

RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



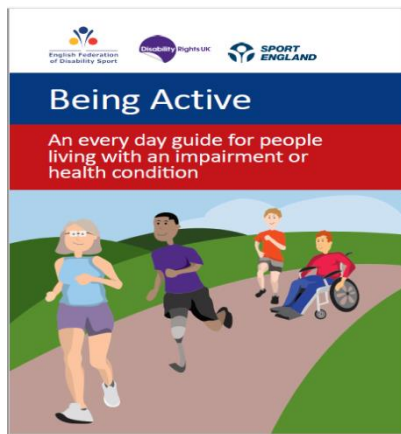
CONTENTS

SECTION	PAGE
DISABILITY RESOURCES & ACTIVITIES	<u>3</u>
MENTAL HEALTH RESOURCES & ACTIVITIES	<u>9</u>
EDUCATIONAL RESOURCES & ACTIVITIES	<u>21</u>
INDOOR ACTIVITIES	<u>25</u>
OUTDOOR ACTIVITIES	<u>31</u>
OTHER RESOURCES & ACTIVITIES	<u>37</u>
SUMMER SCHEMES *there may be a charge associated with activities	<u>47</u>

DISABILITY RESOURCES & ACTIVITIES CONTENTS

	Page
Being Active: A guide for people with impairments or health conditions	4
SEN Resource Source - Story to aid explaining social distancing and other resources	
Dept of Education – Special Education Needs (SEN) Resources	4
Education Authority – Special Education Needs Early Years Inclusion Service (SENEYIS) Information and Resources	4
Contact – Guide for families with disabled children	4
CYPSP Our Journey Through Disability Report	5
Contact – Siblings Guide	5
ONside Project	5
National Deaf Children’s Society – Mentorship Programme, Lets Talk Tips, Blog, Family Sign Language Course, Buzz Website	6
RNIB – Parent Carer Facebook Group, Need to Talk Project	7
Mae Murray Foundation – Beach wheelchairs & other equipment	7
Parenting Healthy Babies – 50 Games for children with special needs	7
Sunrise Medical – Activities for people with disabilities	7
Family Lives – Fun things to try with disabled children	7
MyChild at CerebralPalsy.org – Outdoor activities for children with special needs	7
Autism NI – Fun games, summer activity resource plus more	8

DISABILITY RESOURCES & ACTIVITIES



[Being Active: A guide for people with impairments or health conditions](#)



A social story to explain a little about social distancing during coronavirus - [read here](#).

Other stories and resources are available to [view here](#).



[Special Educational Needs \(SEN\) Resources](#)



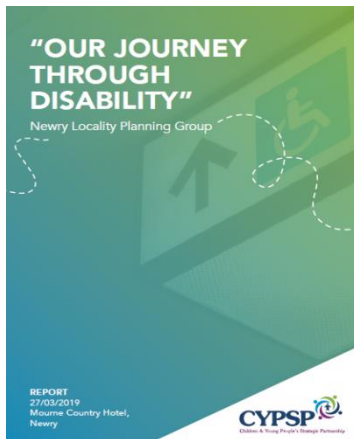
The Special Education Needs Early Years Inclusion Service (SEN EYIS) provides support to parents of children with special educational needs.

Further information on the service and resources which you may find useful are available to [view and download here](#).



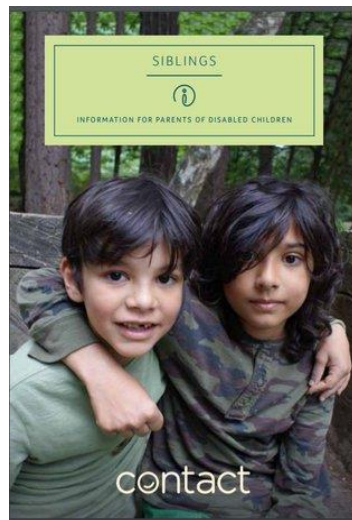
Helpful guide for families with disabled children, covering common concerns about your child's health & development, plus information on behaviour, sleep, feeding and more... [Order your FREE copy of the guide here](#)

[Back to Section Contents](#)



Report on a co-production initiative by parents and families in the Newry Locality, supported and facilitated by the CYPSP Southern Outcomes Group

[Download Here](#)



SIBLINGS guide – all about supporting the brothers and sisters of children who have a disability or long-term illness.

[Download Here](#)



The ONSIDE Project offers people who are 16+ and who have a disability, the opportunity to get more digitally and socially included. Participants receive a tablet device, and get 6/7 sessions of beginners group training on things like email, using zoom, online safety and accessing books and magazines online for free and lots more.

Participants are also linked with a Community Navigator who will then map out tailored social connections e.g. online hobbies, online health & well-being classes and social media platforms, based on participants' interests and needs. After the training has finished there is also the opportunity to get involved in volunteering on the project too - [More Info](#)



NDCS Mentorship Programme

Text based mentorship programme for deaf young people (aged 15-18) for personalised support and guidance on a range of topics like wellbeing and future careers.

[Further Information](#)



Lets Talk – NDCS Tips

It's so important to encourage deaf children and young people to talk openly about their feelings.

[Top tips and resources for parents to help their child understand and express emotions](#)



Website for Deaf Young People

The Buzz gives deaf children and young people a safe and positive online space of their own.

<https://buzz.org.uk>



The National Deaf Children's Society has a COVID 19 blog on their website, where they are gathering together in one place all the up-to-date information that families with a deaf child will be looking for. It is specific to deafness and is updated regularly and contains all the NI specific contacts and references

[Access Blog Here](#)

Family sign Language course - NDCS tutors have filmed themselves in lockdown so families can still learn British Sign Language (BSL) to use at home. – [View Here](#)

RNIB

See differently

RNIB Parent Carer Facebook Group

A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<https://facebook.com/groups/140238563264750/>

Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services-rnib-northern-ireland/need-to-talk>



Beach wheelchairs & other equipment to borrow free of charge across Northern Ireland beaches.

[Become a member to stay up to date – it's free!](#)



[50 Games for Children with Special Needs](#)



[Activities for people with disabilities](#)



We build better family lives together

[Fun things to try with disabled children](#)



[Outdoor Activities for Children with Special Needs](#)

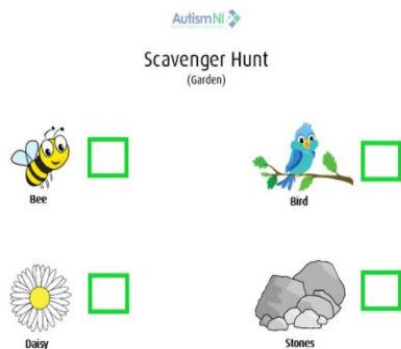


Rainbow Resource Kit

Information for parents of newly diagnosed children to support them in understanding their child and a range of autism strategies they can use. Booklets and resources include: A Positive Start for Life, Communication and Socialisation, Play, Making Sense of Sensory, Parent to Parent, Top 12 Tips and can be [downloaded here](#).

Education Resource Kit

Social stories, learning plans, routine charts, e-books and audios for children of all ages – [available to download here](#).



[Lots of Fun Games and Ideas from Autism NI](#)



[Coping with Change Resource](#)



[Summer Activity Resource](#)

Other resources are available from Autism NI to help autistic individuals, professionals, parents/carers and family members - [view here](#).

MENTAL HEALTH RESOURCES & ACTIVITIES CONTENTS

	Page		Page
The Anti-Boredom Project	10	Upability - The Emotional Cup	15
Safe Hands Thinking Minds – Resources to support children and adults around anxiety, stress and fears	10	Family Wellness Project – Stress Bucket	15
Aware NI – Resources to support your mental health	10	Family Wellness Project – Top tips for talking to your child about mental health	16
Young Minds – Tips for coping with social anxiety	10	Worry Tree	16
BHSCT CAMHS – Ideas & resources to help support children and young people’s mental health	10	Parenting NI – Mental health top tips	17
Useful Guide to Mental and Emotional Wellbeing Resources	11	Self –care & mental health for kids	18
Young Person’s Mental Health Guide	11	Action for Children – Tips on how to boost your child’s happiness	18
Staying Well at Home Workbooks – Copying with Feelings of Anger and Frustration & Coping with Anxiety and Stress	11	BBC Teach – What’s Up With Everyone Video’s	18
CAMHS Resources – Helpful resources to help support mental health & wellbeing	11	Health & well-being – 5 Do’s & 3 Don’ts	18
ParentLine NI – Helping your child deal with their anxieties	12	Family Wellness Project – Relaxation Tips	19
66 Positive things to say to your child	12	Action Mental Health – Ways we can give to others	19
10 Ways to help your child look after their mental health	13	Things that will help when I am overwhelmed	19
Youth Engagement Service – A-Z of being kind to yourself	13	Southern Area LPG Emotional Wellbeing & Mental Health Resource	20
50 Coping Skills for Kids	14	BBC Bitesize – Distraction technique to tackle anxiety	20
		Play Matters – Nurture your child’s mental health through play resource	20
		Childline – Advice & tips to help support with mental health concerns & ways to cope	20



[Back to Section Contents](#)



[Resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid resources](#)



[Useful resources from AWARE to support your mental health](#)



[Tips for coping with social anxiety](#)



Ideas and resources which you may find helpful in supporting children and young people's mental health.

[View Resource](#)

MENTAL HEALTH RESOURCES & ACTIVITIES

A useful guide to Mental and emotional wellbeing resources

Minding Your Head
www.mindingyourhead.info

The Minding Your Head (MYH) website has a range of information and resources to support and enhance your mental and emotional wellbeing and information on how to help others and how to access help and support when needed.

Resources

The resources section of MYH contains some very useful information, including:

- Take 5 Steps to Wellbeing
- Ask, Talk, Listen - a guide to active listening
- Mental Health Factheets
- Minding Your Head Student Guide

The Minding Your Head Student Guide with resources on dealing with specific topics such as stress and worry.

