



FAMILY ADVENTURE

ACTIVITIES

FOR SEVEN FUN FILLED WEEKS



STUFF FOR GROWN-UPS

What is the Summer Family Adventure?

We know it can be tricky to come up with fun things to do with kids over the summer that don't cost the earth. That's why the **Scottish Book Trust** and **Fathers Network Scotland** created seven FREE holiday activity packs to help you and your little-ones Splash, Munch, Journey and Go Wild together.

There is a different themed adventure for each week of the holidays to help you and your children (5 years and under) play, learn, read and most importantly, have fun together. From minibeast hunts, submarine adventures or growing crazy cross heads all the activities are very low-cost or free.

The power of playful parents

Children are born scientists and explorers. Watch children play and you'll see them experiment, imagine, work together, and overcome emotional ups and downs. They're learning. And they're picking up the skills to thrive today and flourish tomorrow.

Playing together empowers children to become creative, engaged, life-long learners. But that's not all, you also create a loving connection that helps children become happier, more well adjusted grown-ups.

You don't need lots of time or fancy toys, all you really need is attention and imagination. By blowing soap bubbles, splashing in a puddle or turning a snack into a smiley face you've already put more play into your day.

Lots of the summer adventures are outside, and although we know Scottish weather can be a bit...well...unpredictable, outdoor play gets kids active and lets their imaginations run wild.

It'll help them stay healthy, have fun and stop them bouncing off the walls at home, the fresh air even helps them sleep. Getting outside is just as important for grown-ups' physical and mental health, too!



We'd love to hear what you get up to! Hashtag:

#SummerFamilyAdventure



Reading together



Sharing books and stories with your little one is the first step in building a love of reading. It also helps develop early communication and language skills, and like playing, spending time cuddled up and sharing a story together builds bonds.

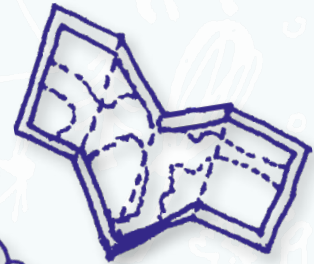
Each adventure pack has ideas for some fun books to read together. All the books we picked have been included in the Scottish Book Trust 'Bookbug' and 'Read, Write, Count' bags gifted to children across Scotland each year. If you don't have a book your local library will have a copy.



Love your library

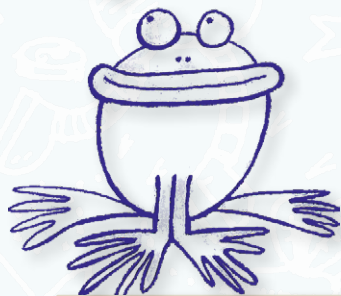


Local libraries are a wonderful, free resource for readers and writers of all ages, and lots of the Bookbug sessions are held at them. **You can find your nearest library and Bookbug session [HERE](#).**



ADVENTURE 1

GO WILD



LET'S GO
WILD



Activity 1 - Minibeast Hunt

Choose your favourite tree and see what wildlife lives in and around it. From birds and stripey honey-bees to spotted ladybirds, what's the coolest thing you can find?

Activity 2 - Outdoor Treasure

Collect outdoor treasures like flowers, leaves, feathers, sticks and pebbles then get creative with some woodland art or make pebble animals. You could build a tower out of twigs, make a pattern using colourful petals, or even make funny faces.



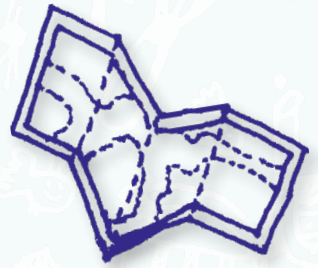
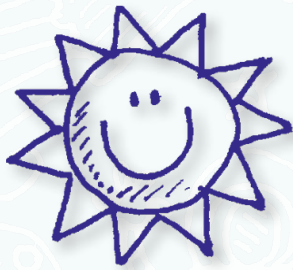
Activity 3 - Journey Stick

Go on a walk with your family and pick up an interesting stick and nature treasures to remind you of things you see, hear or smell. When you get home, use string to attach your treasure to the stick in the order you found them.

