



Healthworks
the community health charity

GET SET FOR SUMMER!

A range of fantastic activity ideas to help you have the best summer ever!



The summer holidays are here and there's no better time to get the kids off the sofa and making the most of the good weather!

The Healthworks Team have designed this fantastic resource to provide you with a range of activity ideas to enjoy safely with your family over the summer. We want to help it to be the best summer ever for your family, so we'd love you to try some of our fun cook, play and learn activities at home or when out and about.

You could make a sun dial in your garden, plant a herb pot or ask your family if they can remember some of the Cinemas that used to be in Newcastle and do the word search together.

Try out some of the lovely summery recipes we've included, just don't forget to substitute ingredients if you have an allergy to any of them.

We hope you enjoy trying our ideas out!

Pop over to

www.healthworksnnewcastle.org.uk

for more inspiration and to find out more about the work we do.

Make your own carpet bowls game

You will need:

- 6 plastic or paper cups
 - 2 pairs of socks
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- Place your cups in a triangle formation
 - Then roll each pair of socks into a ball
 - Roll the ball along the ground knocking over as many cups as you can
 - Take it in turns to see who can knock the most over!



Make a home made sun dial

Did you know you can tell the time as the sun moves across the sky? Try it and see if you can tell the time too. All you need is a bright sunny day and some things to mark the hours as they pass!



What you need:

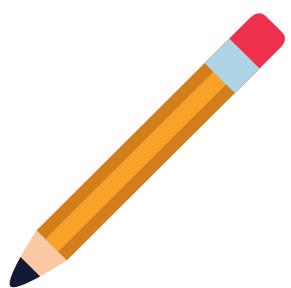
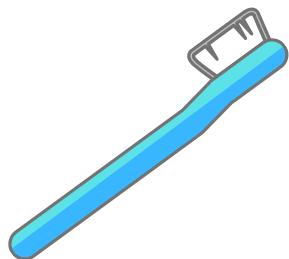
- Bucket or any container
- Soil or sand
- Tall stick or poll—a windmill works well
- Shells, stones or something to mark out the hours

How you make it:

- Put the bucket in a spot that gets the sunlight all day
- Fill the bucket or container with the sand or soil
- Stand the stick in the middle of the bucket
- At each hour put a stone on the line of the shadow of the stick (see above), and note the time next to it
- Keep doing this until the sun goes down and it stops casting shadows
- Leave it in place so you can tell the time the next day

**How many of these items can you find
around your home?**

Can you name them too?



Make a pasta necklace

All you need is:

- A piece of elastic or string that is big enough to fit over your head when the ends are tied,
- Hollow pasta
- Paint, PVA glue and glitter if you want to decorate it



How you make it:

- Take one piece of pasta and tie it to one end of the string or elastic to secure it and stop the other pieces falling off
- Thread pieces of pasta onto the elastic or string
- Tie the ends together at a length that will slip easily over the child's head
- Decorate the pasta as you wish
- Place around your child's neck
- Why not make matching bracelets too?

Play the "Pairs Game"

You will need:

- Lots of pairs of socks in assorted colours and patterns
- Sticky notes or pieces of paper

How to play:

- Lay out your folded socks individually
- Look at them and memorise where the pairs are
- Cover each of the socks with a sticky note
- Try and match the pairs from memory, if you don't get it right, recover with the sticky note and try again until you match them all



Make your own "gloop"

You will need:

- Cornflour
- Water
- Food colouring (optional)
- A table cloth or large towel (please supervise your children as this can get very messy!)



How you make it:

- Mix a little water with the cornflour until it is thick but still a little runny in a washing up bowl
- Put the towel or table cloth onto the floor
- Put the bowl in the middle of the towel
- Get your hands in there and have fun!

Find the hidden Newcastle Cinemas

Ask your family to see if they can remember some of these and where they were!



- GRAND
- LYRIC
- STOLL
- QUEENS
- REX
- SAVOY
- ESSOLDO
- RIALTO

- MAJESTIC
- REGAL
- PLAZA
- ADELAIDE
- NEWS
- ODEON
- PAVILLION
- ORION

When you are next in Newcastle why not go on a hunt to try and find out where each cinema used to be?