Information on programmes such as:

- FLARE
- Flourish
- Training

stresscontrol

There are available directly at www.stresscontrol.org

Psychological First Aid

HSC NI in collaboration with the Red Cross and NHS Education Scotland has made available online guidelines and a short E-Learning module on Psychological First Aid. These resources are particularly applicable for anyone working or volunteering with local communities at this time.

www.pha.ni.gov.uk/psychological-first-aid

Lifeline
0808 808 8000

Helpline NI

Helpline NI website provides a directory of over 18 helpline services operating across Northern Ireland. The helpline services provide information, support, advice and guidance on a wide range of health and wellbeing needs. The website also includes details of both national and local (Community) COVID-19 specific helplines. www.helpline.ni.gov.uk

Young Person's Mental Health

Young Person's Mental Health is a free online guide to mental health services in NI. It provides you or someone you know with a pocket guide about what you should expect from Mental Health Services in Northern Ireland. This booklet has been designed by and for people with lived experience and their families across Northern Ireland and explains the key steps involved when mental health care is required. It is based on the principle of 'no decision about me without me'. It can be accessed at bit.ly/YPMH.

COVID-19 information and resources

Having contributed to UK and NI mass media COVID-19 advertising campaigns, PHA will continue health protection messaging and guidance, and health and wellbeing messaging to help deal with the challenges that this situation is presenting for our communities. PHA has produced numerous COVID-19 resources for NI, including handout cards. Our website has a browserout which offers the option of 90 languages. An advice booklet for people with learning disability has been developed with information on symptoms, stay at home and social distancing. Stay at home guidance for households with possible COVID-19 infection and advice on looking after your wellbeing while staying at home has also been made available in British and Irish Sign Language. These videos are available on our website at www.pha.ni.gov.uk/coronavirus

StopCOVID NI
Checklist for the safe return

[Download](#)

young person's mental health

a guide...

a resource for young people, their parents and carers to support mental well-being

[Download Here](#)

Workbooks to help young people aged 11-19

Staying Well at Home: Coping With Feelings of Frustration and Anger

A FREE Workbook for Young People Aged 11-19 Years Old

NYA | VR

[Download](#)

Staying Well at Home: Coping With Anxiety and Stress

A FREE Workbook for Young People Aged 11-19 Years Old

NYA | VR

[Download](#)

[Back to Section Contents](#)

CAMHS Resources

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. I hope that you find it helpful.

Website created for young people, carers and professional to pool together lots of helpful resources from across the internet that are available to help support your mental health and wellbeing – [Go to Website](#)



Helping Your Child Deal With Their Anxieties

One of the ways we assist children is to build their confidence in taking (age appropriate) control of situations that affect them. In doing this we teach them that difficult emotions may not be pleasant but sometimes we have to live with them and that these feelings, although frightening and unsettling, can be manageable.



Ask your child how they might deal with things

By doing this we are allowing the busy brain to be constructively busy, allowing it to work on coming up with solutions as opposed to busying itself being worried.

Remember the importance of age appropriateness, a perfectly good solution to a child being upset or afraid is to tell an adult.



ASK - Who might you want to tell? What if you couldn't get them? Anybody else? What might you say?

If we help a child break BIG worries into small manageable worries, then we reinforce the idea that the world and more importantly THEIR world is not a scary place for them.

It is understandable that worries might arise for Parents and children in relation to Covid related concerns- more specifically the reintegration of "normal activities"

Respect a child's concerns and then aid them in coming up with solutions.



ASK - what might help you feel less worried?

Reinforce what they already know, but encourage them to say it themselves, eg washing your hands, covering your mouth with your elbow etc.

66 POSITIVE THINGS TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ



ROLE MODEL
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



@BELIEVEPHQ



TALKING
Support your child to talk about their problems and how they are feeling



COPING SKILLS
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



PLAY

Promote play and creativity among your child. Allow them to explore



RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

RELATIONSHIPS

Support your child to build positive relationships with friends and family



YOUTH ENGAGEMENT SERVICE

START HERE

A to Z of BEING KIND TO YOURSELF

Anxiety - it's a normal reaction to a very abnormal situation

Be Active, take walks, dance, just move!

Connect with people in new ways, stay connected

Distract yourself, do something you enjoy to take your mind of things

Eat well, look after you, get the right nutrition and keep healthy

Family and Friends are there to help you

Give - share time with someone or donate if you can to a good cause

Happy, do something that makes you happy

Ignore the news if you need to

Just be, maybe we have been given a chance to just be us for a while.

KeeP Learning, about yourself, about others, maybe it's a new skill you want to try but never had the time?

Love yourself, be kind to you

Meditate, there's lots online. Learn how to relax

Nature, listen to the sounds & enjoy

Own it - say how you feel. There is power in saying it.

Plan, make plans for when it's over, something to look forward to

Quiet - Find your quiet space

Relax, get a cuppa, book, chill!

Sleep, try to keep a pattern, sleep well

Take notice of how you are feeling and things around you

Unique, we are all different and cope in different ways. Try not to compare yourself to others

Victory - we will get through this

Water - Drink plenty of it each day

X - exhale! Breathe slowly and be aware of your breaths

You are amazing! Don't forget it!

Zero - don't let things reduce you to zero - you are a hero.

Change starts here Every Person Stronger



THE EMOTIONAL CUP

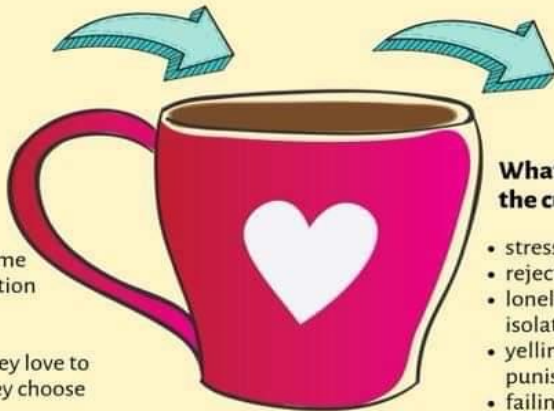
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbidity

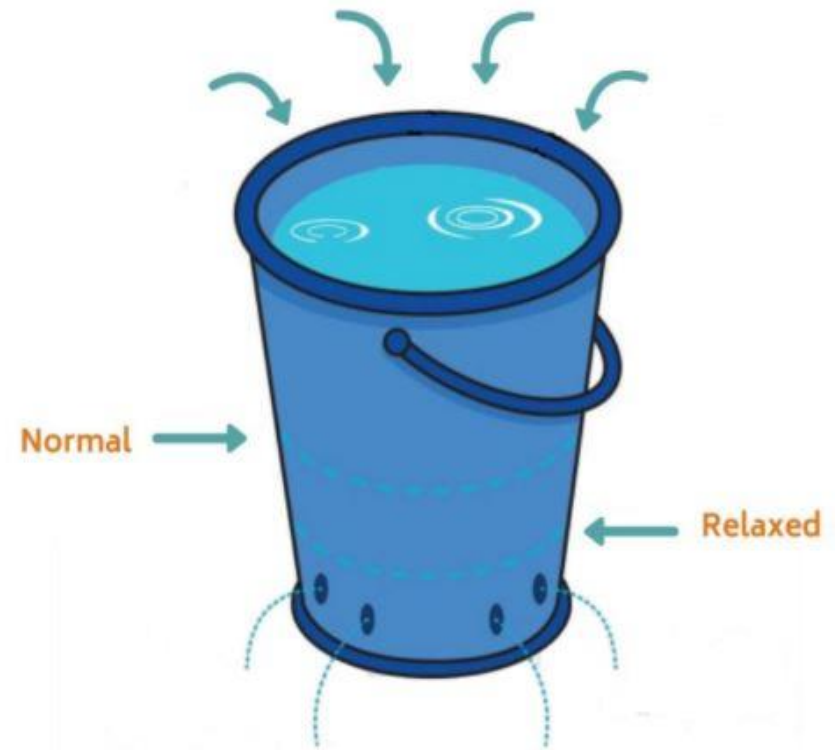
Publisher of Therapy Resources



Stress Bucket

Imagine there's a bucket you carry with you which slowly fills up when you experience different types of stress. It's important to find activities which help you lighten the load.

Complete the diagram below. Write the things that can cause you to get stressed at the top, going into the bucket and at the bottom, write the things you can do to help relieve your stress.



Talking to your child about mental health

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference

Let them know



Let your children know you are happy to talk and listen to them about any worries they may have



Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic

Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health



Use face flash cards

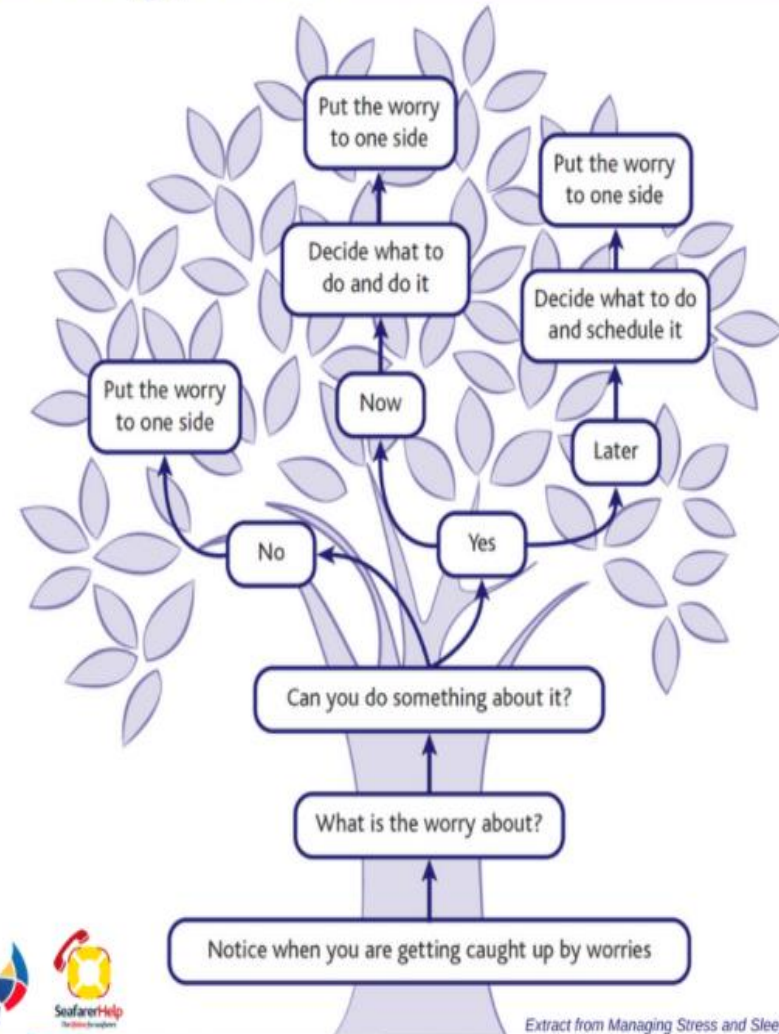
Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.

