



DIY Summer Camp

The Summer Holidays are here and you need to keep those little muchkins busy. Check out our guide to creating your very own DIY summer camp at home. Read on for lots of fun-filled ideas to keep your little ones entertained for hours!

What you will need:

- Some large empty trays or plastic boxes
 - A blindfold (optional)
 - Hair gel
 - Sand
 - Flour
 - Eggshells/ cornflakes
 - Balloons
 - Feathers/ fur
 - Balls wrapped with aluminum foil
 - Pasta
 - Beans
 - Sponge
 - Marshmallow
 - Noodles
 - Jelly
 - Water beads
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Sensory trail

Give your little ones senses an opportunity to feel and explore different textures.

1. Fill up the trays or boxes with your choice of different **textured** items (see the sidebar for some suggestions).
2. Line them up in a row so your children can walk along while stepping in each tray.
3. Remember to have a tray of water at the end so they can wash their feet – you don't want messy footprints on your floor!
4. Ask your children to describe what they feel as they step in each tray, encourage them to use **descriptive words** like hard, soft., wet, cold, squishy, etc...
5. For an added **challenge**, you could blindfold them and get them to guess what they are stepping in as well.



Get their senses exploring!!!

What you will need:

- Transparent glass or plastic jar
- Soil
- Pebbles
- Stones
- Potted plants (Cacti, money plant, etc.)
- Spoon

Garden in a bottle

Let's get those little green fingers going and create our very own terrarium.

1. Place the large pebbles in the base of the jar.
2. Add some **coloured** pebbles or stones above that.
3. Then scoop in the soil and fill up about $\frac{1}{4}$ of the jar.
4. Now place your choice of **potted plant** on the soil.
5. Decorate the top of the soil with small coloured pebbles and then top up with soil.



Don't forget to give your plant a drink regularly!

What you will need:

Let's get mummied!

This is a great gross motor activity, really simple to set up but is lots of fun.

- Music
- Colourful streamers

1. Lay out some **colourful** streamers on the floor and get your children to pick a few each.
2. Ask them to hold on to one end and lay down on the floor.
3. Now help them **stretch out** the streamers on the floor.
4. Play some music.
5. Get them to **roll around** over the streamers until they are all wrapped up!
6. Now ask them to stand up and dance and **wriggle** their way out of their **mummy** bandages.



All wrapped up!

What you will need:

- Shaving cream
- White glue
- Food colouring
- Bowls
- Sponge brush
- Art block
- Sequins and beads

Shaving cream Picassos

A super fun way to get messy and create beautiful textured artwork.

1. Mix equal parts of shaving cream and white glue in a bowl.
2. Add some **food colouring** and mix it up.
3. Then use a sponge brush and paint it on your art block.
4. Get **creative** with your pictures.
5. **Decorate** your shaving cream picture with sequins if you like.
6. Leave it to dry and you have an amazing **puffy** picture!



Gently touch your puffy picture, isn't it squishy?

What you will need:

- A large tray
- Coloured paper
- Sticky tape
- A bag of salt
- Brushes (optional)

Sensory rainbow tray

This is a fantastically fun activity that works on your child's fine motor skills, hand-eye coordination and spatial awareness.

1. Cut the paper and cover the base of your tray in the order of the colours of the **rainbow**.
2. Fill it with salt to cover the rainbow (just a thin layer will do).
3. Now let your fingers go crazy, you can practice your **numbers** or **letters**, crate pretty pictures, write a message or simply draw some squiggles – pitch it **based on your child's age**.
4. If your child does not like the **texture** of the salt, give them a brush to write with (this works if you want to practice their **writing skills** too).



Let's get really creative!!

What you will need:

- 1 cup Cheerios (or gluten and dairy free cheerios)
- ¼ cup butter
- 2 cups brown sugar
- 3 tbsp honey
- Mixing bowl
- Cupcake liners

Junior Masterchef

Let's get those chef hats on make ourselves a delicious snack.

1. Melt the **butter and sugar** in a pan (be careful not to burn it).
2. Add in the honey and stir well.
3. Now **pour** the mixture over the Cheerios and mix it all up.
4. **Scoop** the mixed Cheerios into the cupcake liners evenly and place them on a baking tray.
5. **Bake** in the oven for 5 minutes at 180°.
6. Remove and leave them to cool before digging in.



Mouth wateringlly yummy!

What you will need:

Make your own lava lamp

This science based activity is good for all ages, just vary your level of help depending on your child's age. But whatever age your child is, they will love it!

- Empty water bottle
- Vegetable oil
- Water
- Food colouring
- Alka seltzer tablet
- Glitter (optional)

1. Fill up 3/4 of your bottle with vegetable oil.
2. Pour in a little water, it will **sink** to the bottom.
3. Then add a few drops of food **colouring** and glitter (optional).
4. Now for the **fun part**, drop in your alka seltzer tablet!



Watch your lamp come to live!

What you will need:

- A wide dish or pot
- Soil
- Moss, little plants, flowers, shrubs, etc.
- Fairy ornaments – you can use fish tank ornaments or make some from wood and popsicle sticks
- Coloured pebbles
- Toy figurines

Fairy magic

Here's one to really spark those imaginations – which child doesn't believe in a little magic?

1. The first step is of course a little **planning**, sit and work out with your little one(s) what the garden will look like – don't hold back, let them be as **creative** as they want to be.
2. Next, we need to fill the dish with soil and **plant** our plants.
3. Arrange your **ornaments** in your garden.
4. Add some **coloured pebbles** if you like.
5. Last of all get a couple of their **favourite** toy figurines and settle them into their new home.



Maybe a real fairy will come visit overnight? Leave out some fairy food and see....

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