Journey sticks have helped native Americans map and tell stories about their journeys for a very long time.

Can your stick help tell the story of your walk?





GO WILD

More fun things to do!

Before you go outside hunting for minibeasts, practice by seeing how many you can count in this picture?



Books to read together...

The Bug Collector

by Alex G Griffiths

My First Book of Woodland Animals

illustrated by Zoë Ingram

How Many Trees?

by Barroux

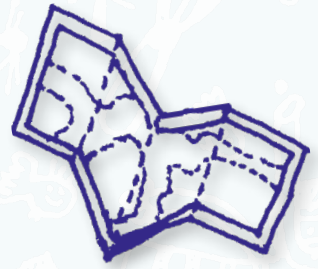
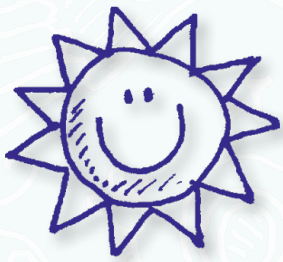
Follow the Trail: Minibeasts

by Dorling Kindersley



How old is your favorite tree?

Wrap a tape measure or piece of string around the trunk. Every 2.5cm is about a year of the tree's life!



GO WILD

Useful links to help you have fun

Activity 1 – Minibeast Hunt

- [Tips to help you go on a minibeast hunt](#) (Scottish Wildlife Trust).
- [Identify common bugs you may find](#) (National Museum Scotland).
- [Discover facts and stories about the bugs you might find](#) (Buglife).
- [Make your own magnifying glass](#) (Scottish Wildlife Trust).

Activity 2 – Outdoor Treasure

- [Outdoor art inspiration](#) (Scottish Wildlife Trust).
- [Get crafty with rocks and pebbles you find](#) (cbbc Junk Rescue).
- [Turn pebble animals into story stones](#) (Scottish Wildlife Trust).

Activity 3 – Journey Stick

- [Tips to help make a journey stick](#) (Nature Scotland).
- [Helpful video to show one being made](#) (Nature Scotland).

Books to read together



Bookbug

- [The Bug Collector](#) read along
- [My First Book of Woodland Animals](#) read along
- [How Many Trees?](#) read along
- [Follow the Trail: Minibeasts](#) read along





ADVENTURE 2

SPLASH

DIVE IN

Activity 1 - Make a splash

Splashing is fun whether you're outside splashing in puddles as you skip down the street or in the bath with a rubber duck.

Why not see who can make the biggest splash in a puddle, in the bath, or if you're lucky, at the seaside!

Activity 2 - Play Sharks & Minnows

Pick a "shark". All the other "minnows" line up at one side of an open space, facing the shark. The shark shouts, "Minnows swim to me!" and minnows run to the other side where they are safe. If tagged they become another "shark" or "seaweed". Play until all the minnows are caught.

Activity 3 - Submarine adventure

Find a big cardboard box and an old cardboard tube. Jump into the box and imagine you're in a submarine with a periscope. Now dive to the bottom of the sea. What can you see with your periscope? Can you hear any strange noises?





SPLASH

More fun things to do!



Books to read together...

Get Out of My Bath!

by Britta Teckentrup

Shark in the Park

by Nick Sharratt

Don't Worry, Little Crab

by Chris Haughton



Bookbug



Rockpools are home to some amazing creatures including little crabs! Can you count how many crabs there are amongst the anemones, barnacles, seaweed, snails, fish and limpets?





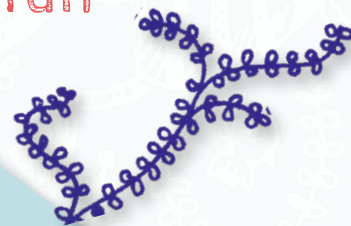
SPLASH

Useful links to help you have fun



Activity 1 – Minibeast Hunt

- [Having fun outside when it's wet](#) (Play Scotland).
- [20 fun beach activities](#) (Marine Conservation Society).
- [Find out what a rock pool sounds like](#) (The British Library).



Activity 2 – Sharks & Minnows

- [Loads more active play ideas](#) (Play Scotland).
- [Help keeping groups of kids active and entertained](#) (Parent Club).