Plant a mini herb garden

You will need:

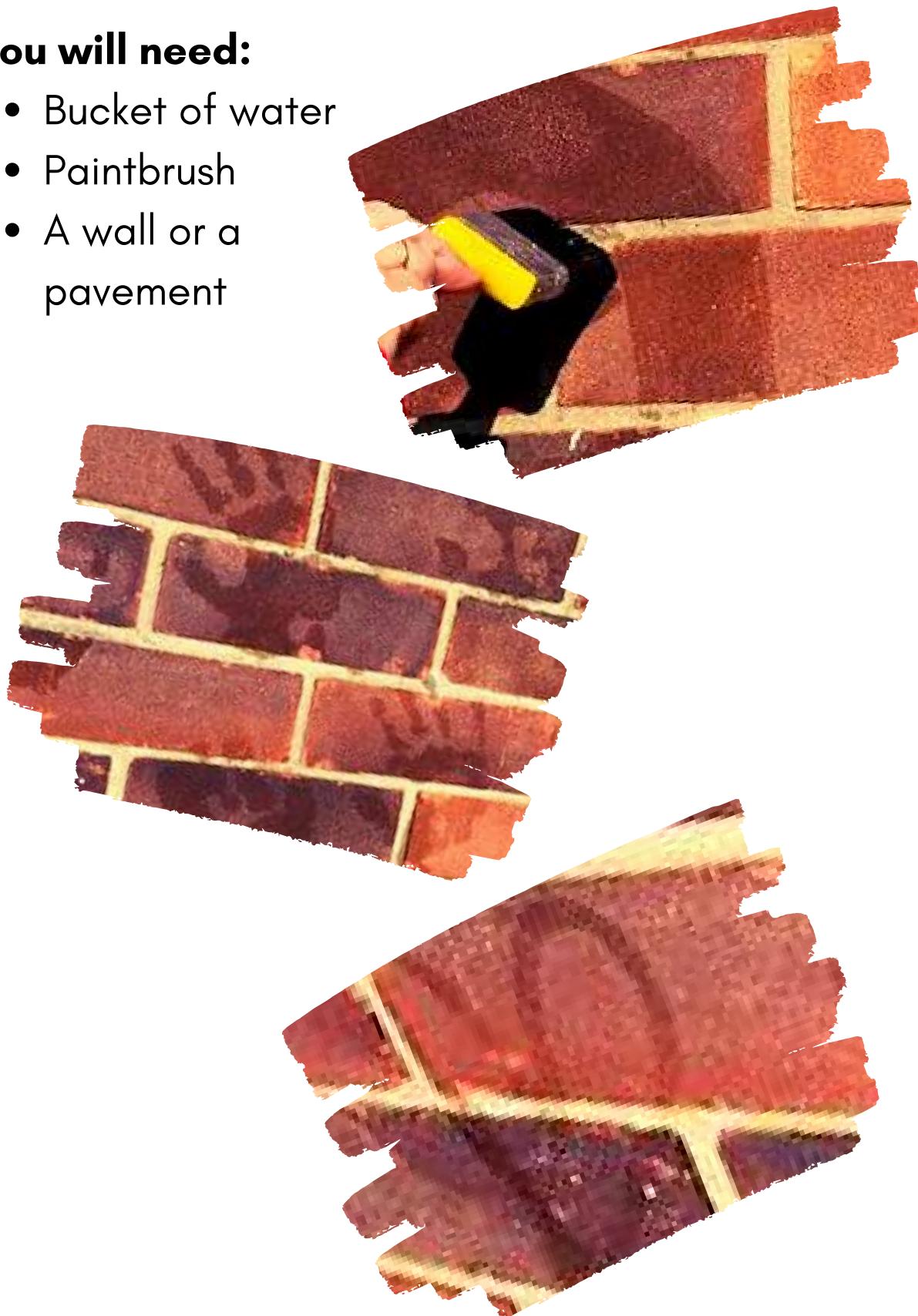
- A plant pot
- Small stones or pebbles
- Compost
- Trowel
- Herb plants



Paint with water

You will need:

- Bucket of water
- Paintbrush
- A wall or a pavement



**Take a walk near to your house,
how many can you spot?**



Grow and eat cress

You will need:

