



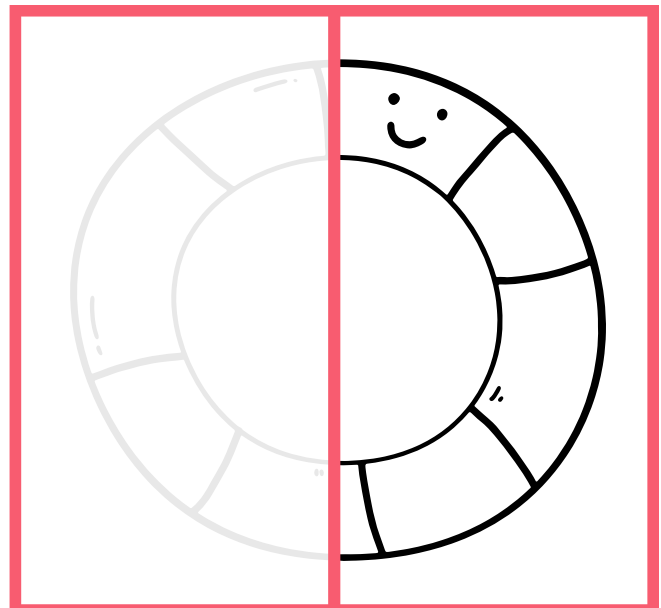
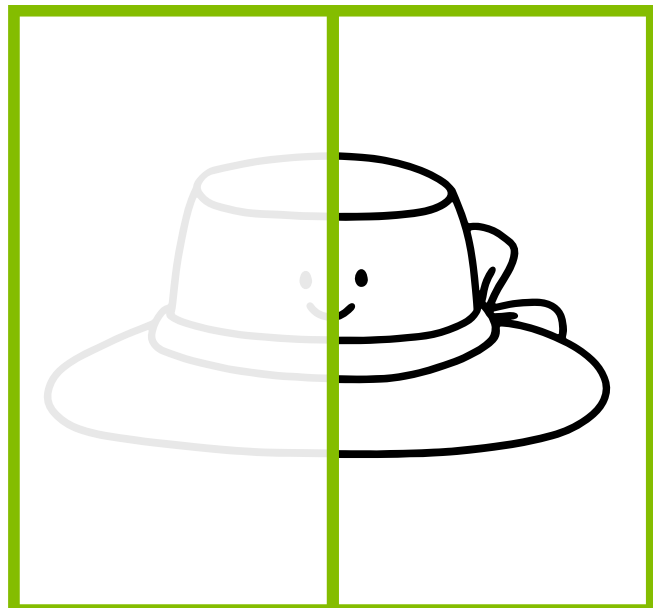
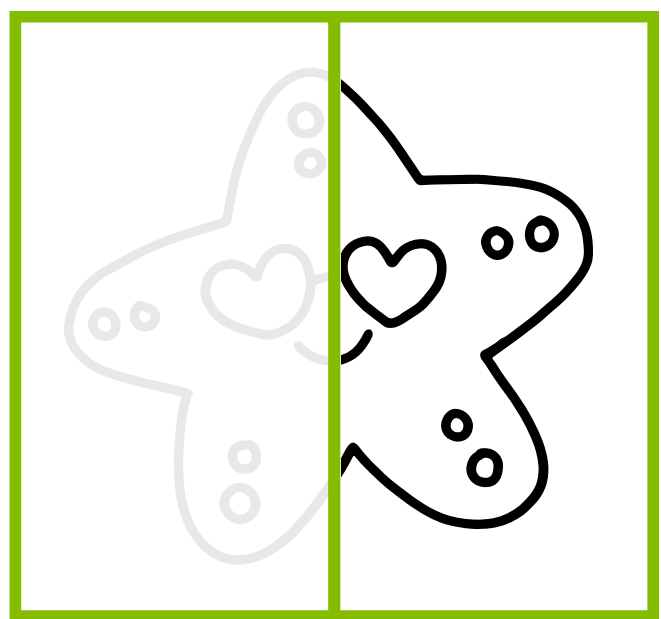
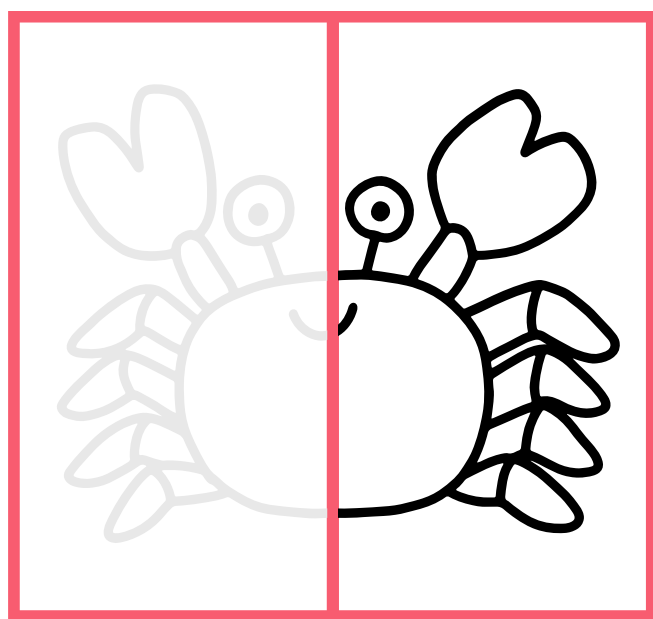
Mirror Madness

Now, this activity requires a steady hand, a strong mind and lots of creative cognitive energy... are you up for the challenge?

