

Louisa's thoughts for parents.

I have been asked over the last couple of weeks for ideas to help get to the end of the summer holidays. The summer holidays this year have been very different as there was not the traditional ending to the school year. Many have found that activities that were usually carried out in the summer holidays were 'used up' during 'term time'. How many times can we say to the children, let's go for a walk to see what we can find? Added to this, the 'usual' summer activities that are able to go ahead require planning as tickets for attractions need to be bought in advance, beaches are too crowded and many are worried about the safety of their family.

So what ideas can I give you? Often siblings don't want to do the same thing, so divide your activities into categories and choose a category or two a day to pick an activity from. Sometimes miracles happen and they actually like the activity they would normally turn their nose up at.

My suggestion for categories is:

- Science and Mess (known as how to get the children to learn something)
- Inventions in the kitchen (can also be known as how to teach the children how to cook)
- Head, shoulders, knees and toes (exercise!!!!)
- Creation City (art, craft and all that stuff)
- How to make your parents look silly (also more widely known as fun and games)

I will put more ideas for each of these categories on the St Paul's Children and Families Facebook Group, but here are some to get you going.

Science and Mess

Blowing up a balloon is great fun. You need 2 spoons of sugar, a small water bottle, packet of yeast and a balloon.

Put the sugar in the bottle and then half fill with warm water. Add the yeast, put the lid on a shake so it is all mixed. Take the lid off, put the balloon on and wait!!!

Inventions in the Kitchen

Chocolate Cookies (just don't let on that there is not much chocolate in them!!) They are no bake which is even better.

You need: 60g coconut oil, 100g peanut butter, 3tbsp honey, 2tbsp cocoa powder, ½ tsp vanilla extract, 100g oats, and 75g granola.

Instructions:

- Add the coconut oil, peanut butter and honey to a saucepan over a medium heat. Cook for 2-3 minutes until the ingredients have all melted.
- Add the cocoa powder and vanilla extract and simmer for another 2-3 minutes, stirring regularly.
- Remove the pan from the heat and stir in the oats and granola.
- Line a baking tray with parchment paper and spoon on 12 heaped spoons of the mixture. Mould each into a cookie shape and then transfer to the fridge for 30 minutes to set.

- Serve immediately or keep in an airtight container in the fridge for up to 3 days.

Head, shoulders, knees and toes

Obstacle courses in the home are always great fun. Make an indoor obstacle course. You could use all sorts of things that you already have around the house from pop up toys, crawling under blankets or over furniture. Another option is to make a laser course. Using wool, going back and forth across a room until it is covered like a spider's web, then challenge each other to go through it.

Creation City

Have a competition making things out of playdough. It could be who makes the best tree or animal or you could design a whole town. Got no playdough, here is a recipe.

You need: 1 cup of flour, 1 cup of water, ½ cup of salt, 2 tsp of cream of tartar, 1 tsp of cooking oil and a few drops of food colouring.

Put all the ingredients together into a saucepan, and mix them.

Heat them gently, stirring all the time for about 3 minutes, or until the mixture resembles mashed potatoes and starts to pull away from the sides of the pan. Turn off the heat and let it cool for a couple of minutes, then knead it on a floured surface until it is smooth.

The playdough can be stored in an airtight container and will keep for a few weeks

How to make your parents look silly

Why not get out all your dressing up clothes – mix and match and make up new crazy characters. Haven't got enough dressing up clothes for the whole family. Don't worry. You can get out your clothes and dress the children up and see who can look the silliest. You could even get the children to choose your silly outfit. The more the clothes are mixed up the better.

I hope these ideas help, but remember you are all doing a great job and if you need any help, we are here for you.

Louisa's thoughts for the young people

Well guys, I have made it, the end of two weeks of holiday club. I hope that those of you who took part had a great time.

If you missed some, do not worry it is still all there on YouTube.

Here is a picture to remind you of the 7 days of creation. I wonder if you could make up your own picture to tell the story.



We have looked at how amazing God's creation is and how we can look after it by recycling, looking after water and finally how we can share God's love with others.

For one final challenge, I thought we could look at making our own water cycles. I am sure that we are all glad we have had some rain after all the hot weather over the last few weeks. So the challenge is to see how inventive you can be in designing your own water cycle. I have given you some ideas below. I am going to give some a go too. GOOD LUCK!