Worry Tree



Extract from Managing Stress and Sleeping Well at Sea



Mental health top tips

Mental health affects the way we think and feel about ourselves and others, and how we respond to daily life. We can find it hard to talk about mental health but communicating and sharing feelings with our children can make all the difference.

Make yourself available

We all have busy lives and sometimes our children may feel we are too busy to chat. Make your presence known to your child and let them know you are happy to talk and listen to them about any worries they may have. You don't need to set aside lots of time to have a chat just opening up can make a difference. Keeping it informal and taking an interest in what they are doing allows opportunities to strike up a conversation.

Talk about your day

Set time aside each day to chat to each other about your day both the good and the less positive things that happened. Try ending the day on something positive ready for the next day.

Notice how your child communicates in other ways

Children and teenagers express themselves in different ways not just through talking but through play, music, behaviour, body language and facial expressions. You can learn a lot about how they may be feeling by spending time with them and watching them play or engage in activities.



Mental health top tips

Use appropriate language

- Depending on the age of the child, they may not understand the terminology associated with mental health. Children will understand the idea of feeling sad, stressed or anxious; explain that this is what is meant when we talk about mental health. For younger children, you can use face flash cards to illustrate different emotions.

Keep an open mind

Try to avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about mental health.

Ask for help

Remember, no one has all the answers; not knowing things about mental health is OK. Don't be afraid to ask for help from family and friends, a doctor or support organisations.



parentingni.org

f /parentingni @parentingni

Proudly sponsored by



Self-Care & Mental Health for Kids

 Share your own feelings to **encourage** self-awareness.



Find social groups that help them feel like they **belong**.



Set aside time for **low-stress** or solo activities.



Practice **self-care** for yourself to set the standard.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage **journaling** and diaries.

Encourage your child to focus on the **moment**.



Establish a **self-care** routine.



Recognize **toxic stress** events.

BlessingManifesting

Cultivate interests and **hobbies**.



As a parent or carer, it's a good idea to let your child know they can talk to you about their emotions when they need to.

[Tips on how to boost your child's happiness](#)



What's Up With Everyone? is a new collection of short animated videos from BBC Teach, developed to encourage young people to become more aware of their mental wellbeing.

[Watch Video's Here](#)





FAMILYWELLNESSPROJECT

RELAXATION TIPS

Lockdown getting you down? Take some time out of your day and treat yourself to a little relaxation as a form of self-care. Looking after yourself and taking time to do things you enjoy is essential for good emotional wellbeing.

TAKE A BATH

A hot bath at the end of the day can help you relax and unwind, and gives you a chance to review your day.



HOBBIES

Take up a new hobby or delve back into something you already enjoy. Reading, knitting, crafting or listening to music are all great ideas.



PRACTICE MINDFULNESS

Download the 'Headspace' or 'Calm' app and take some time out of your day daily to practise mindfulness. Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander.




breathe

TRY YOGA

Yoga can help you relax which can in turn assist in maintaining a good sleeping pattern. Regular exercise is wonderful for your emotional wellbeing & helps you stay supple & healthy.

Find out more about the Family Wellness Project at: parentingni.org/family-wellness-project





Ways we can give to others

- Give words of gratitude and thanks – one small word of kindness can change someone's day.
- Give your special skills to help others – whether it's being creative, handy at DIY or good at budgeting, we all have strengths that could help others.
- Give your time to a cause that matters to you – protecting the environment or supporting a local charity.

#MindfulMonday

amh everyBODY taking action on eating disorders

action mental health

Small acts of kindness towards other people can give a sense of purpose & make you feel happier & more satisfied about life. Recent research shows us that helping others & working together activates & strengthens certain parts of the brain, enhancing well-being.



SOUTHERN AREA LOCALITY PLANNING GROUPS

Emotional Wellbeing and Mental Health Resource for Children and Young People





The aim of this resource is to provide information on local services for children and young people which will be of benefit to their emotional wellbeing and mental health.



- 1 ARMAGH
- 2 BANBRIDGE
- 3 CRAIGAVON
- 4 DUNGANNON
- 5 NEWRY & MOURNE
- 6 SOUTH ARMAGH

Download this new resource for the Southern Area [HERE](#)

For further information contact Darren Curtis, Locality Development Officer, CYPSP on Darren@ci-ni.org.uk

BBC Bitesize
Parents' Toolkit


How to tackle anxiety using Dr Anna's distraction technique

Anxious thoughts demand all of our **attention**.

Activities that require focus pulls us out of our heads and distracts us from these thoughts. With enough distraction, the anxiety will be starved of attention and will start to dwindle.

Anything that takes your child's entire focus could be used as a distraction from anxious thoughts, including:

1. A good chat
2. Playing a game
3. Watching a film
4. Baking a cake



Dr Anna Colton
Clinical Psychologist

[Detailed explanation of how it works](#)



NURTURE YOUR CHILD'S MENTAL HEALTH
THROUGH PLAY

[Download Resource](#)



[Advice & tips to help support with mental health concerns and ways to cope](#)

	Page
Picniq – Best virtual museum tours for kids	22
10 Free learning websites for kids	22
Wide Open School – Online learning resources	23
Pearson – Activities, tools & advice to support learning at home	23
The Consumer Council - Educational family activities & games to play at home	23
BBC Bitesize – Learning & revision resources	23
Outdoor Classroom Day – Celebrating outdoor play and learning	23
Teaching 2 and 3 Year Olds – Learning ideas	23
CEA – Home learning resources	24
RISE NI – Advice & resources	24
EA Literacy Service – Literacy Newsletter	24
Twinkl – Home Learning Hub	24
Our Safer Schools – Home Learning Hub	24
Oak National Academy – Video lessons & resources	24



Best Virtual Museum Tours for Kids:

The Louvre

Via their website:

www.louvre.fr/en/visites-en-ligne/

The British Museum

Via their website:

<https://britishmuseum.withgoogle.com/>

The Metropolitan Museum of Art

Via their website:

www.metmuseum.org/art/online-features/metkids/

Van Gogh Museum

Via their website:

<https://artsandculture.google.com/partner/van-gogh-museum>

Roald Dahl Museum and Story Centre

Via their website:

www.roalddahl.com/museum/visit/virtual-museum-tour

NASA Glenn Research Center

Via their website:

www.nasa.gov/glennvirtualtours



10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

Switcheroo Zoo www.switcheroozoo.com Watch, listen, and play games to learn all about amazing animals!	Fun Brain www.funbrain.com Play games while practicing math and reading skills!
Nat Geo for Kids www.kids.nationalgeographic.com Learn all about geography and fascinating animals!	PBS Kids www.pbs.org Hang out with your favorite characters all while learning!
Into the Book www.reading.ecb.org Go "into the book" to play games that practice reading strategies!	Star Fall www.starfall.com Practice your phonics skills with these read-along stories!
Suessville www.seussville.com Read, play games, and hang out with Dr. Seuss and his friends!	Storyline Online www.storylineonline.net Have some of your favorite stories read to you by movie stars!
ABC YA www.aboya.com Practice math and reading skills	Highlights Kids www.highlightskids.com Read, play games, and conduct



Wide Open School is a free collection of the best online learning experiences for kids curated by the editors at Common Sense. It is organized so teachers and families can easily find it and plan each day.

[Go to Website](#)



BBC Bitesize have resources to help with learning and revision including videos, step by step guides, activities and quizzes by level and subject.

[Visit Website](#)



[Activities, tools and advice to support learning at home](#)



Outdoor Classroom Day is a global movement to inspire and celebrate outdoor play and learning.

[Further Information](#)



The Consumer Council have devised a number of consumer rights themed games and quizzes that you and your family can do while you are in the house.

[View Website](#)

TEACHING
2 AND 3 YEAR OLDS

Fun preschool outdoor learning ideas that will encourage hands-on exploration and fun. Everything from sensory to literacy to science and much more!

[View Here](#)



Home learning resources for children in primary, post-primary, Irish medium schools and for learners with SEN.

[Go to Website](#)



EA Literacy Newsletter all about school transitions. Strategies and tips to help with school transitions from Nursery into Primary, then onto Post Primary and 16 plus, to support our children and young people.

[Read Here](#)



Library of FREE resources! Covering topics like password safety, to support children and young people at home – [Go to Hub](#)



A range of online information, including advice and resources to help parents, carers and children .

