

BOUNCEBACK FOOD CIC

SUMMER ACTIVITY

PACK



**Ideas to Help Kids Keep Busy
this Summer!**

SUMMER DANCE-OFF!

There are a few ideas on this page: choose the right one for you depending on your child's age and what resources you have available. Activities 1 and 3 don't need constant adult supervision, freeing up some time for you!

Challenge kids to create a dance routine to one of their favourite songs. They might think of different moves for the chorus, verses and instrumental sections. At the end, they have to perform it, making as few mistakes as possible! Perhaps you could judge the best routine and award a prize to the winner.

1

Play a game of musical statues: kids have to dance to a playlist of your choice, and every time you pause the music, they must freeze! Any movement means they lose a point. Begin the game with five points each. Last one standing wins!

2

Try a YouTube dance or fitness workout! Some recommendations include 'KIDZ BOP Dance Along Videos'; Koo Koo's 'Dance-A-Long Videos'; the 'Just Dance' YouTube channel; and The Body Coach TV's 'Kids Workouts to do at Home' (or for younger kids, 'The Workout Badges with Hey Duggee & Joe Wicks')

3

Looking for more indoor activity ideas?

We love the NHS Shake-Up Games (<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>). On this website, there are dozens of free, indoor activities that kids can try. Each one is linked to a Disney film, so kids can also have fun playing as their favourite characters!

AROUND THE WORLD...

Who said learning had to be boring? While the kids aren't at school, they can still enjoy the fun side of education by exploring the world around them, and the incredible diversity of cultures within it.

ACTIVITY ONE:

With adult supervision, kids can search up 'Google Earth', or download the free mobile app. Open the website, click on the search box at the top, and select 'I'm Feeling Lucky'. The application will direct you to a specific location, in a particular country. Encourage kids to explore the location and the country on Google Earth. Have fun deciding what places you would like to visit!

Now take the research beyond Google Earth. Kids can look up any questions that interest them about that country: what is the cuisine? What does the flag look like? Some other ideas are on the diagram on the right.

ACTIVITY TWO:

This activity is for the budding creatives! Challenge kids to invent a country. What is it called? Can they draw out a map of the country? What language do the people speak? What is the landscape like? Encourage them to get creative by sketching, painting or crafting pictures of their country's national dress, flag, famous monuments, etc. Take inspiration from the questions on the right.

Can you find some music from this country?

What are the most famous monuments to visit in this country?

Who are the most famous people to have ever lived in this country? What did they do?

Would you be able to learn some words in the language of this country?

Can you cook a traditional recipe from this country?

Our three 'Secret Dishes From Around the World' cookbooks are now available in our shop! A great way to support our cause and help kids learn about other countries through their cuisine...



INDOOR SPORTS

Ever heard of wastebin basketball? Plastic bottle bowling? Why not try some of these easy sport activities that can be done with whatever's in the house!

INDOOR BASKETBALL

All you'll need is:

A wastebasket, bucket or washing-up bowl (the 'hoop')

A soft ball (this can be very loosely defined - you could use a soft toy, or even roll up some socks!)

How to play:

- 1) Mark out where the kids are supposed to stand, and set up the 'hoop' about a metre away from this point.
- 2) Have the kids try and aim the ball into the hoop.
- 3) Increase the difficulty by varying the height and distance from the starting point. You could put the 'hoop' onto a chair or the top of a cupboard, and change the starting point so that it's further away.
- 4) Try competitions and games. How many times can you shoot the ball in the hoop in 3 minutes? What if one player is blindfolded and doesn't know where the hoop is, so the other has to guide them as they make a shot?
- 5) If the weather's nice, take the game outside! Many local parks have basketball courts that you can use for free.



INDOOR BOWLING

All you'll need is:

A set of empty plastic bottles you can use as bowling pins

A soft ball (something like a tennis ball would work, or even a large roll of sellotape!)

How to play:

- 1) Set up the bottles in a traditional bowling pin triangle. Mark out a starting line with string or something similar.
- 2) Challenge kids to knock as many of the pins over as possible, by standing behind the starting line and rolling the ball/tape towards the triangle of bottles that you made. They can have two goes at rolling the ball before the turn passes to the other person. Continue until each child has had 10 turns.
- 3) Encourage kids to keep score themselves if they're old enough. Award a point for each pin that is knocked over during their turn. For a 'strike' (when all the pins are knocked over in one go), award them an extra 4 points. For a 'spare' (when they knock all the pins over, but it takes them both of their 'goes' to do so), award them an extra 2 points.



A healthy lifestyle is not just about physical activity - diet has an important role to play too. For helpful nutrition advice, have a look at [this section](#) of our website. Or if you're looking to get kids involved in the kitchen, why not try some of our quick, easy and healthy [recipes](#)? We provide free lifetime access for our beneficiaries, just get in touch with us to find out more...

BUILD YOUR OWN HIDEAWAY

Kids will have fun creating their own hideaway in this easy activity that can keep them distracted for hours!



As 'hideaway architects', kids must construct a sturdy, comfortable and well-decorated 'building' that can fit at least one person inside.

All you'll need is:

- Bedsheets, blankets, cloths, scarves - anything that can be draped over a frame to create a 'ceiling', 'wall' or 'carpet'.
- Whatever furniture you can find that might help make a 'frame' for the construction (chairs, cupboards, drying racks, tables etc)
- String to help secure the construction
- Whatever else the kids might want to use to 'furnish' the hideaway. You could really go all out with this, crafting furniture, ornaments and kitchen equipment out of paper, plastic, cardboard, or old bits of cloth. Have a look through your recycling bin for materials, there's bound to be plenty there!

As a tip, a drying rack or a table makes for a great frame, as you can drape cloths over the top without the need for much extra support. Tying cloth to a chair, and then stretching it over to another chair on the other side of the room, is also a helpful technique.

Once the 'building' has been constructed, encourage kids to think about what they might need inside it. What could they use to make a 'kitchen' for the residents, or a comfortable lounge for them to sit? Does there need to be a door to enter the building, and a window to look out? Would the residents want pictures on their walls, or a doormat to wipe their feet on?

A BIT MORE ABOUT US...

We are Bounceback Food CIC: a social enterprise that delivers foodbank donations, hot nutritious meals and cookery classes across the UK. Our mission is to put an end to food poverty, which can so easily prevent children from reaching their full potential. There are many ways you can support us - from donating, to fundraising, to buying from our shop. To find out more, head over to our website at bouncebackfood.co.uk.