Activity 3 – Submarine Adventure

- [Film: 'The Adventures of a Cardboard Box'](#) (Temujin Doran).



Bookbug

Books to read together

- [Don't Worry, Little Crab](#) read along
- [Shark in the Park](#) read along
- Do your little one's love bath time? If so they'll love [the water themed songs and rhymes from Bookbugs Big Splash!](#)
- There are lots of brilliant books about water, from a pirate granny to a crocodile who doesn't like water. [Click this link find out Bookbugs' favorites.](#)





ADVENTURE 3

MUNCH

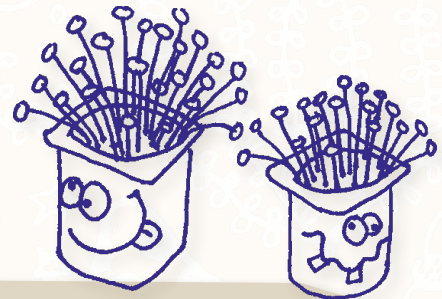


LET'S GET
COOKING

Activity 1 -

Bake a cake to take on a picnic

Try an all-time favourite or something new and adventurous? Why not add some vegetables? How about spiced parsnip, beetroot and chocolate or carrot and courgette?



Activity 2 - Grow a crazy cress head

Paint a funny face on an empty yoghurt pot. Put some wet kitchen roll in the bottom and put some damp cotton wool on top of that. Sprinkle a teaspoon of cress seeds on the cotton wool, then put your pot somewhere warm and light.

Watch your cress grow! It should take about 7 days. When it's 10cm tall chop the cress and add it to a sandwich. Yum!



Activity 3 - Make a mud kitchen

Use old cups, containers, spoons and bowls to make a mud pie. Have fun adding extras like leaves, pebbles and sticks. Then serve your mud meal in a make-believe cafe.

Remember mud pies taste much better in your imagination than in real life. What do you imagine your pie tastes like? Mint choc-chip, bubble-gum, smelly socks? Ask your family what they think it tastes like.