[View Here](#)



[Twinkl Home Learning Hub –
New ideas, everyday!](#)



[Free video lessons and
resources](#)

INDOOR ACTIVITIES CONTENTS

	Page		Page
Book Trust Home Time – Online books & more	26	Action for Children – Creative play resource	28
Harry Potter At Home	26	RTE Jr – Colouring in & activities	28
Empathy Labs – Read for empathy collection 2021	26	Spar – Printable colouring in sheets	28
Seamus Heaney – Craft based activities	26	Today's Parent – 15 ways to keep your kids active (even if you don't have much space)	28
Libraries NI – Kids Hub	26	Simon Says Fitness Disguised as Fun	29
Barnardo's – Charades	27	10 Minute Shake Up Games	29
PlayBoard NI – Bookwork Craft	27	Beans	29
Playful Childhoods – Easy indoor play ideas	27	Become a reporter for the day	30
Outdoor Classroom Day – Paint a stone animal	28	Dry Arch Children's Centre – Playdough Recipe	30
PlayBoard NI – Indoor play ideas & activities	28	How to grow a rainbow	30
Family Days Tried And Tested – Simple craft activities using milk cartons, jars & bottle	28	Hungry Little Minds – Simple, fun activities for kids, from newborn to five	30
ni4kids – Activity ideas to keep everyone upbeat & happy	28		
Roe Valley Arts – Creative kids activity pack	28		



BookTrust HomeTime

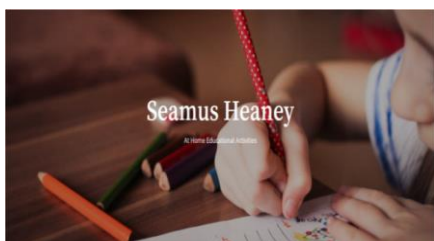
Looking for something fun as a family? Enjoy storytime with BookTrust's free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes. You can even learn how to draw some of your favourite characters.

<https://www.booktrust.org.uk/hometime>



'All the latest magical treats to keep you occupied - including special contributions from Bloomsbury and Scholastic, nifty magical craft videos (teach your friends how to draw a Niffler!), fun articles, quizzes, puzzles and plenty more for first-time readers, as well as those already familiar with the wizarding world. We're casting a Banishing Charm on boredom!'

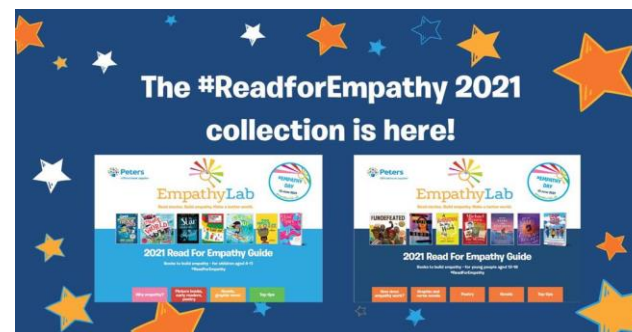
[Go to Website](#)



[Craft based activities using Seamus Heaney's work as a source of inspiration](#)



[Kids Hub](#)



[Read for Empathy Collection 2021](#)

[Back to Section Contents](#)



CHARADES

HOW TO PLAY

1. The players divide themselves into two teams.
2. The leader chooses the first player from one of the teams.
3. The leader then secretly gives this player a film or book title to act out.
4. The player is not allowed to use sounds, to mouth words or use drawing.
5. It is the job of the player's team to guess what the name of the film or book is.
6. If they are able to guess then the team gets a point.
7. Repeat with a player from the opposite team.

VARIATION

Think about acting out different feelings that the players have been learning in their SEL lessons.



Bookworm Craft

- Cut out circles from different pieces of coloured card, or use foam circles.
- Stick your circles together to make a long worm shape.
- Create your bookworm's face by adding some googly eyes, pipe cleaners for antenna, and a smile!



For more ideas for International Children's Book Day
go to www.playboard.org/play-ideas



Playful
Childhoods

Fun, easy play ideas for your child to enjoy in and around the home- from making indoor dens, to playing in the dark, to old school games such as hide & seek.

[View Here](#)

PAINT A STONE ANIMAL



[Download Here](#)



Creative play ideas resource produced by Sperrin and Lakeland Floating Support Team for you to try at home. Activities require little or no resources.

[Download Here](#)

[Back to Section Contents](#)



PLAYBOARD NI
LEADING THE PLAY AGENDA

[Indoor Play Ideas and Activities](#)

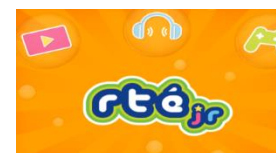
Family Days Tried And Tested

Adventuring through childhood... with love and dysfunction in tow

[Simple craft activities using milk cartons, jars and bottles](#)

ni4kids
FAMILY • LIFE

[Activity ideas to help keep everyone upbeat and happy](#)



[Colouring in and make & do activities](#)



[Printable colouring in sheets](#)



[15 ways to keep your kids active \(even if you don't have much space\)](#)

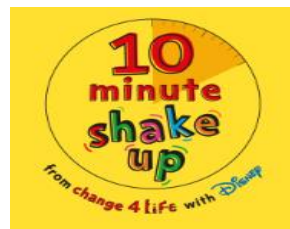
SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Walk on your knees.		Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



WWW.THEYSMELL.COM



10 Minute Shake Up Games

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*.

These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! - [Play Here](#)

Beans!

There are different actions for each type of bean. Each time the name of the bean is called out, the child(ren) should do the correct action.

Runner beans – run on the spot

String beans – stretch up tall and be as thin as possible

Dwarf beans – bend down and be as small as you can be

Broad beans – hold arms out wide and stand with wide legs

Chilli Beans – shiver

Frozen beans – everyone has to stand still

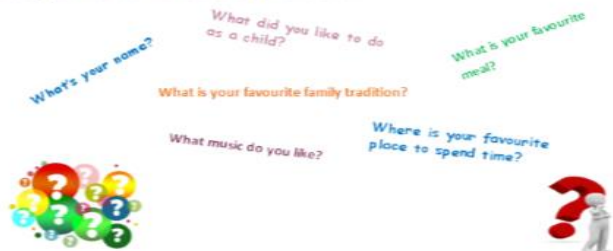
Jumping beans – jump up and down

Beans on toast – lie on your back with your arms across your chest

Become a Reporter for the day!



This is the perfect time to perfect your reporting skills. Today you can become a reporter! Imagine you work for a newspaper and they have sent you to your house to interview your family. Think up a list of questions that you would like to ask and then arrange a time to sit down and start the interview.



How to Grow a Rainbow

You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!



THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM

Simplicity in difficult times



SureStart

'It takes a whole village to raise a child'

No cook playdough recipe

Use the same cup to measure:
4 cups of plain flour
1/3 cup of cooking oil
1 cup of salt
7 teaspoons of cream of tartar
3 to 4 cups of boiling water



Put all ingredients into a large bowl.

Add the 2 cups of water, I would add essence and food colouring at this stage by putting it into the cups of boiling water, followed by a 3rd cup of water.

Keep mixing and kneading the dough, until it becomes firm like bread dough if it needs more water just add more in gradually.

If your mixture becomes sticky the trick is to add a teaspoon of oil or a little more.

This playdough needs a lot of kneading so it cooks while you knead, be patient enjoy it, its very relaxing.

This playdough will last up to 4 weeks in an air tight container. This is a large amount you could however break it up and have a selection of different colours.

www.dryarchcentre.org

'simple acts of kindness will get us all through'



Simple, fun activities for kids, from newborn to five

OUTDOOR ACTIVITIES CONTENTS

	Page
PlayBoard NI – Bug hotel, den building, bubble socks	32
Stick tower	32
PlayBoard NI – Water play, shadow drawings	33
What to Expect – Outside fun ideas for toddlers and pre schoolers	33
Stranmillis University College – Playful outdoor learning ideas & activities	33
Nature's Path – 7 Fun & simple outdoor activities for kids	33
No Time for Flash Cards – 50 Simple outdoor activities that won't break the bank	33
Hike It Baby – 30 Things to do with your kids outside	34
Nature Bingo	34
Happy Hooligans – Outdoor activity ideas	35
Cave Hill Country Park, Belfast	36
Colin Glen Forest Park, Antrim – Alpine Coaster	36

Bug Hotel

Going on a bug hunt and creating a bug hotel offers lots of opportunities to explore and to discuss nature and the environment.

You can make your bug hotel out of materials you have at home or in your garden such as old plant pots or half a plastic bottle, and fill with bug friendly bits and bobs of different shapes and sizes for insects and bugs to crawl into such as sticks, wood, bark, leaves, stones, flowers, grass etc.

Once you have opened your bug hotel just wait for the bugs and creatures to move in!

www.playboard.org



Den building

All that's required is household items or things found in your garden and lots of imagination! Dens can be any shape or size and based outdoors in your garden, for example using just a blanket and a tree, or indoors using items such as cushions, chairs, tables and boxes.

If you don't have a lot of space mini dens could be created for favourite toys! The best dens, and those which are the most fun, are built and designed by children!

Den building offers many benefits such as respect for and understanding of the natural environment and can help children develop many skills such as problem solving, reasoning, communication, planning and motor skills.

Mastery play - Control of the physical and affective ingredients of the environments, like digging holes or constructing shelters. This play activity can also incorporate many of the other play types.

Play Types developed by Bob Hughes - A Taxonomy of Play Types

www.playboard.org



Bubble Socks

You will need:

- An old sock
- Empty plastic drink bottle with top removed
- Elastic band
- Bubble mixture - washing up liquid and water

Cut the bottom of your bottle, put the sock over the bottom and secure at the top with the elastic band.

Dip your sock into the bubble mixture and blow into the bottle to make your bubbles!

www.playboard.org



Water play

- Water xylophone - fill glass jars with varying amounts of water (and food colouring/paint) and tap with a spoon to discover the different notes.
- Boat race - make toy boats and have a race.
- Car wash - just add fairy liquid and toy cars to create your own car wash.
- Water painting - using a paint brush, children can have fun 'painting' walls, drainpipes, the ground etc. outside.
- Make a magical potion using food colouring and special ingredients such as flowers, leaves, fairy dust and sunshine!
- Enjoy splashing, splashing, pouring, experimenting, and learning using different sizes of containers, funnels, sponges, jugs, bath toys etc.



www.playboard.org



7 Fun & simple outdoor activities for kids

NO TIME FOR FLASH CARDS

50 simple outdoor activities for kids to get them outside without breaking the bank.

what to expect.

