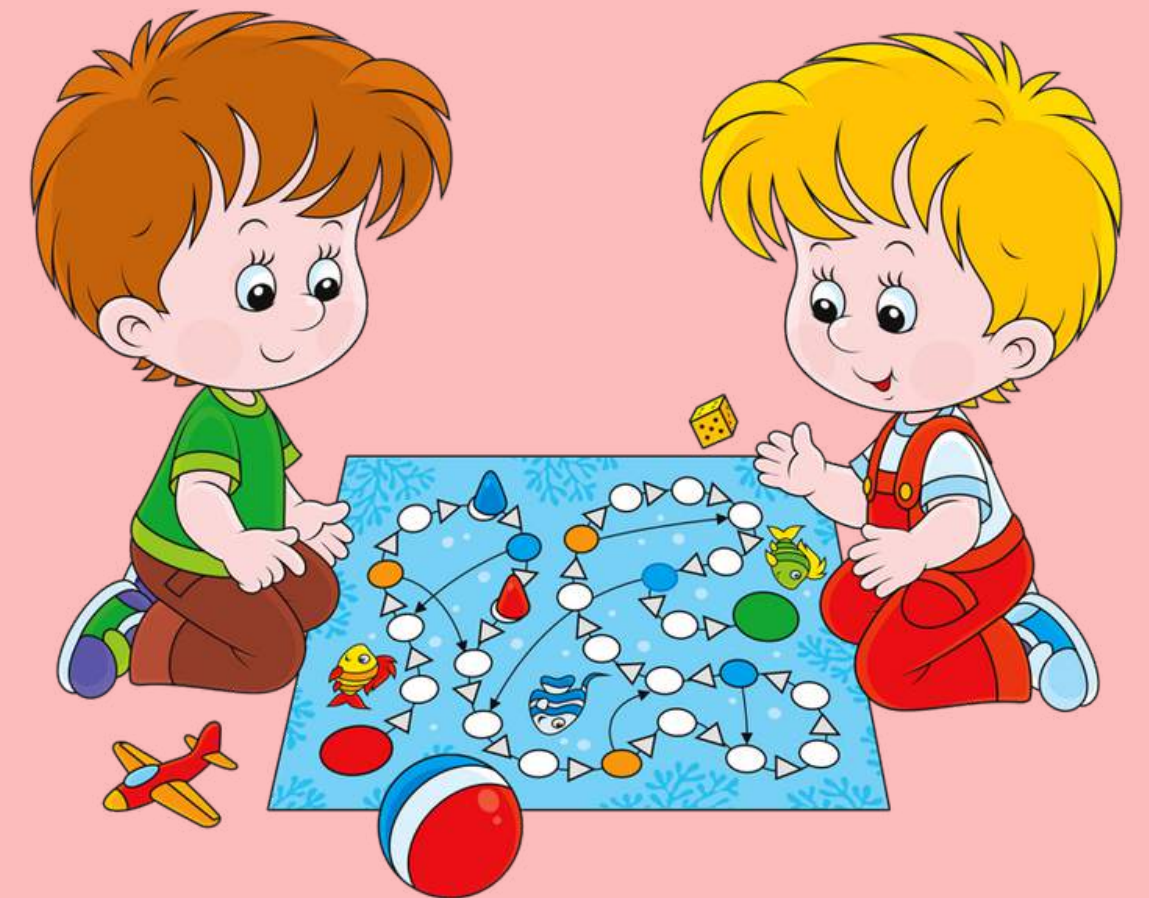
SWEET WRAPPER FLOWERS : [CLICK HERE](#)

5

PRINTING WITH CARDBOARD SHAPE TUBES : [CLICK HERE](#)

6

OUTDOOR ACTIVITIES FOR CHILDREN AND PARENTS : [CLICK HERE](#)



FAIRY TALES AND PUPPET SHOWS



Goldilocks and the Three Bears Fairy Tale for Kids

The Gingerbread Man Fairy Tale

Puppet Show *
Importance of Reading *
Little Red Riding Hood *
Elephant & Piggy

Puppet Show* The Magic Rabbit*



LINKS TO FREE AUDIO BOOKS



 [Google bolo](#)

 [Storynory.com](#)

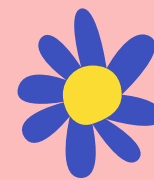
 [Audiobooks.com](#)

 [Audible.in](#)

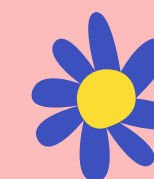


FUN & EDUCATIONAL

FUN

 Meet a tiger up close and personal

 Type in your phone Google browser 'tiger' and scroll down to view in 3D

 Try with different animals

EDUCATION

 BBC WEBSITE - BITESIZE

 Cbeebies global



SENSORY PLAY



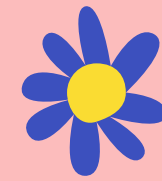
Flour sensory trays

Simply scoop some flour onto a tray and let your kids go into it with finger drawings and handprints.



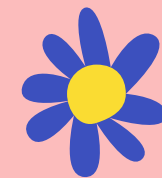
Flour & water dough

Once your kids have had their fun with plain flour, add water to make it a whole new experience!



Sand table

Simply fill a baking dish with sand. Younger toddlers will have fun playing with and burying toys, while older kids can practice drawing shapes and letters.



Rock band

Make your own instruments or turn your pots and pans into a makeshift drum set. Give your child spoons and steel tumblers or pans. Let them make sound with these and let's make music.





Time/Day (3.5 Hours)	Monday	Tuesday	Wednesday	Thursday	Friday
For 20 minutes	Dance	Yoga	Dance	Yoga	Dance
For 30 minutes	Literacy	Numeracy	Literacy	Numeracy	Literacy
For 20 minutes	Snack	Snack	Snack	Snack	Snack
For 30 minutes	Cooking Fun	Outdoor Game	Art Craft	Indoor Game	Virtual Attraction
For 30 minutes	Sing along your favourite songs	Sing along your favourite songs	Sing along your favourite songs	Sing along your favourite songs	Sing along your favourite songs
For 30 minutes	Virtual Attraction	Cooking Fun	Outdoor Game	Art Craft	Indoor Game
For 30 minutes	Lunch	Lunch	Lunch	Lunch	Lunch
For 30 minutes	Online Story	Online Story	Online Story	Online Story	Online Story





THANK YOU!

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