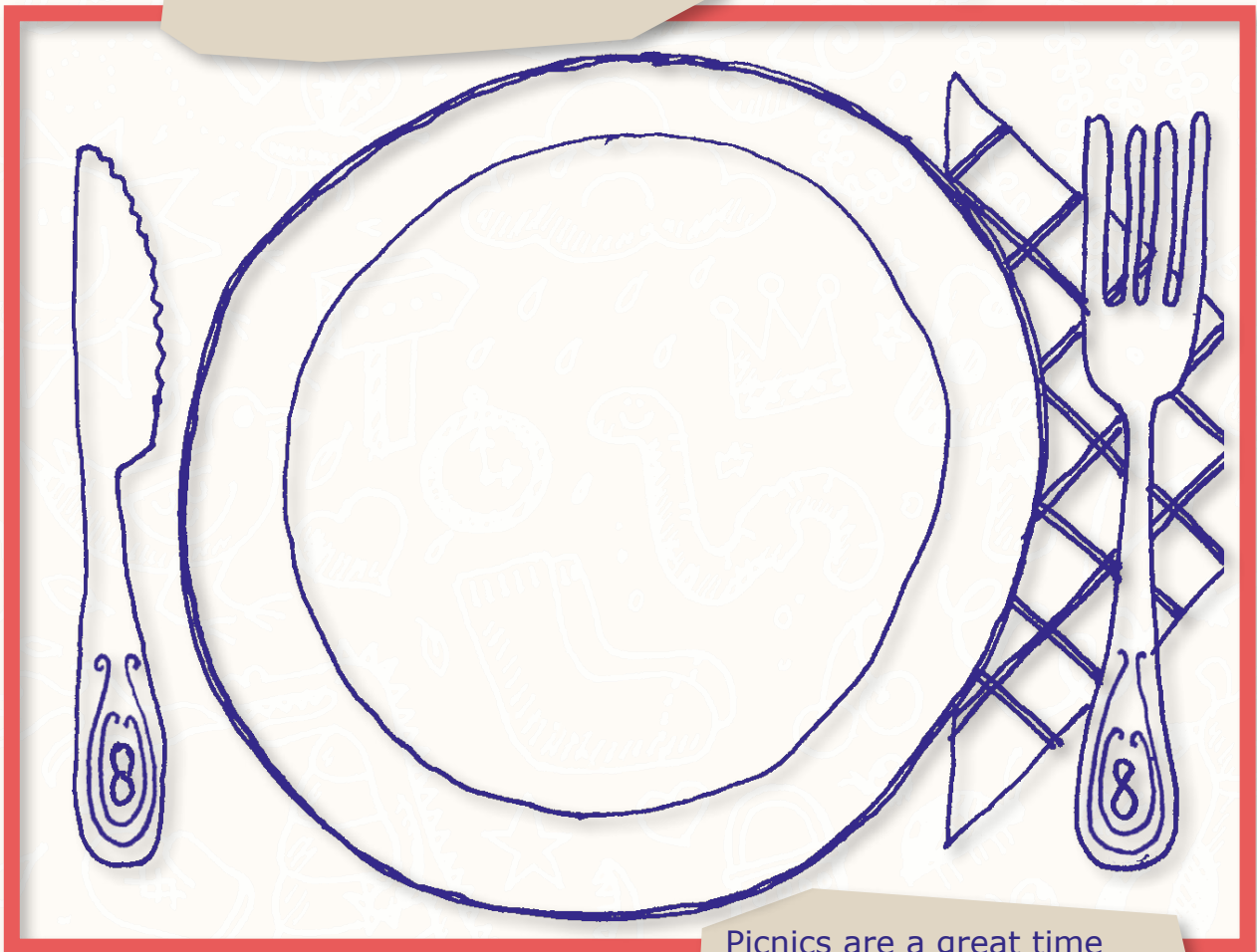




MUNCH

More fun things to do!

What is your favourite meal?
Can you draw it on this plate?



Books to read together...

Stanley's Cafe

by William Bee

The Runaway Pea

by Kjartan Poskitt and Alex Willmore



Picnics are a great time
to play outdoor games
like hide & seek or tag.

Why not hold a mini
Olympic Games with a flip-
flop kicking contest, egg &
spoon and relay races.





MUNCH

Useful links to help you have fun



Activity 1 - Bake a cake to take on a picnic.

- [Lots of kids baking recipes to choose from](#) (BBC good food).
- [Picnic inspiration, from zombie peppers to smashed carrots](#) (Vegpower).
- [25 active play games to try at your picnic](#) (Play Scotland)
- [More help on food and eating](#) (Parent Club).

Activity 2 - Grow a crazy cress head.

- [Crazy cress head instructions](#) (Jamie Oliver).
- [Are you kitchen cupboards full of things to grow?](#) (BBC gardening).

Activity 3 - Make a mud kitchen.

- [Need more advice building a mud kitchen?](#) (Scottish Wildlife Trust).
- [Make a tree creature with mud](#) (Scottish Wildlife Trust).

Books to read together



- [The Runaway Pea](#) read along
- Are you tired after your picnic?
Cosy up together with a nice drink and a good book. [Here are some ideas from the Scottish Book Trust](#)





ADVENTURE 4

IMAGINE

Activity 1 - Cloud stories

Put a blanket on the ground and look up at the sky. Are there clouds in the sky? What do they look like? A sheep, a flower, a witch? Do they stay the same or change into something else? Can you and your family make up a story using the cloud shapes you have seen?



Activity 2 - Be your own superhero.

Fancy dress is a brilliant way to get silly and have fun. You don't need fancy costumes: use a tea towel as a cape, pull on a pair of tights or put on some rubber gloves.

Think about what your superpower is and what you use it for.



Activity 3 - A bedtime story outdoors

Which grown-up is best at telling stories in your house? Can they do all the silly voices? Instead of asking them to read your favourite story in bed why not grab a blanket, put on warm coat and find a magical outdoor spot to cuddle up and read together.





IMAGINE

More fun things to do!



Can you help Jack climb the beanstalk to reach the goose that lays the golden egg? Which beanstalk should he climb, **A**, **B** or **C**?



Imaginative play doesn't have to stop at superheroes. You can be a fire-breathing dragon, cast spells & do magic, pet invisible animals, eat invisible food. Any you can use what's around you as props – a teapot can become Aladdin's lamp, a sofa can become a bus. Let your imagination run wild!