Easy ideas for outside fun to keep toddlers and pre-schoolers entertained from WhatToExpect.com

[View Here](#)



STRANMILLIS UNIVERSITY COLLEGE
A College of Queen's University Belfast

Playful outdoor learning ideas and activities from PGCE students at Stranmillis University College.

[View Here](#)

Shadow Drawings

You will need:

- sheets of paper or old wallpaper
- colouring pencils
- your favourite toys
- sunshine (or a torch)



On a sunny day line up your favourite toys on a sheet of paper and draw around their shadows.

This is a fun way to improve your drawing skills, colouring big shadows and small shadows (depending on the time of day), as well as enjoying some fresh air in your garden.

You can also try this inside using a torch.

www.playboard.org



OUTDOOR ACTIVITIES

HIKE IT BABY 30

30 THINGS TO DO WITH YOUR KIDS OUTSIDE

Look at a cloud and say what you think it looks like. <input type="checkbox"/>	Make a wish on a dandelion. <input type="checkbox"/>	Explore a cobweb and make spiders cool. <input type="checkbox"/>	Hug a tree. <input type="checkbox"/>	Build a house for fairies. <input type="checkbox"/>
Read a book in the woods. <input type="checkbox"/>	Fill a basket with nuts, leaves, and sticks that have fallen from trees. <input type="checkbox"/>	Pick up 3 pieces of trash from outside. <input type="checkbox"/>	Identify 3 birds. <input type="checkbox"/>	Throw rocks in a river, pond, or puddle. <input type="checkbox"/>
Plant wildflowers. <input type="checkbox"/>	Build a rock cairn. <input type="checkbox"/>	Slide down a sand or grassy hill. <input type="checkbox"/>	Explore a trail you have never been down. <input type="checkbox"/>	Draw pictures in the dirt. <input type="checkbox"/>
Paint rocks with water and see what colors arise. <input type="checkbox"/>	Splash in a big puddle. <input type="checkbox"/>	Put bugs in a bowl and observe them. <input type="checkbox"/>	Work in a garden or explore a public garden. <input type="checkbox"/>	Pick out how many shades of green you see on a trail. <input type="checkbox"/>
Look for something prickly. <input type="checkbox"/>	Sing in the rain. <input type="checkbox"/>	Plant a seed that you find on the trail. <input type="checkbox"/>	Have a picnic. <input type="checkbox"/>	Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/>
My Trail <input type="checkbox"/>	Sing in the rain. <input type="checkbox"/>	Plant a seed that you find on the trail. <input type="checkbox"/>	Have a picnic. <input type="checkbox"/>	Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/>
Name a trail with your own special name. <input type="checkbox"/>	Make binoculars out of toilet paper rolls and spy something through them. <input type="checkbox"/>	Make a new friend. <input type="checkbox"/>	Walk like a duck, a deer, or a bear. <input type="checkbox"/>	Find different items that are your child's favorite color. <input type="checkbox"/>

n a t u r e

				
leaf	butterfly	frog	pinecone	animal tracks
				
bee	y-shaped branch	spider	mushroom	moss
				
rocks	berries	nest	dragonfly	flowers
				
ant hill	feather	acorn	burrow	tree with a hole
				
cattails	bird	fish	log	pond

b i n g o

HSC Western Health and Social Care Trust

Please adhere to guidelines when exercising on our outdoor spaces



Practice social distancing (stay at least two metres away from other people)



Keep to designated path/walkways



Please keep dogs on leads at all times



Please clean up any fouling



Toilets in Trust buildings are for patient and visitor use only

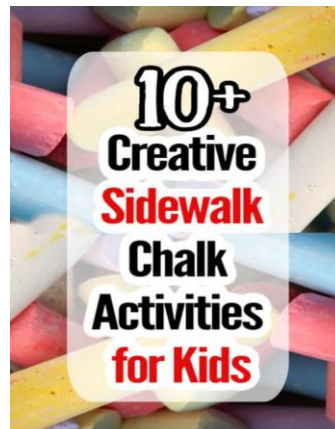
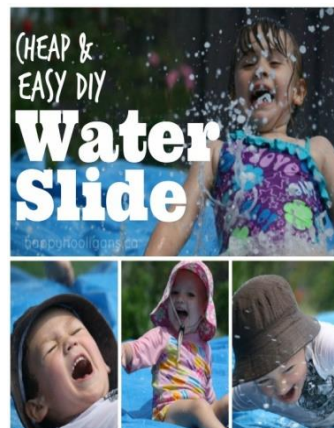
www.hikeitbaby.com

[Back to Section Contents](#)

OUTDOOR ACTIVITIES



A selection of outdoor activities that will entertain, teach and engage young children. Most can be set up with things you already have around the house. Click on image to view activity.



More outdoor activity ideas from Happy Hooligans [available here](#)



Cave Hill Country Park, Belfast

Towering above looms Cave Hill, otherwise known as Napoleon's Nose. From up here you can take in 360 degree views of Belfast. They're recently refurbished adventure park includes eco-trails, orienteering routes and picnic benches for the ultimate day out. Cave Hill Adventurous Playground
- Article by Cool FM

<https://www.facebook.com/pages/Cave%20Hill%20Adventurous%20Playground/125900864653312/>



Colin Glen Forest Park, Antrim (* charge associated with activity)

From Alpine coasteering to laser tag, golfing to the Gruffalo Trail, Colin Glen has adventure for all! Kids will love their all-new alpine coaster, travelling at a max speed of 25mph/40kph, they'll cover 565 metres including 22 twists and 2 tunnels. Colin Glen is also home to the longest zip line in Ireland, offering thrill-seekers the unique chance to fly at speeds of up to 55mph. Visitors will be able to travel up to 60kmh, completing the half mile treetop flight in just over a minute.

https://planetradio.co.uk/cool-fm/local/places-visit/northern-ireland-alpine-coaster-zipline/?fbclid=IwAR2408p8twpc8vMdcPb2DIODhk_9rEXAXO5mlMrQN9_m5KJltHiF9mofGHE

OTHER ACTIVITIES & RESOURCES CONTENTS

	Page		Page
Summer Fruit Pops Recipe	38	CYPSP Support & Resources Webpage	43
Strawberry Ice Lollies Recipe	38	WHST – Resource to support parents who are worried about their children’s emotional health and wellbeing during lockdown	44
Mars Bar Buns Recipe	38	Barnardo’s – Coronavirus resource for young people	44
Slow Cooker Fudge Recipe	38	Nosy Crow – Information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler	44
Brilliant Breakfast Info Card	39	Everybody Worries – Picture book to support children who may be worried about Coronavirus	44
Action for Children – Snack hack	39	Covid 19 Parenting Ono-on-One Time	44
Parenting NI – Healthy Snacks	39	Parenting NI – Play in lockdown	45
PHA – Healthy Recipes	40	How to help your child overcome boredom during lockdown	45
15 Foods you can regrow from scraps	40	How parents can support teenagers during lockdown	46
Beginner’s guide to growing fruit and veg for children	40	WHO – Helping children cope with stress during Covid 19	46
SureStart Ballymena & Little Steps – Top tips all about sleep	41		
Parenting NI – Tips for play with your baby	41		
PHA – Physical activity resource	42		
Screen Time Resource	42		
Tramua ACES Resilience Resources	42		
Play Matters – Leaflets & resources	42		
Random Acts of Kindness Activity	43		
Parenting NI – Resources to help parents	43		
InternetMatters.org – Online resources, tools & advice to support families make the best use of tech	43		

Summer Fruit Pops

(Makes 4 ice pops)

What you will need:

- Small plastic cups and wooden lollipop sticks or ice pop mould
- 2 kiwis, peeled
- 1 mango, peeled
- 8-10 raspberries

Instructions:

- Puree the fruits separately and put them in different bowls.
- Pour the raspberry into the bottom of the cups or mould.
- Freeze for 30 minutes.
- Pour in the Mango
- Freeze for 15 minutes, insert lollipop sticks and freeze for a further 15 minutes.
- Top with kiwi puree and freeze for 5-6 hours or overnight.

Top Tip:

- If you don't have time to make the tri-colour ice-pops you can just use 1 flavour or puree different fruits together and freeze all at once for a multi-fruit flavour.



Always remember to clean your baby's teeth after feeding especially last thing at night.

Strawberry Ice Lollies



Ingredients:-

- 250g Strawberries
- 100ml Natural yoghurt, or apple or orange juice
- 1 teaspoon honey

Method:-

These are simple and quick to make, and are so much nicer than the commercially made ones.

Whizz up 250g ripe strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey in a blender or food processor. Taste, and add a little more honey if you think you need to. Divide the strawberry mixture between 4 ice lolly moulds, then pop a stick into each one.

Put the ice lollies in the freezer for at least 4 hours or until solid.

Recipe Card Mars Bar Buns



Ingredients

- 1x 4pk Mars Bars
- 4oz Rice Krispies
- 4oz butter
- 1 tbsp golden syrup
- 1 Block of Chocolate

Method

1. Melt butter, Mars bars and golden syrup over a medium heat in a pan
2. Add in Rice Krispies and mix well
3. Press into a deep sided well greased non-stick rectangle tray
4. Chill
5. Melt block of chocolate and pour over chilled mixture
6. Leave to chill
7. Remove for 1/2 hour before cutting

Help us raise the vital funds we need by buying our luxury hand-poured soy wax candles at <https://space-ni.com/buy-candles/>
Or to Donate visit justgiving.com/space-ni

Space is registered with the Charity Commission of Northern Ireland 105005

#SpaceNIS
www.space-ni.com
The Good Space NI
SPACE

Slow Cooker Crunchie Fudge

- 400g Cadbury chocolate
- 1 can of condensed milk
- 15g unsalted butter
- 1 teaspoon of vanilla essence
- 4 bars of crunchie



Put everything (apart from the crunchies) into the slow cooker.

