

GET INTO SUMMER

TOP 10 TIPS

#GetIntoSummer

It's been a tough year but now that summer is here it's important for you and your family to get the chance to socialise, play and reconnect with each other and your friends.

There are lots of activities happening across Scotland this summer to help boost families' wellbeing and mental health. You can check out the **Parent Club website** to find out what's happening in your area!

You can **#GetIntoSummer** with tips and ideas for getting out and about with your family, to help everyone's mental health and wellbeing. Keeping the kids busy

over the last year has been hard, but we've seen families come up with fun games and creative ways to play, no matter what the weather's doing!

We've gathered some of our favourites below – so have fun, and don't forget to tag @ParentClubScotland on Instagram and Facebook and @ParentClubScot on Twitter

Tip #1: Feeding the ducks

Don't forget to take some peas, rice or oats when visiting the local park. It's a great way of keeping your baby entertained while you go for a stroll around outside.



Tip #2: Go, go, stop!

Speed up any slow walk when you're out and about by trying this quick and easy game. Just say 'go' to get your wee ones walking quickly, then suddenly surprise them by shouting '**STOP!**'

Why not take it in turns – wee ones will love bossing around a grown up!

Tip #3: Shadow chasers

If the sun's out (it does happen!) getting your little one to chase a shadow outdoors can be a really fun activity. Can they jump on it or make their shadow dance?

For extra giggles, can they make shadow shapes with their hands and fingers – is it a dog, a bird or a giraffe?



Tip #4: Count things on the way



When you're heading somewhere, keep them busy by counting things you see together - like red cars, buses or lorries. You could also check which side of the street has odd numbers and which has even numbers.

Tip #5: Paint without a brush

You don't need paint brushes to paint! How about trying to paint with items in the house, like an old toothbrush, a fork, the wheels of a toy car. Why not try using things you find outside, like feathers and sticks?

Tip #6: Make a den

If you have any cardboard boxes lying around why not turn them into something fun – a den, a plane, a castle, or anything! If you have some outdoor space, why not get a bit messy and give it a coat of paint too?

Tip #7: Spring into summer

Trampolining is fun for all ages (including grown-ups) and there are now trampolining centres all around Scotland. They can reopen in areas in levels 0-3 with extra hygiene precautions in place, and offer a fun day out that will see your teen jumping into action.

Tip #8: Experience some culture

If you have teens, you could remind them that museums and galleries are indoors, often free and they can meet a friend there. While your teen may not be super excited at the thought of all that culture, they will definitely jump at the chance to meet their pals somewhere out of the rain!

Tip #9: Grassy bowling

Set up a bowling alley using bottles (reusable, not glass!). If you don't have a ball, your kids could always throw a small cushion or toy instead. Show them how to set it up so they can do it themselves and you can get on with other things while they practise. You can even get big brothers and sisters involved too, to show the younger ones how it's done.

Tip #10: Obstacle course

Why not grab some bits and pieces around the house and create your own mini obstacle course? It doesn't need to be fancy, just set out some things they can run around, jump over or throw. You could even get creative and make some medals for the winners.



**GET
INTO
SUMMER**

Whatever you are up to, **#GetIntoSummer** with tips and ideas from Parent Club or by finding out what's on at parentclub.scot/summer.

#GetIntoSummer