Books to read together...

The Last Wolf by Mini Grey

The Biggest Story by Sarah Coyle and Dan Taylor

The Prince and the Witch and the Thief and the Bears
by Alastair Chisholm



Bookbug





IMAGINE

Useful links to help you have fun

Activity 1 - Cloud stories

- [Bring cloud shapes to life using cloud dough](#) (Play Scotland)
- [Experiment making rain clouds, erupting glow rocks, magic mud and edible slime](#) (Play Scotland)

Activity 2 – Calling all superheroes

- [Now you're in the costume how about superhero hide & seek? Or why not build a hideout, go on a mission into the unknown or turn a turn a stick into a magic wand or light sabre](#) (Early Impact Learning)

Activity 3 - A bedtime story outdoors

- [Want some tips on making up your own story? Tim the storyteller says It is a bit like making porridge](#) (Tim Porteus)
- [Make your story out of this world by adding a magical door. You can draw a chalk door almost anywhere then see where it takes you – across the sea, into space or even back in time. Or learn to make a fairy door](#) (Woodland Trust)

Books to read together



Bookbug

- [The Biggest Story](#) read along
- [The Last Wolf](#) read along
- [The Prince and the Witch and the Thief and the Bears](#)

- Not every fairytale has to begin once upon a time and ends happily ever after... [Here are some fairytales with a twist.](#)





ADVENTURE 5

SQUEAK & ROAR

Activity 1 - Animal Impressions.

Find out who's best at animal impressions in your family! Start easy with dogs, cows, ducks and frogs, then make the animals harder. Who can make a sound like a giraffe?

Activity 2 - Wacky Animal Races.

All races are fun, but animal races are really fun! Jump like a frog, slither on your tummy like a snake, roll in a ball like a hedgehog or run on all fours like a cheetah. Or you could ask other players to guess what animal you are.

Activity 3 - Make a bug hotel.

Animals come in all shapes and sizes from huge whales and multicoloured chameleons to fluffy Alpacas. But did you know a garden can attract over 2,000 different types of insect? Why not make them feel at home by building a bug hotel?

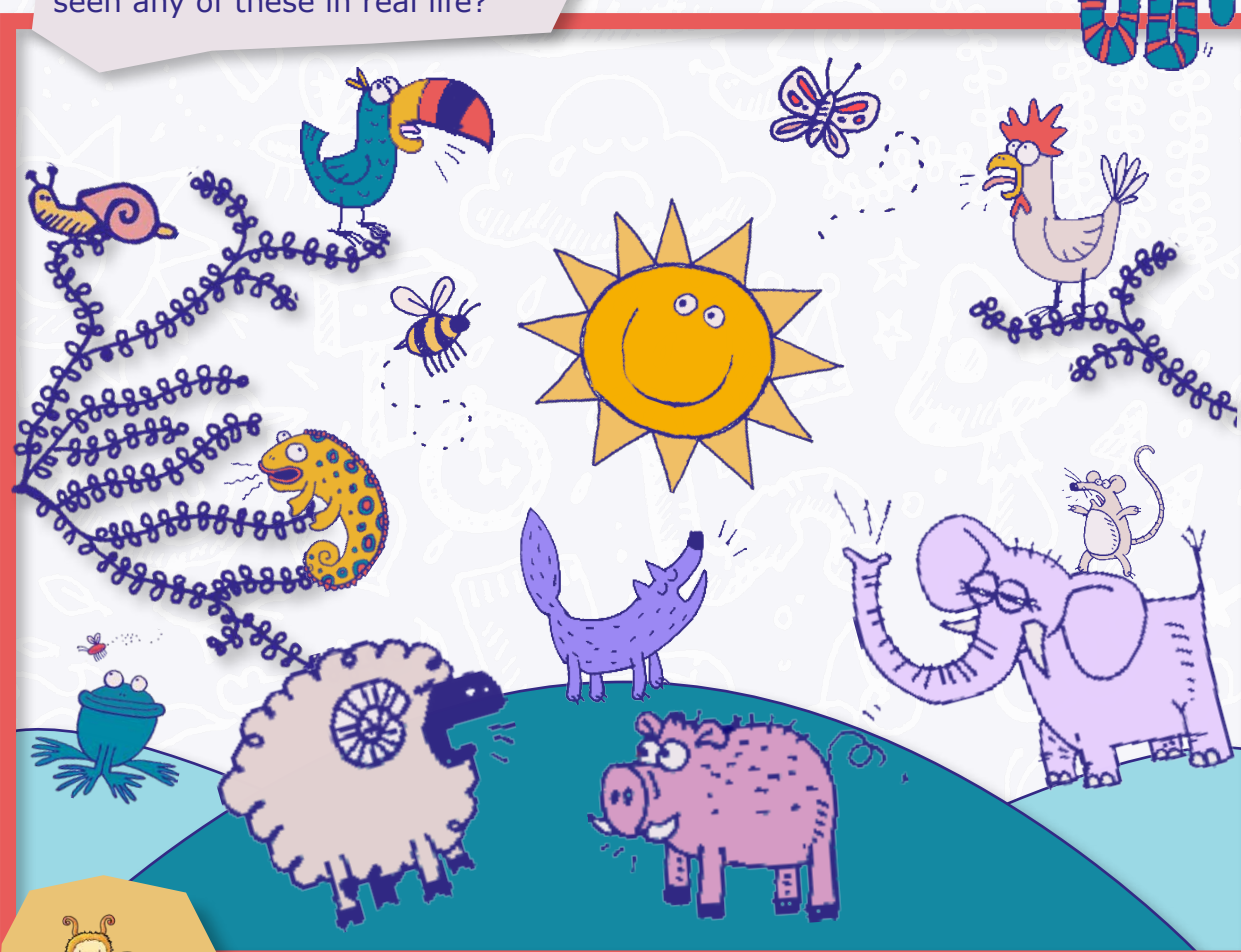
First collect your materials: Go on a nature walk and pick up dry leaves, bark, sticks and straw. Then at home find some corrugated cardboard, paper straws and half an old plastic milk carton. Then pack your milk carton with the materials you found and hide it outside in a cool dark place and see who comes to visit.