- Cress seeds
- Cotton wool
- Egg shells
- Egg carton
- Bread
- Hardboiled egg



How to do it:

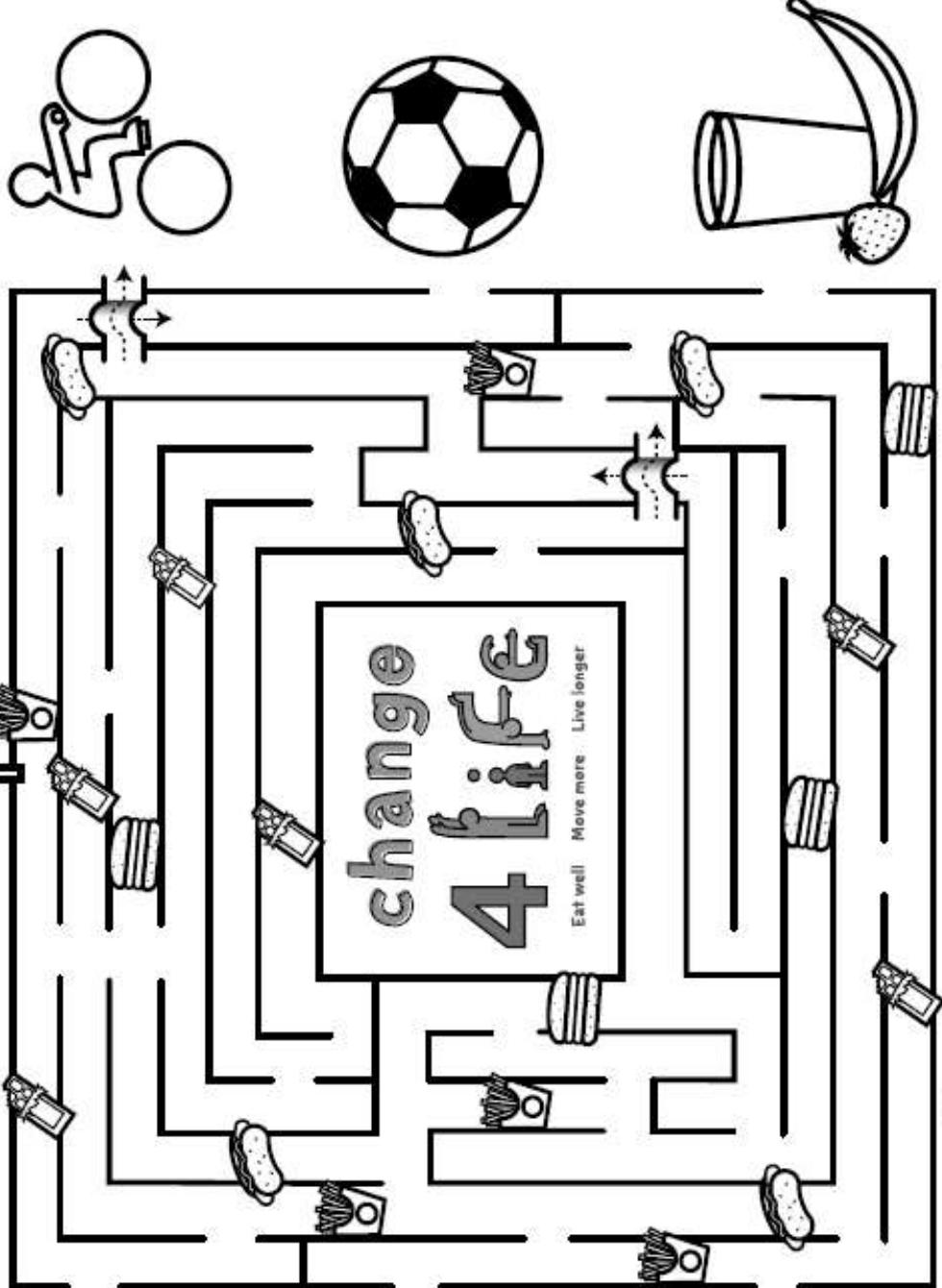
- Put clean half egg shells into the egg carton
- Put cotton wool in each half shell
- Add drops of water to the cotton wool
- Sprinkle the cress seeds
- Keep the cotton wool moist and the plants will grow in a couple of days
- Make an egg and cress sandwich!