Put slow cooker on high setting.

Stir every 15 minutes for 45 minutes.

Add 3 bars of chopped crunchie and stir.

Pour mix into lined tin.

Sprinkle remaining crunchie on top.

Put in fridge to set - approx 5 hours.

Remove from tin and cut into chunks.

Enjoy and forget about the thousands of calories 😊

Back to school focus!



Brilliant Breakfast!

Did you know 1/3 people skip breakfast?

Here are some top tips to start your child's day right!



After 10-12 hours overnight without food, energy reserves are low. Your body and brain need fuel!

Provides essential nutrients such as fibre, vitamins & minerals such as calcium & iron.



Breakfast keeps you going until lunchtime & improves concentration at school



Try to choose a healthier option like porridge with fruit, no-added sugar wheat or bran cereals or wholemeal toast with eggs.



Stops you feeling hungry mid-morning when you might be tempted to eat crisps or chocolate!



Did you know? Children consume half the daily recommended sugar intake before the morning school bell rings, according to Public Health England.

It only takes 5 minutes!

HSC Northern Health and Social Care Trust

HSC Public Health Agency
Project supported by the PHA

Snack hack!

Grapes, strawberries, pineapples and other fruits are a delicious alternative to shop-bought sweets.



ParentingNI

Healthy Snacks

Many kids get hungry between meals. A healthy snack can provide your kids with energy and help them get the nutrients they need on a daily basis.

Healthy snack options:

Fruit: A piece of fruit is a convenient and healthy snack for kids. Most fruits contain fibre and important nutrients like potassium and vitamins A and C - Bananas, apples, pears, grapes, peaches, and plums are examples of fruits that can be used for grab-and-go snacks.

Fruit smoothies: A fruit smoothie is a good way to pack a lot of nutrients into a small snack.

Yogurt: Yogurt is an excellent snack for children and young people because it's a good source of protein and calcium. Calcium is especially important for developing bones. Try to avoid yogurts with high sugar content.

Cheese: Cheese provides children with high-quality protein, which is needed for proper growth. Protein will also help them feel full between meals.

Boiled eggs: Eggs are highly nutritious and an excellent snack for kids. They provide high-quality protein and several vitamins and minerals, including vitamin B12.

Simple snacks

A sandwich/roll
Sandwiches don't have to be just for mealtime. Half a sandwich can also make a healthy snack for kids. To build a healthy sandwich, start with whole-wheat bread, pick a source of protein, and include a fruit or veggie, if possible. Here are some examples of healthy sandwich combinations:

- cheddar cheese and thinly sliced apples
- cheese and tomato slices
- peanut butter and banana slices
- Chicken or turkey, cheese, and or pickle
- hard-boiled egg and tomato

Sweet potato fries (for one)

- 1 fresh sweet potato
- 1 teaspoon (5 ml) of olive oil
- Sea salt

Peel and slice the sweet potato. Toss the potato in olive oil and sprinkle it with sea salt. Bake on a cookie sheet at 220°C for 20 minutes.

Banana oat cookies

- 3 ripe bananas, mashed
- 80 ml of coconut oil
- 160 grams of rolled oats
- 80-90 grams of mini chocolate chips or dried fruit
- 1 teaspoon (5 ml) of vanilla

Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a grease proof paper and bake for 15-20 minutes at 175°C. Leave to cool.



parentingni.org
Support Line: 0808 8010 722





[Download](#)



[Beginner's guide to growing fruit and veg for children](#)

15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!



Green Onion

Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt



Onion

Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions

Kale

Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem



Sweet Potato

Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"



Leeks

Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out



Ginger

Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout



Basil

Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter



Mint

Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil



Garlic

Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow



Rosemary

Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil



Potatoes

Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt



Cilantro

Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed



Romaine Lettuce

You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves



Celery

Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

Bok Choy

Bok Choy can be regrown just like romaine lettuce!





Tips for play with your baby

Research shows 75% of your child's brain development occurs after birth. Play helps promote that development by stimulating the brain through the formation of connections between nerve cells.

It's never too early to introduce play so why not try:

- Get close to your baby give them time to study your face. Stick your tongue out or pull facial expressions and they may mimic these back.
- Sing or try nursery rhymes that involve touch e.g. 'round and round the garden'
- Talk to your baby, mirror the sounds they make, give kisses and use tickles and gentle touch.
- Play peek-a-boo using a sheet or your hands.
- Role play hand clapping and encourage your baby to try.
- Give your baby different objects to feel – soft toys, rattles or cloth books with pages of different textures – discovery is fun for babies.
- Use bath time as a relaxing way to introduce bubbles and water play.



parentingni.org
Support Line: 0808 8010 722

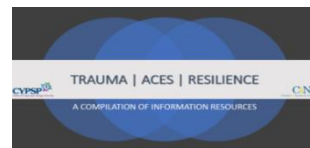




Fun physical activity record sheet which outlines the recommended physical activity guidelines for children aged 5 to 18 and includes an easy way for children to keep track of how much activity they are getting track of how much physical activity they are getting - [Download Here](#)



Resource which includes research, multi-media information and links to work carried out with regards to screen time – [Read Here](#)



Trauma | ACES | Resilience – Resources

Resource to help raise awareness of existing information, research, multi-media information and links to work carried out with regards to Adverse Childhood Experiences, Resilience and Trauma Informed Practice.

[Download Here](#)



Play is a vital a part of childhood and is necessary for children and young people's healthy development.

Play Matters leaflets and resources available to download:

- [Play Matters Leaflet](#)
- [Nurture Your Child's Mental Health Through Play](#)
- [Play for Parents Guide](#)
- [Play and Digital Technology](#)
- [Play Outdoors](#)
- [Play and Challenge](#)
- [Outdoor Fun in the Sun](#)
- [Play in all Weathers](#)
- [Hanging Out – Older Children at Play](#)
- [Playing with Stuff Around the Home](#)
- [Play with Nature, Mud and Getting Dirty](#)

Random Acts of Kindness



List 10 things you love about your parents and give this to them.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



[A range of resources help parents](#)



[Online resources, tools and advice to support families to make the best use of tech](#)

For lots more information and activities for Children and Young People updated daily visit
<http://www.cypsp.hscni.net/covid-19-daily-updates/>
and filter to kids/young people

Filter by:

[All](#)
[Autism](#)
[BAME / Translations](#)
[Bereavement](#)
[Careers](#)
[Child Protection](#)
[Community](#)
[Disability](#)
[Domestic Violence](#)
[Drug/Alcohol](#)
[Early Years](#)
[Education](#)
[Food](#)
[Funding](#)
[Helpines](#)
[Homeless / Housing](#)

[HSC](#)
[In Care](#)
[Kids / Young People](#)
[LGBTQ+](#)
[Mental Health](#)
[Newsletters](#)
[Parenting](#)
[Volunteers](#)

5 Nature play ideas for the outdoors

October 20, 2020

Children who get to know nature are more likely to grow up wanting to protect it. Help your students connect...

[Read More](#)

Bedtime Stories Every Weekday 7.00pm

October 20, 2020

We have more Bedtime Stories this week for the children. Simply click the link from 7.00pm - <https://bit.ly/nichildrenstories>

[Read More](#)

Robo Babies

October 20, 2020

Our #BookOfTheDay is a wonderful way to start conversations about different kinds of families - or simply an entertaining addition...

[Read More](#)

When Life Gives you Mangoes

October 20, 2020

Do not miss our #BookOfTheDay! #WhenLifeGivesYouMangoes by @kareengatten is a wonderful, warm story that already feels like a classic: <https://booktrust.org.uk/bookwhenever-life-gives-you-mangoes/>

[Read More](#)

BookTrust Time to Read Week

October 20, 2020

We are so excited that #TimeToRead week is here! Join us at 5.30pm every day from 19-25 October for a...

[Read More](#)

Book Trust Home Time Activity Sheets

October 18, 2020

The Book Trust have heaps of activity sheets for you to download and print over on #BookTrustHomeTime! Whether you fancy...

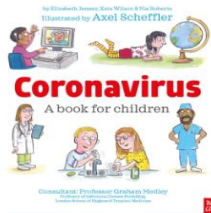
[Read More](#)



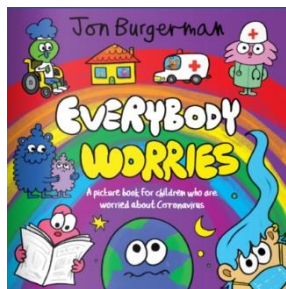
Resource to support parents who are worried about their children's emotional health and wellbeing during lockdown



Hub of resources about Coronavirus aimed at young people



Free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler



Picture book designed to support children who may be feeling worried about Coronavirus and in particular everyday changes to their lifestyle that it has brought about - [read online here](#)

[Back to Section Contents](#)

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

Switch off the TV and phone. This is virus-free time

Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

World Health Organization | unicef for every child | End Violence Against Children | INTERNET OF GOOD THINGS | USAID | CDC

Parenting for Lifelong Health is supported by the UNRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, GDA, the National Research Foundation of South Africa, Rita Labatwan, Rand Merchant Bank Fund, the Aspen Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimum Foundation, USAID-PEPPIA, the Wellcome Trust, Grand Challenges Canada and Wellbeing Adults.



Play in lockdown

While children are confined to home with their family during the current pandemic this provides a unique opportunity for many parents to spend time with their child and strengthen family connections through play. Play allows your child to develop important socialisation skills that they will be able to use when this is over, such as independence and understanding how to manage relationships.

Play is very important for children's development and provides an ideal opportunity for your child to learn how to interact with others, share, observe boundaries and problem solve while having fun.

Remember...