SQUEAK & ROAR

More fun things to do!

How many animals can you count in this picture? Have you seen any of these in real life?



Bookbug

Books to read together...

Wow! Animals

by Jacqueline McCann, Emma Dods and Marc Aspinall

Arlo The Lion Who Couldn't Sleep

by Catherine Rayne

Ready, Steady... Roar!

by Pat-A-Cake and Steve Mack

Summer is the perfect time to look for butterflies. Use them as inspiration to make a leaf butterfly using leaves petals, twigs and bark or a butterfly symmetry painting?



SQUEAK & ROAR

Useful links to help you have fun

Activity 1 & 2 – Animal Impressions & Wacky Animal Races

- There are loads of animal that you can impersonate – here are some ideas (Play Scotland)
- Need some help perfecting your impersonations? Watch what real penguins, pandas, tigers, koalas and monkeys do in the zoo (RZSS)
- Got the hang of impressions, how about a wild rainforest workout? (CBBC)

Activity 3 - Make a Bug Hotel

- Help to build a bug hotel in an old milk carton (WWF UK)
- Help with building a five-star hotel with hidey-holes for creatures galore (RSPB)
- Have a beetle drive - you'll need 4 players, a pen, paper and, a dice and a game sheet. (Buglife)

More fun things to do!

- Loads of crafty butterfly ideas from leaf butterflies, masks, symmetry paintings, toilet roll butterflies (Woodland Trust)
- Want even more craft ideas well how about eggbox animals? (Scottish Wildlife Trust)

Books to read together



- Arlo The Lion Who Couldn't Sleep read along
- Wow! Animals read along and activities





ADVENTURE 6

JOURNEY

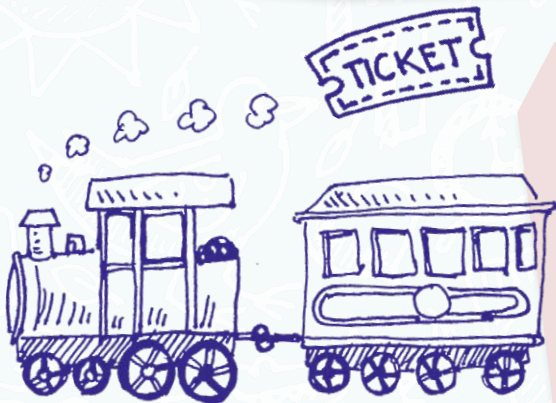
Activity 1 - Treasure Hunt

Who doesn't love a treasure hunt? Draw a treasure map with 4 or 5 crosses. Next, write the name of a place around your house, garden or local park next to each cross and draw a dashed line between each. Hide treasure in each place and get your family to follow the map to find it.



