

Disclaimer

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- That the information in the booklet is correct, accurate, complete or non-misleading.
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Compiled by the Primary Behaviour Service. Activities available at the time of writing (June 2020).

This list is not exhaustive. Other activities are available.



Summer Holiday Ideas & Activities 2020

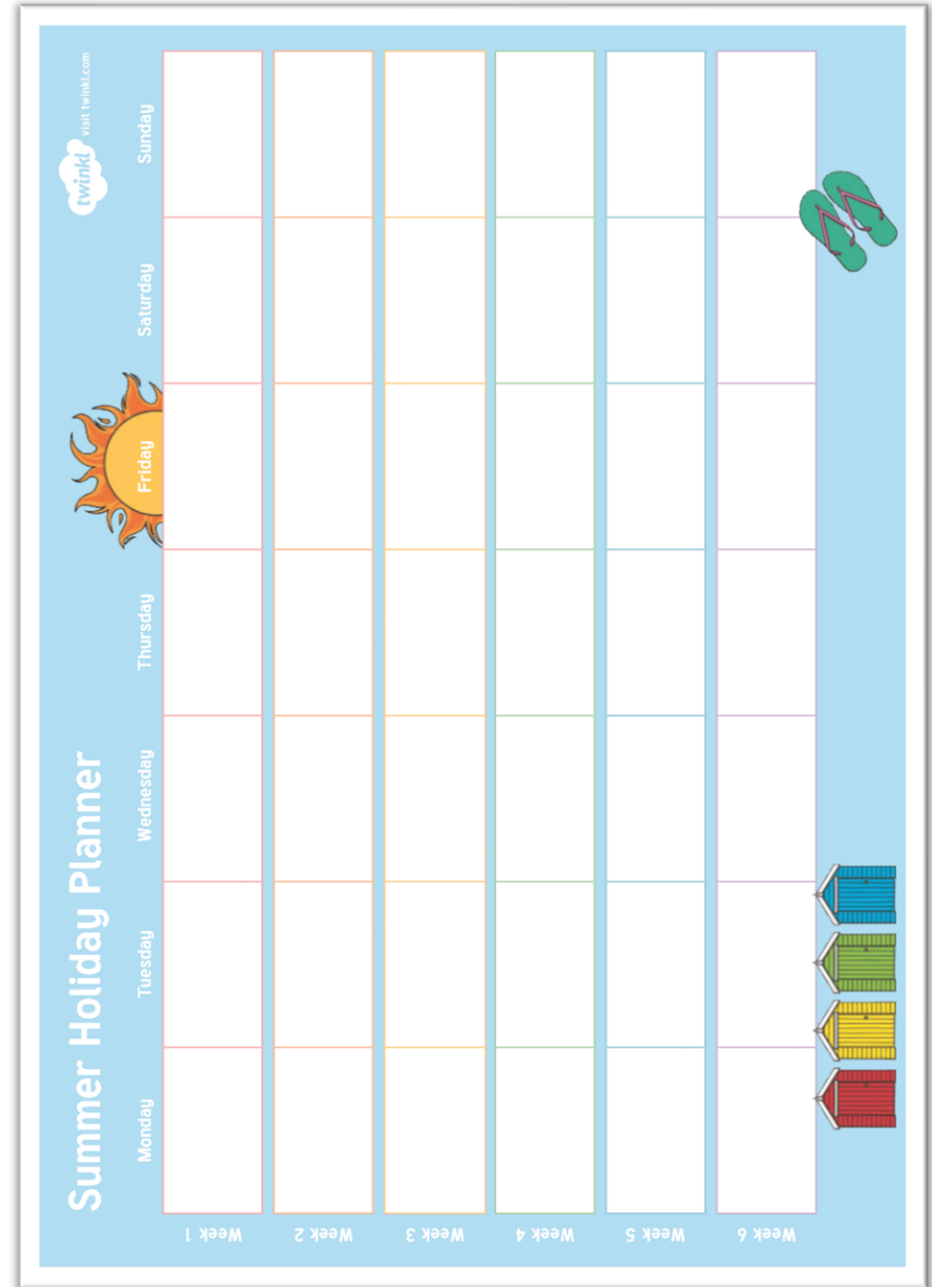


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Holiday Planner



Top Tips

The nice and nice

Your child is reluctant to start a task. *'Are you going to tidy up your toys now or after dinner?' 'Are you going to do your homework with a pencil or a pen?'*

The nice and nasty

Using a matter-of-fact calm voice... *'Either it's finished/tidied now, or after dinner.' 'Your toys need to go away now or during TV time.'*

Thanks not please

Really important this one! Say please too often and you may sound like you are pleading. Instead, try *'name...instruction...thanks'*

Never say 'no'

Sometimes we **have** to say 'no', but for other times try the phrase 'when...then'. *'Can I have the TV on?' 'Yes, when you have done... then...'*

Notice and praise

Be constantly on the lookout for the good, rather than the bad. Name and praise behaviour. *'I've noticed how nicely you are sharing.' 'It's really lovely to see you being nice to...'*

Things to do in Hayling Island

Hayling Billy Trail



A track for walkers, cyclists and horse riders along the bed of an old railway. It runs between Havant and Hayling Island.

