



# Zentastic Holidays

The Summer holidays are here and this time around, we can do with as many DIY kids activity ideas as possible. Fear not, we have you covered with these simple ideas which may result in some much needed adult zentime too. Come on, what are you waiting for.....

---

*What you will need:*

---

- ½ cup Baking Soda
- ¼ cup Corn Starch
- ¼ cup Epsom Salt
- ¼ cup Citric Acid
- 3-4 tbsp Coconut Oil
- 1-2 tbsp Water
- 1 tsp of Essential Oil
- Few Drops of Food Colouring
- 1 Bath Bomb Mould
- 1 Bowl
- 1 Whisk

## Bath bombs

A super fun activity combining fun, sensory and calm at the end!!!

1. Add all dry ingredients into the bowl and give it a whisk until all ingredients are combined.
2. Gradually add in the wet ingredients and whisk until combined.
3. When mixture is wet enough to stick together in clumps, press mixture into mould firmly until filled.
4. Remove excess from sides.
5. Let mixture sit in the mould for approximately 5 minutes before carefully removing it from the mould.
6. Leave it to dry for at least 24 hours before use.



*Enjoy your colourful, peaceful bath!!!*

---

*What you will need:*

---

- ½ cup Fruits of Choice
- ½ cup Yoghurt
- ¼ cup of Water
- Ice Pop Plastic Bags
- Blender
- Funnel
- Rubber bands

## Smoothie ice pops!

Create your very sweet treat to cool you down.....

1. Add all ingredients into the blender and blend until smooth.
2. Place funnel into ice pop bag.
3. Proceed to pour blended ingredients into the plastic and leave about two inches of space at the top of the bag.
4. Tie up ice pops with rubber bands.
5. Place in the freezer for at least 24 hours and enjoy!



*Perfect for these recent hot and sunny days!!*

---

*What you will need:*

---

- 220ml Jar
- 20 gm of any Essential Oil
- 200 gm of Soy Wax Flakes
- 1 Cotton Candle Wick and Sticker
- 1 Food Thermometer
- 1 Wick Holder
- 1 Aluminium Pitcher
- 1 Kitchen Scale
- 1 Chopstick
- 1 Pot
- 1000ml Water

## Soy wax scented candle

The perfect accompaniment to the bath bomb.....

1. Boil the water in the pot and place cotton candle wick in the middle of the jar.
2. Pour the soy wax flakes into the aluminium pitcher. Then, put the aluminium pitcher into the pot of boiling water until all of the flakes dissolve.
3. Use the food thermometer to check the temperature to make sure it reaches 200 degrees before removing it from heat.
4. Once the temperature has dropped to 185 degrees, add in the essential oil.
5. Stir everything for about 1 minute then pour into the jar.
6. Use the wick holder to ensure that the wick remains in the middle throughout the cooling period.
7. Leave the mixture for up to two days then enjoy.



---

### *What you will need:*

---

- 1 A4 Sized Paper
- 1 B5 Sized Paper
- Stapler
- Scissors
- Thread

## DIY kite

Get those little fingers folding and cutting! A really fun activity and great to work on fine motor and visual perception skills...

1. Fold A4 sized paper into half.
2. Place it on the table and have the folded side facing towards you.
3. Turn the paper to the right leaving the folded side on your left.
4. Take the bottom corner and fold inside to the middle of the paper leaving a narrow cylinder shape.
5. Do the same for the other side.
6. Staple the middle of the paper to secure the folded sides.
7. Take a thread of choice and carefully insert in the staple that is stapled in the middle of the paper.
8. You can choose the length of the thread.
9. Take a B5 sized paper and fold it in half.
10. Turn the folded side towards you and cut into ½ inch spaced lines.
11. Open the paper up.
12. Tear and separate the first line at the bottom.
13. Then move to tear the next line at the top.
14. Repeat actions in a criss-cross manner until the end of the paper.
15. Pull the paper and it should form a long and thin stretch of paper.
16. Attach it at the end of the kite with a staple and voila! Take it outdoors or even inside of your home and let it fly!




*Up, up and away.....*

For further information, please contact

[support@allhandstogether.com](mailto:support@allhandstogether.com)

[www.allhandstogether.com](http://www.allhandstogether.com)

 [facebook.com/allhands2gether](https://facebook.com/allhands2gether)