Activity 2 - Train Journey

Make a train track on the ground using chalk or sticks, leaves or pebbles. Then ask your family to sit one behind the other and pretend they are travelling on a train with you. Where are you going? What can you see out of the window? Could you pretend to be a train conductor, and collect everyone's tickets? Are there any announcements to make?



Activity 3 - Games on the Go

There are lots of fun games to play when you are travelling, whether you are on a bus, in a car or walking to the shops. Why not try 'I spy with my little eye...' or the banana game – each yellow car you see shout 'banana!' – the first person to shout gets 1 point, and the first to 10 points wins.





JOURNEY

More fun things to do!

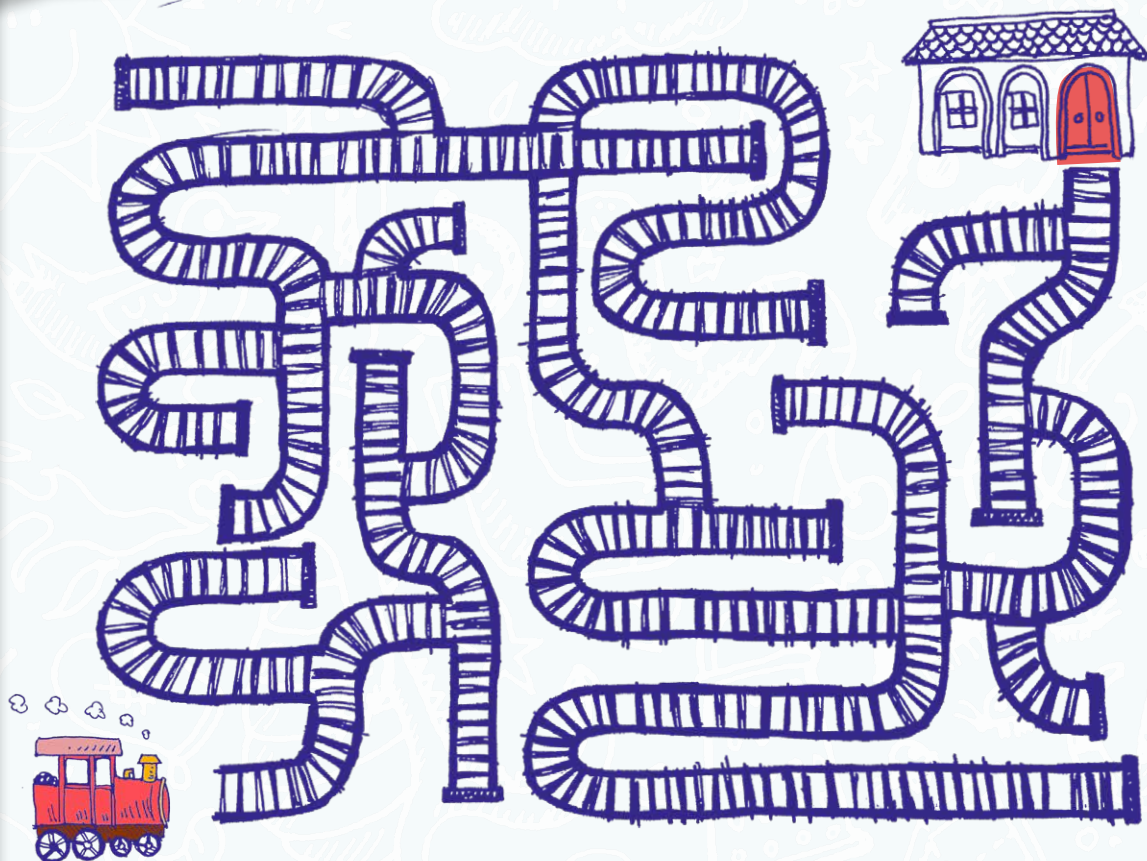


All aboard!