- Play is your child's natural way of learning.
- You are your child's favourite toy.
- Resist the temptation to take over or direct what is played.
- Play encourages development of fine and gross motor skills.
- Play doesn't have to involve expensive toys in fact more benefit is gained when children use their imagination to devise games and play toys.
- Play teaches children how to make friends, team work and taking turns.
- Children can play alongside or with others and they also benefit from playing alone at times.
- Siblings will form strong bonds that last a lifetime when they have the opportunity to play together.
- Have fun. This is the ideal opportunity to make memories and enjoy some light relief from the current situation.



parentingni.org

Support Line: 0808 8010 722

HOW TO HELP YOUR CHILD OVERCOME BOREDOM DURING LOCKDOWN

@BELIEVEPHQ



01 Draw up a weekly plan and encourage your child to schedule activities into their week. This can be day by day or week by week



02 Encourage your child to identify a list of activities that they can do which will promote physical health habits



03 Make sure your child schedules activities into their week which provide them with a sense of relaxation and calm. These can be their self care activities



04 Encourage your child to organise play dates with their friends or family member using a range of technology



05 Encourage your child to stay connected to friends or family via text, email, messenger or other online apps



06 Identify a list of routine and necessary activities that you can schedule into your child's day each week



07 Support your child to begin a long term project that they can do each day



08 Involve your child in helping with daily tasks such as cooking or cleaning



10 Work with your child to identify their top 5 strengths and think about how they can use them each week



09 Identify a list of pleasurable activities your child would like to engage in and schedule them in on a regular basis



HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

 @BELIEVEPHQ



01
Encourage them to be involved in activities or tasks around the house (E.g. cleaning, cooking, gardening)



02
Be clear with them some of the things that you'd appreciate their help with and why their help is important



03
Don't get stressed if they have the odd sleep in. Try not to tell your child what to do. Instead suggest things that might help



04
Agree on some ground rules that you can all work towards together as a family. Respect each other's choices



05
Identify a physical or creative challenge that they can master over the coming days and weeks. Encourage them to keep practising it



06
Work together as a team who are looking to support each other



07
Support your child to find things to do which will help to reduce boredom



08
Encourage your child to stay connected to friends and family and to engage in activities that provide a sense of achievement



09
Encourage your child to schedule things into their week. This will bring back a sense of control over what they are doing



10
Identify some coping skills that you can test out and practise together. This is a great way to promote self care



World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

SUMMER SCHEMES/CAMPS CONTENTS

***NOTE – there may be a charge associated with activities**

	Page
Causeway Coast & Glens Summer Football Camps & Recreation Programme	48
Fermanagh & Omagh District Council – Community Centre Summer Schemes	49
Armagh City Banbridge & Craigavon Borough Council – Summer Activity Programme	49
Newry, Mourne & Down District Council – STEM Summer Camps 2021	50
Lisburn & Castlereagh City Council – Summer Activity Schemes	50
Ards & North Down Council – Community Summer Schemes 2021	51
Bolster Community – Family Summer Scheme	52
Leonard Cheshire NI – Access for Success Summer Camp	52
Action Mental Health – Healthy Me Summer Activity Programme	53
Active Academy Kids Summer Camp	53
Infinity Swim Academy – Summer Swim Camp	54
Glebe House – Summer Madness	54
Activity Northern Ireland – 2021 Summer Camps	55
Be Kind Kids Club – Summer Scheme	55
Glow Group – Lego & Coding Workshops	56
Skill School – Summer Camps	57

SUMMER SCHEMES/CAMPS (*there may be a charge associated with activities)



Irish FA SUMMER FOOTBALL CAMPS

For boys and girls aged 5-13

July and August 2021

MAKE NEW FRIENDS!

LEARN NEW SKILLS!

HAVE FUN!

FREE FOOTBALL FOR EVERY CHILD!

in partnership with

Causeway Coast & Glens Borough Council

Scroggy Road, Limavady	5-9 July	10.30am-1.30pm
Quay Road, Ballycastle	19-23 July	10.30am-1.30pm
Kilrea Sports Complex, Kilrea	2-6 Aug	10.30am-1.30pm
Rugby Avenue, Coleraine	2-6 Aug	10.30am-1.30pm
Joey Dunlop Centre, Ballymoney	9-13 Aug	10.30am-1.30pm

Foundation

Book online at:

www.irishfa.com/footballcamps

ronan.odonnell@irishfa.com

Causeway Coast and Glens Summer Football Camps & Recreation Programme

We've partnered with The Irish Football Association for a series of exciting Summer Camps in July and August.

☐ Every child taking part will receive a free football

<https://bit.ly/34Pdczr>



2021 Summer Recreation Programme

for YOUNG PEOPLE
Ages 5-16 years*

Sports Coaching Camps
5th July - 20th August 2021

Including:

- Athletics
- Football
- Golf
- Gymnastics
- Hockey
- Judo
- Netball
- Tennis
- Open Water Swimming

* See Coaching Calendar on reserve for specific details.
* See reserve for details.

Apply online

www.causewaycoastandglens.gov.uk/live/sports-development/summer-recreation-programme-2021

Council will also be running its hugely popular Summer Recreation Programme with lots of variety including golf, tennis, hockey, judo, athletics, gymnastics and netball starting from July 5th.

<https://www.causewaycoastandglens.gov.uk/live/sports-development/summer-recreation-programme-2021>

Causeway Coast & Glens Borough Council
Sport and Wellbeing Development Unit

For more info email:
sportsdevelopment@causewaycoastandglens.gov.uk
like us www.facebook.com/causewaycoastandglenssportsdevelopment
www.causewaycoastandglens.gov.uk

[Back to Section Contents](#)



Fermanagh & Omagh District Council
Comhairle Ceantair Fhear Manach agus na hOmaí

FODC Community Centre Summer Schemes

Monday 19 July - Friday 13 August

- CKS Community Centre, Omagh
- Hospital Road Community Centre, Omagh
- Strathroy Community Centre, Omagh
- West End Community Centre, Enniskillen

5-8 Years (Max.20 children per week)
Monday - Friday: 9:30am -11:30am

9-12 Years (Max.20 children per week)
Monday - Friday: 12:30pm - 2:30pm

Registration now open

£10 Per Child Per Week

[Further Information](#)

[Back to Section Contents](#)



GET READY TO SHAKE UP SUMMER

JULY-AUGUST 2021 PROGRAMME
4-16 YEAR OLDS

getactiveabc.com/summer
#likewedoit

Armagh City Banbridge & Craigavon Borough Council

[Further Information](#)

SUMMER SCHEMES/CAMPS (*there may be a charge associated with activities)

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



STEM Summer Camps 2021

Newry, Mourne and Down District Council in conjunction with Sentinus are offering the following STEM Summer Camps which will engage practical hands-on STEM activities which will help develop a range of skills in a fun context. There is an associated cost of £15 per person per camp and at the end of each camp all participants will receive a goody bag including an Omniplex Cinema voucher.

Location and Date	Morning session Camp 9.15am – 12.30pm (8 - 11 Years)	Afternoon session Camp 1.45pm – 5pm (12 -14 years)
19 – 22 July Kittys Road Community Centre, Kilkeel	Codey Rocky <i>Learning to code with Codey Rocky bot</i>	Green Technology <i>Introduction to renewable energy technology</i>
26 - 29 July Carcullion House, Hilltown	Codey Rocky <i>Learning to code with Codey Rocky bot</i>	Flight Path <i>Introduction to flight and how planes fly</i>
2 – 5 August Market House, Ballynahinch	Codey Rocky <i>Learning to code with Codey Rocky bot</i>	Flight Path <i>Introduction to flight and how planes fly</i>
2 – 5 August Cullyhanna Community Centre, Cullyhanna	Flight Path <i>Introduction to flight and how planes fly</i>	Green Technology <i>Introduction to renewable energy technology</i>
9 – 12 August Cloughreagh Community Centre, Bessbrook	Flight Path <i>Introduction to flight and how planes fly</i>	Green Technology <i>Introduction to renewable energy technology</i>

For further information and bookings please email cbbookings@nmadd.org and state the location and morning or afternoon session.

Payment will be taken by card over the phone. Bookings will only be confirmed when payment has been received. Payments are non-refundable.

www.newrymournedown.org



Lisburn & Castlereagh City Council Summer Activity
Schemes

[Further Information](#)

Community Development Team

Summer Scheme Registration for Kids P1-P7

There are places remaining available at all of our venues and we are offering another opportunity for Parents/Guardians to register their children for our Schemes.

West Winds Community Centre	Mon 21 June	5.00-6.30pm
Redburn Community Centre	Mon 21 June	7.30-8.30pm
George Green Community Centre	Tue 22 June	4.30-6.00pm
Ballygowan Village Hall	Tue 22 June	7.00-8.30pm
Portavogie Community Centre	Wed 23 June	5.30-7.00pm



Choice between
morning or afternoon sessions only

Week 1 | 26-30 July

Week 2 | 2-6 August

Week 3 | 9-13 August

Monday to Fridays

Morning session 10am-12.30pm

Afternoon session 1.30-4pm

Cost: £12.50 per child or £6 concession
(if your child is in receipt of free school meals)

Come along and join in!