Free Admission

Address: PO11 0NQ

Funland



An amusement park right on the beach front. It has soft play, amusement arcade games and funfair rides for all ages.

Admission Fees Apply

Address: The Seafront, Hayling Island PO11 0AG, 02392 462820

Hayling continued...

Langston Harbour

Langston Harbour is a tranquil and beautiful place and a vital part of an extensive biological system. A 14-mile Langstone Harbour Waterside Walk can be enjoyed, starting from Ferry Point Eastney, around the whole loop of Langstone Harbour, using the Ferry to return.

Free Admission

Address: PO11 0DG, 02392 463419



Eastoke Corner Beach

A great sand and pebble beach perfect for walking, windsurfing and sailing.

Free Admission

Address: PO11 9LH

Awesome ideas continued...

13. Visit the library

Use your local library regularly. In most libraries you can get more than books; you can get movies and music. Make a day out of it. Do some reading while you're there instead of getting some books and heading home. Give your children a love of books — it is one of the best gifts you can give them.

14. Organise some play dates

Plan some play dates and invite friends over. While they spend time with their friends it may give you the opportunity to get some work done and perhaps even connect with other parents. Plus...the invite may be returned someday.

15. Have a “chill day”

With all that activity planned, kids will also need some down time. Make sure you plan some days where you just chill, watch some movies, read some books, and take it easy.



Awesome ideas continued...

10. Get into jewellery making

Go to a bead shop and stock up on beads, wire and clasps, and get busy making your own jewellery. This activity can be done with the smallest of children, just be sure to get appropriate bead sizes for different age groups. The children will be so proud to wear the jewellery that they have made.

11. Go swimming

If you are lucky enough to live close to the sea, go swimming when possible. The sea has a calming effect on children and the amount of energy used in the water means that they won't be quite as active when they get home. If you don't live close to the sea, go to a swimming pool instead.

12. Take nature walks

Go on nature walks with a purpose. On the beach, collect shells and stones to later make a shell castle or shell and stone sculptures. In the forest, get kids to seek out different sorts of bugs, plants or trees. Alternatively, give them a map to plot the route you are taking. By giving them control and a plan, this will ensure they don't get bored too quickly.

Things to do in Hampshire & West Sussex

National Trust Houses & Gardens



Uppark Park (Petersfield), Hinton Ampner House and Gardens (Alresford), Petworth House and Park, Petworth. Houses to explore, trees to climb, nature hunts to be had!

Admission fees apply

Harold Hillier Gardens



A wonderful place for children to play and explore. They love to climb the fantastic tree house, jump across the wobbly bridge, weave through the bamboo tunnels, swing on the super snake swing and test their climbing and balancing skills on the Hilltop Adventures mini 'assault loop'.

Address: Sir Harold Hillier Gardens, Jermyn's Lane Ampfield Nr. Romsey SO51 0QA, 01794 369318

Admission fees apply

Hampshire & West Sussex Continued...

Petersfield Heath & Pond

A buggy and bike friendly walk around the pond. Boats can be hired and there are a variety of children's play areas.

Free admission

Address: Sussex Road, Petersfield GU31 4LB

Forest of Bere

This mixture of woodland, open space, heathland and farmland offers up a chance to enjoy, and get lost, in nature. Whether you walk or cycle the extensive network of paths there is so much to discover with streams, ponds and many different habitats.

Free admission

Address: Fareham, Hampshire, PO17 6JD, England, 01420 520212

Queen Elizabeth Country Park

Woods to bike around, walks, good play areas (army assault course too!), picnic and BBQ areas.

Admission fees apply

Address: Gravel Hill, Horndean PO8 0QE, 02392 595040

Awesome ideas continued...

7. Get jamming

Grab some musical instruments — things like bongos, shakers or tambourines, and get jamming. Get your kids to sing and dance along. *(Alternatively, you can stick on some Deep Purple, let your hair down, and dance on the furniture.)*

8. Make a movie

Kids love to make movies using a tablet and some figurines. They can create the movie themselves using Windows MovieMaker, iMovie or Stop Motion and edit it afterwards.

9. Paint

One of the nicest ways to express your creativity is to use paint. Get large sheets of paper and lots of paint. Go mad and use your hands and feet — it's liberating. To avoid any stress, prepare the area well and cover with plastic or newspaper. Have some water on hand to wash when you are finished.



Awesome ideas continued...

4. Build a garden patch

Dedicate a small patch in the garden to the kids. Plant flowers, herbs, lettuce — anything that grows quickly and gives them the satisfaction of having produced something. If your kids are small, just give them a spade, put on their old clothes, and let them loose.



5. Go on picnics

You don't have to go far to have a picnic — my children regularly ask for a picnic out the garden. I give them whatever I have in the fridge. You'd be amazed how once it is packed in a plastic container and eaten on a blanket on the grass, how much the atmosphere romanticizes the most boring of sandwiches.