Carefully trace the greyed-out sections of the pictures to create four summer postcards.

Sensory Tips & Ideas:

Colour in your completed postcards and send them to a friend!



How To Make: Fairy Door

These popular decorations can be added to trees, walls or fences in the garden, or stuck onto a child's bedroom skirting board to allow the fairies to come and go as they please.

Bring some magic into your life with a charming fairy door - who knows where it might lead?

Method

1. Paint a lolly stick with a thin layer of paint and allow to dry (a thin coating will show the woodgrain through the paint).
 2. Paint the back of your lolly stick with PVA glue, then stick it to the centre of your cardboard. Repeat this process, placing the stick on either side of the central one so that they all line up. Then allow to dry.
 3. Apply a generous amount of PVA glue to the bottom of the cardboard, under the lolly sticks, and carefully arrange your rocks underneath it. This looks best when you leave as little space between them as possible. Allow them to dry completely, which may take a few hours.
 4. Glue a button onto the lolly stick door as a door handle, and paint a little key hole beneath it. Allow to try.
 5. Cut away the excess cardboard from around your fairy door. Then, go outside and find the perfect spot to place your Fairy Door.
- Note:** This door isn't waterproof, so place it in a dry area.



What You'll Need

- ☐ 8 Wooden Lolly Sticks
- ☐ Poster or Acrylic Paint
- ☐ PVA Glue
- ☐ 20 x 20cm Piece of Cardboard
- ☐ Small Rocks
- ☐ Buttons
- ☐ Paintbrush

Get Creative!

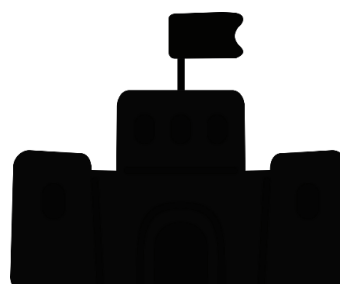
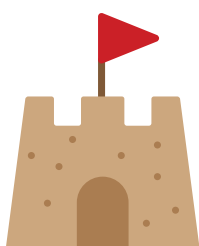
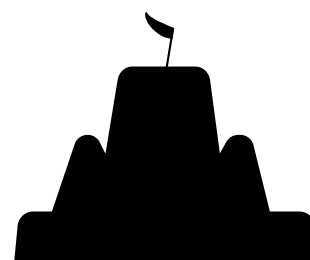
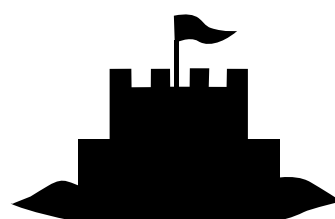
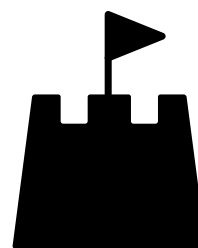
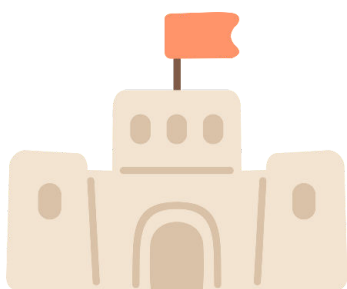
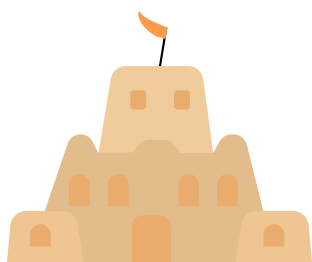
Don't limit your imagination, use whatever supplies you might have at home to decorate your fairy door; sequins, buttons, pom-poms, little rocks and even flowers can be added to make yours even more special!



Sandcastle Shadow Matching

Can you match the sandcastles to their matching silhouettes? This is a simple activity for developing cognitive and visual skills.

Draw a line from each sandcastle to its matching shadow!



Taste Safe Sensory Beach

Who needs a trip to the seaside when you can create your own at home? Not only is it easy to make, but it's also taste safe!

Get ready to treat your tactile senses to this fun-themed seaside sensory tub.

Method

1. Add your Cheerios to a blender, and pulse until smooth to create your sandy beach texture.
2. Measure out your water and add some blue food colouring to create the perfect ocean colour.
3. Add a couple of teaspoons of corn starch to your water. This will help to thicken it up. You want a texture that's a little gloopy, but still quite runny, and perfect for running your fingers through.