Get everyone through the Change 4 Life Maze to find out each one's favourite thing!

Get everyone through the maze to find out what their favourite things are - but don't get held up by the junk food!

Favourite things



Get involved today! Search for Change4Life or call 0300 123 4567*

Make your own chicken nuggets

What you need:

- Chicken breast
- Egg white
- Crisps (any flavour)

How to prepare:

- Cut the chicken breast into cubes of the same size
- In a bowl whisk up the egg white
- Crush the crisps into small pieces and put them in a bowl
- Dip the chicken pieces into the egg whites and then into the crushed crisps
- Place on a baking tray and bake until cooked through and crispy 15-20 minutes
- Serve and enjoy
- These go great with a side salad or wedges

Mixed vegetable stir fry

What you need:

- One red and one green pepper sliced
- One carrot cut into thin strips
- One onion sliced
- Two tablespoons of garlic chopped
- 300ml of water
- Two teaspoons light soy sauce
- 225g Chinese leaves or half a cabbage
- 100g mushrooms sliced
- One tablespoon oil to fry
- Salt and pepper

How to prepare:

- Cut the Chinese leaves or cabbage, carrot and mushrooms into strips
- Add the oil to the frying pan/wok and heat
- Add the garlic, salt and pepper and stir fry for 1 minute
- Add the onions, carrots and peppers and stir fry for 1 minute
- Add the mushrooms, water and soy sauce, cook on a high heat for 2 minutes.
- Add the Chinese leaves or cabbage and stir fry for up to 3 minutes or until the leaves or cabbage are thoroughly wilted and serve

Try different flavours such as Chinese five spice or sweet chilli sauce

Cheese puffs

What you need:

- 1 egg
- 125ml milk
- 150g Self Raising flour
- 200g grated strong cheese
- 1 tsp mustard or cayenne (optional)

How to prepare:

- Heat oven 180 degrees C / gas mark 4
- Beat the egg and milk into a large bowl
- Add all ingredients and mix well
- Drop spoonful's onto a lined baking tray
- Bake in oven for about 15-20 minutes
- Cool on a wire rack and enjoy

These are great for packed lunches, picnics and snacks

Apple and pear crumble

What you need:

700g of eating apples
100g brown or white plain flour or a mixture of both
50g low fat spread
100g rolled oats
25g brown or white sugar
1 tin of pears in their own juice - chopped

How to prepare:

- Pre heat oven 190°C/gas mark 5
- Boil 60ml of water in a pan
- Peel the apples, remove cores add to the water and bring to the boil, then cover tightly and cook on the lowest heat for 5 minutes
- Place the flour and low fat spread in bowl and mix with a fork
- Rub in low fat spread with your fingers until it is "breadcrumb" like
- Stir in oats and the sugar
- Add chopped tinned pears to the apple mixture
- Tip the fruit mixture into a pie dish and sprinkle over the crumble mixture to cover all of the fruit
- Bake for 15–20 minutes until brown

You can use different fresh, frozen or tinned fruit and try serving with low fat natural yoghurt or custard!

Summery smoothies

Green smoothie:

- Three Kiwi fruits, peeled and roughly chopped
- Half a green melon, seeds removed. peeled and roughly chopped
- 150ml of still or sparkling water

Pink smoothie:

- 100g strawberries and /or raspberries, roughly chopped
- One banana, peeled and roughly chopped
- 150ml of milk or soya milk

Yellow smoothie:

- Half a mango, stone removed, peeled and roughly chopped
- One papaya, seeds removed, peeled and roughly chopped

How to prepare:

- Place the fruit of your chosen smoothie into a food processor or blender and blend to a puree
- Add the appropriate liquid and give another quick blend
- Serve in tall glasses
- For an extra creamy smoothie, add a little low fat yoghurt and garnish with a sprig of mint

**We hope you enjoyed
this summer activity book!**

For more ideas, inspiration and
information about our work and how you
can get involved visit

www.healthworksnewcastle.org.uk



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