6. Have a treasure hunt

Make a treasure map with clues to find some treasure you have hidden somewhere in the garden. It doesn't have to be expensive or big — any little treat will be exciting when it is found outdoors.

Hampshire & West Sussex Continued...

Itchen Valley Country Park



A fun day out for the entire family at this outdoor park that boasts a visitor's centre, plenty of walking trails, children's play areas and special events.

Admission fees apply

Address: Allington Ln, West End, Southampton SO30 3HQ, 02380 683790

Staunton Farm & Park



Staunton Country Park is a listed regency landscaped parkland and forest, encompassing approximately 1,000 acres in Hampshire. An ornamental farm, ornamental lake, follies, maze, walled garden and glasshouses can be found within it.

Admission fees apply

Address: Middle Park Way, Havant PO9 5HB, 02392 453405

Hampshire & West Sussex Continued...

Royal Victoria Park Southampton

200 acres of mature woodland and grassy parkland, as well as a small shingle beach. It has play areas suitable for all ages of children and a miniature train.

Admission fees apply

Address: The Park Office, Royal Victoria Country Park, Netley Abbey, Southampton SO31 5GA, 02380 455157

Manor Park Farm

Traditional farm buildings and animals.

Admission fees apply

Address: Pyland's Lane, Southampton SO31 1BH, 01489 787055

Hollycombe Steam in the Country

The Hollycombe Steam Collection is a collection of steam-powered vehicles, rides and attractions based near Liphook in Hampshire. The collection includes fairground rides, a display farm and two railways.

Admission fees apply

Address: Iron Hill, Midhurst Rd, Liphook GU30 7LP, 01428 724900

Awesome ideas continued...

1. Make your own games

Get a supply of coloured cards, children's scissors, glue and anything else you may want to make some fun games. Games like Hoopla, Pin the Tail on the Donkey or Snakes and Ladders can all be easily made at home and will keep the children occupied for some time.

2. Cooking and baking

Once a week plan a cooking or baking day. Involve the kids in the process from the beginning — let them choose from a selection of recipes that you have ingredients for. If the child can read, get them to read from the recipe book. Step by step, help them to work through the instructions. Try to avoid the temptation of doing it yourself.



3. Make an assault course

Assemble an assault course in the back garden. Old pieces of wood, boxes, buckets, garden chairs — anything that can be jumped over, under or around. Tell the children to time each other around the assault course. The course can be completed on a bicycle, scooter, skateboard, or simply by running.

15 Awesome Ideas for Keeping Kids Busy

By Ciara Conlon www.lifehack.org

Need some ideas for keeping the kids busy over the summer break?

Holidays can be a great time to bond with your children and maybe even let your own inner child come out to play. But it can also be a stressful time when kids can misbehave because of boredom. It's best to put a little bit of advanced planning into the summer holidays and prepare yourself with an arsenal of activities to keep the little ones out of mischief.

Start by planning each week in advance!

If the kids know they have things to look forward to it will make for happier more relaxed children.

Also be sure to get the children involved in the planning. They will be less likely to complain about the activities chosen if they have taken part in the decision-making. Have a range of activities to select from: stuff to do at home, in the garden, outdoors, and the odd activity that cost money to do.

Hampshire & West Sussex Continued...

National Motor Museum Beaulieu



The museum has a large collection of cars and motorcycles. It also has large grounds which holds play areas, an abbey, and a monorail.

Admission fees apply

Address: John Montagu Building, Beaulieu, Brockenhurst SO42 7ZN, 01590 612345

New Forest



The region is known for its heathland, forest trails and native ponies.

Free admission

Hampshire & West Sussex Continued...

The Witterings

The Witterings is a popular beach destination on the south coast, renowned for its sand dunes and miles of sandy beaches at low tide.

Admission fees apply

Address: PO20 8JA, 01243 514143

Paultons Park

A large theme park which includes Peppa Pig World.

Admission fees apply

Address: Ower, Romsey SO51 6AL, 02380 814442

Fishbourne Roman Palace

The largest collection of early Roman mosaic floors in Britain. Lots of hands on activities and events.

Admission fees apply

Address: Roman Way, Chichester PO19 3QR, 01243 785859

Hampshire & West Sussex Continued...

Weald & Downland Living Museum

The museum covers 40 acres, with over 50 historic buildings, dating from 950AD to the 19th century, along with gardens, farm animals, walks and a mill pond.

Admission fees apply

Address: Town Ln, Chichester PO18 0EU, 01243 811363

Fort Nelson

Fort Nelson is one of five defensive forts built on the summit of Portsdown Hill in the 1860s, overlooking the important naval base of Portsmouth.

Admission fees apply

Address: Royal Armouries Museum, Portsdown Hill Road, Fareham, Hampshire, PO17 6AN, 01329 233734

Marwell Zoo

Home to a variety of animals and wildlife. It also has play areas and train rides.

Admission fees apply

Address: Thomsons Lane, Colden Common, Winchester, Hampshire, SO21 1JH, 01962 777407