Prefer a thicker texture? Add more cornstarch, or if you've got more time, create a jelly ocean! It's important to tailor play sessions to your sensory preferences.

5. Now it's time to construct your beach. Grab a messy play tub/container, and pour your sand on one side, and the water on the other.

6. Time for play! Explore the different textures of the sand and the water. Mix them together to create swirling whirlpools. Have fun exploring your tactile, visual and imaginative senses!



What You'll Need

- ☐ Cheerios (or similar own brand cereal)
- ☐ Blue Food Colouring
- ☐ Messy Play Tray/Tub

Extras:

- Add extra textures to the sand by adding a handful of unblended Cheerios, or create colourful pasta coral by dyeing dry pasta pieces.
- Add a few ice cubes to the water for a cooler activity on a hot day.
- **Remember!** Although this activity is taste-safe, we wouldn't recommend you eat the creation.





Starfish Shore



making sense of senses

What's all that hubbub coming from the bug-hub? It looks like everyone's arrived at the same time. Can you help us count how many guests have arrived?

Count the bugs, and let us know how many we have of each in the boxes below!

Sensory Tips & Ideas:

- Can you find the secret shell that's washed ashore?
- Differentiating between the different colours is great for visual development.



Strawberry Ice Cream Pops

Homemade, healthy and the perfect sunny day snack. This ice cream pop recipe is bound to become your favourite summer treat!

Follow the recipe and treat your tastebuds to these fruity, fun and healthy ice cream pops!

Method

1. Carefully cut up your strawberries into easily blendable chunks.
2. Pour half of the yoghurt and half of your strawberry chunks into the mixer, then blend!
3. Pour the other half of your yoghurt into the ice pop moulds, filling them so they're about 1/3rd full.
4. Sprinkle some of the remaining strawberry chunks into the moulds too.
5. Pour the strawberry yoghurt mix into your moulds until they're about 2/3rds full.
6. Fill the moulds with the remainder of the natural yoghurt (and if you run out, use the last of the strawberry yoghurt mix!)
7. Place your ice pops into the freezer. They should be ready in about 6 hours, but it's best to wait overnight to make sure they're fully frozen.
8. Enjoy your strawberry summer treats!



What You'll Need

- ☐ 450g Natural Yoghurt (or a vegan alternative)
- ☐ 250g Strawberries
- ☐ Ice Pop Moulds
- ☐ Mixer

Recipe Ideas

- If you're looking for a healthier treat, use fat-free yoghurt.
- If you've got any left over strawberry yoghurt mix, pop it in the fridge and save it for a healthy homemade snack.
- Don't have ice pop moulds? Pour your mix into a tub to freeze, creating your own fro-yo!



Starfish Sandwich Pancakes

These mini banana pancakes are freezable, meaning you can bring them out of the freezer whenever your kids are feeling snackish.

Follow the recipe to create a delicious breakfast treat or a sunny afternoon snack!

Method

1. Use your fine motor skills to mash the bananas in a bowl.

For extra messy fun, why don't you use your hands to mash? Exploring the mushy banana texture with your fingers.

2. Carefully crack the eggs into your banana bowl, then gently beat them into your mixture.

3. Whisk in the flour until fully combined. Then stir in the milk!

4. Heat a large frying pan over a medium heat, and brush with a little oil.

5. Spoon 1 heaped tbsp of batter per pancake into the frying pan to make pancakes that are 6-7cm wide.

Cook for 1-2 minutes on each side until they're golden, then transfer to a plate and repeat with the remaining batter, brushing the pan with more oil between batches.

You should get 24 pancakes. At this stage, your kids can cut them into starfish shapes with cookie cutters (if they'd like).

6. Spread half of the pancakes with a little peanut butter and the rest with 1 tsp of yoghurt and some of the berries.

Sandwich with peanut butter pancake and serve with the remaining berries!



What You'll Need

- ☐ 2 Ripe Bananas (about 200g)
- ☐ 2 Medium Eggs
- ☐ 100g Self-Raising Flour
- ☐ 1 tbsp Milk
- ☐ 1 tsp Vegetable Oil
- ☐ 50g Smooth Peanut Butter
- ☐ 50g Greek Yoghurt
- ☐ 400g Mixed Summer Berries (strawberries, blueberries, raspberries) halved or sliced



Colouring Pages

Put your fine motor skills to the test with our collection of ocean-themed colouring pages. Whether you're using paint, pens, pencils or crayons, have fun adding a splash of creative colour to these drawings.

Print off the next couple of pages and have fun colouring in these under-the-sea themed doodles!

Sensory Tips & Ideas:

Print off two copies and colour together. Not only is it a nice bonding activity, but it's very relaxing too.



Activity Inspiration from Crayloa.com: <https://www.crayola.com/free-coloring-pages>