Can you help the train get to the station?



Journeys can happen on land and water. Challenge your family to a raft race with your own handmade boats made out of leaves and twigs.



Books to read together...

The Station Mouse by Meg McLaren

Out on bikes with Grampy by Anna Jarvis and Hannah Asen



Bookbug





JOURNEY

Useful links to help you have fun

Activity 1 - Treasure Hunt

- **Helpful tips to help make a treasure map?** (Play Scotland)
- **Make an egg box treasure chest** (CBBC junk rescue)

Activity 2 – Train journey

- Why not draw a chalk train track outside. Your track could go past a farm, a park, a station or a lake draw that ever you would like to see on your journey. Once you're finished use toy trains cars and people to bring it to life.
- **Going on a real train journey? Play 'I Spy'** (Scotrail)

Activity 3 - A bedtime story outdoors

- **Lots more ideas for games on the go** (Play Scotland)
- **Looking for a place to visit? Why not try a museum? They're interesting, indoors, and lots of them are free. What's more, many museums hold free family events over the holidays. Find free museums in your area** (Money Saving Expert)

More fun things to do!

- **Tips to help you build leaf and twig boats** (Woodland Trust)
- **Top tips to help you go on a cycling adventure like 'Out on bikes with Grampy'** (Play Together on Pedals).

Books to read together



- **The Station Mouse** read along
- **Lubna and Pebble** read along and activities





ADVENTURE 7

FEELINGS

Activity 1 - What can you hear?

Pick your favorite tree, give it a hug and sit and listen to it for a minute or two. Can you hear wind or water? Can you hear birds, animals or insects? Can you tell if they are flying, walking, eating, singing? Count how many different nature sounds you can hear.

How did sitting quietly make you feel?

Activity 2 - Holiday Memory Jar

Decorate a jar to make it as happy as you can, try using stickers and pictures.

Collect things that will remind you of what you did during your summer. Then with your family write or draw things that made each person feel happy. Put all your holiday treasures in the jar.

If you ever feel sad, look in the jar and find a happy memory.

Activity 3 - Blow Away Your Worries

Worries are normal, and talking about them can help make them feel less scary. So, if you are worried, talk to a grown-up in your family and ask them to help you write them down. If you can feel where the worry is in your body, point to it.

When you are ready, take a deep breath in, and when you blow out, imagine you're blowing bubbles with your worries inside. Watch them float away.





FEELINGS

More fun things to do!

Feelings can come in all shapes and sizes. What do you think the characters below are feeling? Which thought bubble do you think goes with each character?

Almost time to go back to school? Make it fun with a school bag scavenger hunt! Can you help find a water bottle, a healthy snack, a pencil case, indoor shoes, and tissues?



Books to read together...

The Littlest Yak by Lu Fraser and Kate Hindley

Inch and Grub by Alastair Chisholm and David Roberts





FEELINGS

Useful links to help you have fun

Activity 1 - What can you hear?

- A walk in the evening can help calm kids down before they go to bed. If it's dark or dusk the sounds you hear change and it can feel a bit more like a 'grown up' adventure. For older kids, an evening walk can give them a chance to talk to you if they want to.

Activity 2 – Holiday Memory Jar

- Going to school or nursery after a long summer holiday can be a little nerve-racking. Children are usually excited to be back, but often a bit nervous too. Here are some helpful tips (Parent Club)

Activity 3 - Blow Away Your Worries

- Breathing is something we do without even noticing but it can help little ones and adults relax and take a break. Here are 5 top tips to help your kids find their breath (Wee Seeds)
- Keep your family calm & focused: 10 mindfulness exercises for kids (BBC)

Back to School

- It's totally normal for children to have a huff. It's a way for them to learn how to deal with emotions, test boundaries, and express themselves. But coping with a tantrum can be enough to set adults off too. Here are some really useful tips to help you deal with tantrums and keep your cool. (Parent Club)



Books to read together

- Inch and Grub read along
- Help little ones make sense of their feelings with the help of these wonderful picture books.

