

TOP TIPS FOR HOLIDAY TIMES

Growing
HOPE



MOVEMENT ACTIVITIES

The more movement activities we do, the more calming and regulating it is for our children. Try using a mini trampoline, climbing at the local park, going on long walk and doing a treasure hunt (you could even hide your child's favourite small snack in a Tupperware and see if they can find it in the park. If you use a small snack you can play this game multiple times on a walk, like hide and seek).



CRUNCHY SNACKS

Snacks like raw carrot, apple, cucumber and boost bars are all really helpful for enabling us to stay calm. You could try pausing and sharing this snack with your children. Involving children in cooking or preparing snacks can also be a good activity - you could ask your child to help you cut up banana, strawberries or cheese with their cutlery knife. You could also try decorating pizza together.



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VISITS

There are lots of places that you might be able to visit. Look out for what your local council or borough has on their website for families in the holidays. Try Googling your local library and park and see if they have free activities available. It may be possible to explore places like:*

[Fairytale Farm](#)

[Camp Mohawk woodland activities](#)

[Thomley](#)

[Flip out Brent Cross SEND session](#)

[Inclusive swimming at Archway](#)

[Thames Valley Adventure Playground](#)

*or find something like this in your local area.



DOWN TIME

We all need down time but that can be difficult when children like to know what's happening and when it's going to happen. You could try using a visual schedule or written list to help your child see what the plan is for the holidays. You could try scheduling in time like 'PJs & TV' or 'Movie night' where you have a chance to create a perhaps quieter space. Other ideas include building a den and having a milkshake through a thin straw, or try posting lots of cars down a kitchen roll tube as a calming activity. Try having a bath with calming music and the lights dimmed or a bath light on, try building something with clay together. Think about how you could create a calming environment in the way you interact with your children – try making a space less busy, turning off background music or the TV, doing an activity in a contained space such as at the table, speaking with a low and slow voice to make everything feel more calm.

