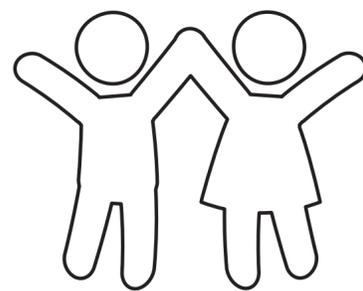


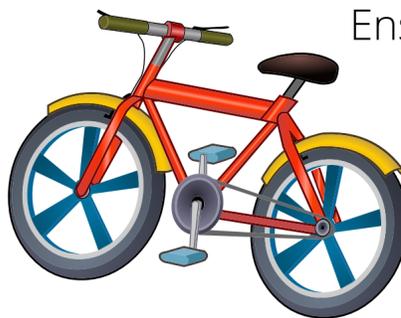
School Holidays with the kids



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

Cook

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



Stay active

Ensure your children are keeping active.

- *jump on your bike
- *play a game of soccer
- *hide and seek
- *set up a treasure hunt.

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!



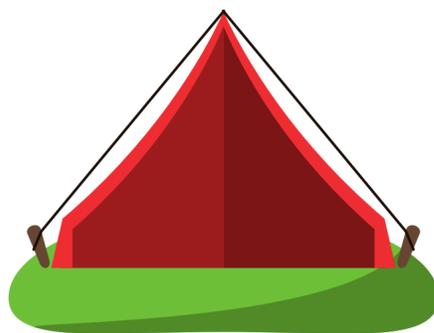
Movies

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!



Redecorate

One for the older kids, re-organise and decorate their bedroom or organise their wardrobe.



Camp out

Pull out the camp gear and set it up in the back yard. 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.

Timecapsule

Prepare a time capsule with the kids and bury it for a few years. Include items that represent their hobbies and passions and have them write letters to their future selves. This is also a good opportunity for them to list their worries and bury them too.

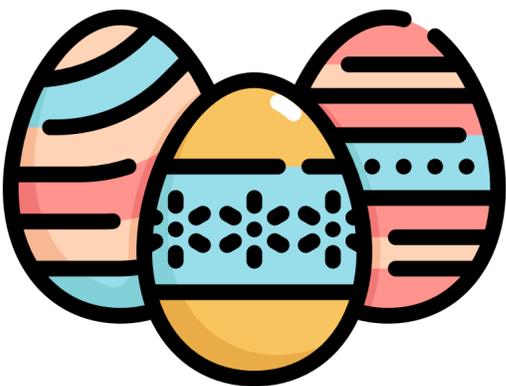
Get creative

Art is a wonderful way to engage children of all ages.

- *build a kite
- *learn to knit
- *paint a masterpiece or make a collage
- *plant a vegetable garden or a tree.

Science experiments

There are lots of opportunities for science experiments using just what's around the house: make slime, grow a grass head, or inflate a balloon with fizz! You can find endless science experiments online.



Make cards

Get a head start on Easter cards, cards for any occasion or even write a hand written letter to a loved one.

