

#GetIntoSummer

Top Ten Tips

Easy Read Version



This easy read information was produced for Parent Club by CH Consultancy on behalf of Values Into Action Scotland



Values Into Action
Scotland





It has been a tough year.

Now summer is here it is important for you and your family to:

- Socialise
- Play
- Spend time together
- Meet friends again



This summer there are lots of activities happening in Scotland.

These are good for your wellbeing and mental health.



The Parent Club website will tell you what is happening in your area.

You can find ideas and tips for getting out and about with your family by following

#GetIntoSummer



You can also visit parentclub.scot/summer



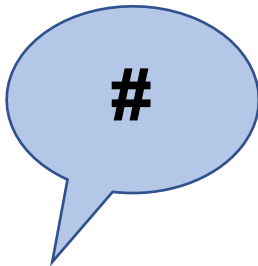
Keeping kids busy over the last year has been hard.

Families have found ways to play and have fun whatever the weather is like.



You can read some of our favourites below.

Have fun. Remember to tag:



- Instagram (@ParentClubScotland)
- Facebook (@ParentClubScotland)
- Twitter (@ParentClubScot)

Tip #1: Feeding the ducks



When you visit the park take some peas, rice or oats.



It keeps your baby entertained while you go for a walk.



Tip #2: Go, go, stop!

This is an easy game when you are out for a walk.



Say go to get the wee ones walking fast.
Then surprise them by shouting stop.

They will enjoy taking a turn to be the one shouting go and stop.

Tip #3: Shadow chasers

When the sun is out wee ones can chase shadows.

They can:

- Jump on it
- Make it dance
- Make shapes with their hands and fingers



Tip #4: Count things on the way

When you are going somewhere keep wee ones busy counting things they see.



They could count red cars, buses or lorries.
They could check the odd and even house numbers.



Tip #5: Paint without a brush

Try painting without a brush. Try using things around the house like:

- An old toothbrush
- A fork
- Wheels on a toy car



You could use things you find outside like:

- Feathers
- Sticks

Tip #6: Make a den

Cardboard boxes can be turned into something fun. They could be:

- A den
- A plane
- A castle

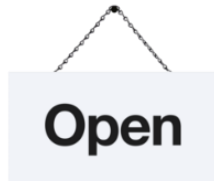


If you have outdoor space, you could paint it too.



Tip #7: Spring into summer

Trampolining is fun for children, teenagers and adults. There are trampoline centres all around Scotland.



They can now open in level **0-3** areas.



Tip #8: Experience some culture

Remind teenagers they could meet friends inside museums and galleries if it is raining. Entry is often free.

Tip #9: Grassy bowling

Reusable bottles can make a bowling alley. If you do not have a ball, you could throw a small cushion or toy.



Big brothers and sisters could show the younger ones how to do it.



Tip #10: Obstacle course

For your course find some things they can run round or jump over.

You could make some medals for the winners.



Whatever you are up to, **#GetIntoSummer** with tips and ideas from Parent Club.

Find out what's on at **parentclub.scot/summer**.