



School Holidays with the kids

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

School holidays can be a great time to get out and about with the kids. However there are lots of things you can do at home to keep everyone amused.

Get creative

Art is a wonderful way to engage children of all ages. Build a kite, paint a masterpiece or make a collage.

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.

Make Cards

Get a head start on Christmas, or any occasion, by decorating cards now.

Cook

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

Camp out

Pull out the camp gear and set it up in the backyard. 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 or toasting marshmallows over the bbq, then you've got the full camp experience.

Move the furniture

Turn on the music and choreograph a dance, make a cubby out of the table, make a giant duplo building or a long hotwheels track down the hallway.

Redecorate

One for the older kids - have them re-organise and decorate their bedroom.

Stay active

Ensure your children are keeping active. Dust off your bike and head out onto your local trail, have a picnic in the park or set it up in the backyard. Play a game of soccer or hide and seek or set up a treasure hunt.

Science experiments

There are lots of opportunities for science experiments using just what's around the house: make slime, grow a grass head, inflate a balloon with fizz! There are an endless number of experiment methods to be found online.

Get out the camera

Pick a theme and let your budding photographer go. Perhaps a nature theme or portraits. Make it a competition or better yet, let them pick their favourite to print.

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!

Timecapsule

Prepare a time capsule with the kids and bury it for a few years. Include items that represent the children's hobbies and passions and have them write letters to their future selves. This is also a good opportunity for them to list their anxieties about what is happening in the world and to bury those too.