The Scheme may be at risk of being withdrawn
if not fully subscribed

www.ardsandnorthdown.gov.uk/summer-schemes

[Further Information](#)



FAMILY
SUMMER SCHEME

Wild & Woolly

Join us for our 2021 summer scheme for an action packed week of activities including:

- Pony Trekking
- Kite Making
- Arts & Crafts
- Scavenger Hunts
- Assault Courses
- Team Games

OPEN TO CHILDREN P1 - P7
£30 Per Day
with discounts for larger families

Location: Narrow Water Equestrian Centre
Time: 9am - 3.30pm
Dates: 2nd, 3rd, 4th, 5th & 6th August
(children can attend one or more days)
All snacks included, please bring a pack lunch

To register, contact
028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY



ACCESS FOR SUCCESS
SUMMER CAMP

›JULY & AUGUST 2021
›OPEN TO YOUNG PEOPLE 18-19
WITH A DISABILITY IN
DERRY/LONDONDERRY AREA

‹ACTIVITIES›
CRAFTS, OUTDOOR ACTIVITIES, TRIPS AND MORE

FOR MORE INFO:
LAURA.MCGOLDRICK@LEONARDCHESHIRE.ORG
WWW.ACCESSFORSUCCESSNI.ORG



SUMMER ACTIVITY PROGRAMME

FREE half day session for children aged 4-11 years attending summer schemes or in educational settings

Based on the '5 Ways to Well-being'



Activities include games, crafts, discussions and fun!
For more details please contact our AMH MensSana team:

SOUTHERN TRUST AREA

T: 028 3839 2314

E: menssana@amh.org.uk

ALL OTHER AREAS

T: 028 9442 5356

E: amhmenssanani@amh.org.uk



amh
menssana

action
mental
health



The poster for the Infinity Swim Academy Summer Camp features a vibrant blue background with a large, colorful 3D 'SUMMER' text floating in water. Above the text, there are illustrations of hot air balloons, seagulls, and a sun. The Infinity Swim Academy logo is at the top left, and the text 'ADVENTURE CENTRE' is on the left side.

infinity Swim Academy

ADVENTURE CENTRE

infinity SUMMER CAMP

19th - 23rd July 2021
10 am – 1pm Daily (Bring snacks and a drink)
Age 7+ Level 4 Swim Ireland Learn to Swim and above
Cost £70

Activities include pool swimming, waterpolo, lifesaving, mountain hiking, open water swimming, kayaking and much more. FUN in, on and around the water

028 30 838915 infinityswimacademy@gmail.com
www.infinityswimacademy.com 101 Camlough Road Newry BT35 7EE



The poster for Glebe House Summer Madness has a light blue background with a sun logo and the text 'glebe house harmony community trust'. It lists various activities and includes several photographs of children participating in different activities. A large blue circle highlights the cost of £50 per week.

glebe house
harmony community trust

SUMMER MADNESS

ACTIVITIES INCLUDES

- Group Games
- Beach Days
- Day Trips
- Creation workshops
- Arts & Crafts
- BBQ's
- ...and much more!

RUNNING THROUGHOUT JULY & AUGUST

£50 PER WEEK

GREAT FUN WAITING FOR YOU

JULY:
Monday 5th- Friday 9th July (7-10 year olds)
Monday 19th- Friday 23rd July (11-13 year olds)
Monday 26th- Friday 30th July (7-10 year olds)

AUGUST:
Monday 2nd- Friday 6th August (11-13 year olds)
Monday 9th- Friday 13th August (7-10 year olds)
Monday 16th- Friday 20th August (14-17 year olds)

TO BOOK YOUR PLACE CONTACT TARA
028 4488 1374
info@glebehouseni.com
www.facebook.com/GlebeYouth

Made with PosterMyWiz 23 BISHOPSCOURT ROAD, KILCLIEF, CO.DOWN, BT307NZ

FULL SUMMER JULY & AUGUST

MONDAY - FRIDAY, 9am - 3pm!

Activity
NORTHERN IRELAND

2021 SUMMER CAMPS

Ages 4 - 14

- SPORTS
- NERF WARS
- TEAM GAMES
- CONSTRUCTION & CRAFTS

OVER 30 DIFFERENT ACTIVITIES!!

Online Registration open now! Full week: £70 or book daily: £16
** Limited Spaces. Spaces allocated on a first come first served basis.

www.ActivityNI.co.uk Mobile: 075 4181 9642
Office: 028 9445 3199

BeKindKidsClub

Supporting children with learning disabilities and their families

Does your child have a learning disability and is aged between 18months - 5 years? Why not take part in BeKind's FREE Summer sessions!

Our 4 week Summer Scheme will be held at Ward Park, Bangor! (more details to follow)



Sessions will be held from 11am-12pm on:

Saturday 24th July
Saturday 31st July
Saturday 7th August
Saturday 14th August

Expect lots of fun, arts and crafts, music and singing!
*Parents must accompany children

Each child taking part will receive a FREE Sensory bag full of goodies!

Limited spaces available so please book fast to secure a place! Email: bekindkidsclub@yahoo.com for more details!





Teaching **Science, Technology, Engineering & Maths**

through the use of **LEGO** Play methods!

Contact Us:

+44 78 691 4100

glowgroupni@gmail.com

www.glowgroupni.com

Facebook, Instagram, WhatsApp icons

<https://www.glowgroupni.com/>

What are the Workshops?

Glow group are delighted to announce a LEGO® bricks workshop which will promote enjoyable practical activities in a fun interactive environment where students will design and build machines, robotics, buildings and other constructions using LEGO® bricks and coding.

Glow Group promotes 'building education through play' while exploring science, engineering, technology, architecture and maths, students will develop decision making, problem solving, critical thinking and creativity skills.

Participants will complete a number of design challenges which are differentiated to each students interests. Engineering concepts are taught through the assembly of buildings, bridges and other structures. Once each design challenge is complete, students will develop their skills by adding to their designs and collaborating with one another.

When and Where?

Location	Address	Date	Time	Price
Kings Park Primary School	Kings Dr, Newtownabbey BT37 0DG	July 5th - 8th	9am - 1pm	£80
Monkstown Boxing Club	Cashel Dr, Monkstown Rd, Newtownabbey BT37 0EY	July 26th - 29th	9am - 1pm	£80
Whiteabbey Primary School	Whiteabbey Primary School 20-30 Old Manse Rd, Newtownabbey BT37 0RU	August 16th - 20th	9am - 1pm	£100

Book Online on www.glowgroupni.com/



SKILL SCHOOL

SUMMER Camps

SUMMER Camps 2021




10AM TO 3PM

FREE EARLY DROP OFF FROM 9AM

BOYS + GIRLS AGED 4-12

ALL ACTIVITIES

SPORTS CAMP (NORTH WEST)		
5 TH JULY	BALLYGUDDIN PITCH (FOOTBALL ONLY)	DUNGIVEN, BT47 4RJ
	LIMAVADY UNITED FOOTBALL CLUB	LIMAVADY, BT49 0DF
13 TH JULY	MAGILLIGAN COMMUNITY ASSOCIATION (4 DAY CAMP TUESDAY - FRIDAY) £48	MAGILLIGAN, BT49 0LA
19 TH JULY	THE VALE CENTRE	GREYSTeel, BT47 3GE
26 TH JULY	MAGEE CAMPUS - ULSTER UNIVERSITY	L'DERRY, BT48 0AB
2 ND AUGUST	LIMAVADY FOOTBALL CLUB	LIMAVADY, BT49 0DF
9 TH AUGUST	MAGILLIGAN COMMUNITY ASSOCIATION	MAGILLIGAN, BT49 0LA
16 TH AUGUST	THE VALE CENTRE	GREYSTeel, BT47 3GE
	MAGEE CAMPUS - ULSTER UNIVERSITY	L'DERRY, BT48 0AB
23 RD AUGUST	BALLYGUDDIN PITCH (FOOTBALL ONLY)	DUNGIVEN, BT47 4RJ

EURO 2021 Football Camp

available at each venue for **ages 9-12**
(Just choose **football only** in the booking options)

10% FAMILY DISCOUNT	5 DAY OPTION (MON - FRI)	£60
	3 DAY OPTION (MON - WED)	£36
	2 DAY OPTION (THUR + FRI)	£24

ONLY 6 PER HOUR

<http://www.skillschoolni.com/bookings/>

SUMMER SCHEMES/CAMPS (*there may be a charge associated with activities)





SPORTS CAMP (BELFAST)

5TH JULY	KNOCKBRED A FOOTBALL CLUB 31 UPPER BRANIEL ROAD	BELFAST, BT5 7TX
13TH JULY	COLIN GLEN 3G - 115 BLACKS ROAD (4 DAY CAMP TUESDAY - FRIDAY) £48	BELFAST, BT10 0NF
26TH JULY	CHIMNEY CORNER FOOTBALL CLUB 51 CASTLE ROAD, ANTRIM	ANTRIM, BT41 4NA
2ND AUGUST	KNOCKBRED A FOOTBALL CLUB 31 UPPER BRANIEL ROAD	BELFAST, BT5 7TX
16TH AUGUST	COLIN GLEN 3G 115 BLACKS ROAD	BELFAST, BT10 0NF

EURO2021 Football Camp available at each venue for **ages 9-12**
(Just choose **football** only in the booking options)

10% FAMILY DISCOUNT	5 DAY OPTION (MON - FRI)	£60
	3 DAY OPTION (MON - WED)	£36
	2 DAY OPTION (THUR + FRI)	£24

10AM TO 3PM
FREE EARLY DROP OFF FROM 9AM
BOYS + GIRLS AGED 4-12





DANCE CAMP

5TH JULY	OMD DANCE STUDIO	LIMAVADY, BT49 0JW
13TH JULY	ST. MATTHEW'S G.A.C DRUMSURN (4 DAY CAMP TUESDAY - FRIDAY) £48	DRUMSURN, BT49 0PX
19TH JULY	EGLINTON COMMUNITY CENTRE	EGLINTON, BT47 3AD
9TH AUGUST	OMD DANCE STUDIO	LIMAVADY, BT49 0JW
16TH AUGUST	EGLINTON COMMUNITY CENTRE	EGLINTON, BT47 3AD
23RD AUGUST	FEENY COMMUNITY CENTRE	FEENY, BT47 4RN

10AM TO 3PM
FREE EARLY DROP OFF FROM 9AM
BOYS + GIRLS AGED 4-12

10% FAMILY DISCOUNT	5 DAY OPTION (MON - FRI)	£60
	3 DAY OPTION (MON - WED)	£36
	2 DAY OPTION (THUR + FRI)	£24



<http://www.skillschoolni.com/bookings/>