



- Tips & Ideas -

School Holiday Checklist

Ideas to help you structure your days at home with the kids this school holidays.

It's easy for the day to slide by only to realise the kids have been in front of screens too long or have asked for a snack more times than you care to consider. Here are some ideas on ways to schedule your day to keep the kids busy and everyone happy and healthy.



Exercise

Bike rides, playing with a ball in the yard, skipping rope, dancing to music....whatever it is, ensure at least 30 minutes of every day is dedicated to getting in some physical activity.



Reading / Writing

It may be 'holidays' but that doesn't mean we switch off. Have the kids write letters to friends, read a book or do puzzles and games. Keep them thinking and feeling accomplished.



Help around the house

All children should be involved in helping with the household chores. Even young ones can have age appropriate jobs.



Quiet Time

There is only so much time everyone can spend together. Give kids a chance to have their own space away from everyone else to do some quiet activity.



Get Outside

Weather permitting, spend some time outside. Take the dog for a walk, have a picnic in the sun or walk a local trail.



Creativity

Time to get creative. Little ones might love time with playdough, teenagers may prefer to make a dream catcher or some gift cards. Kids of all ages can find a way to be creative.



Social Connection

It's important for kids to connect with each other and whilst we may not be able to arrange 'play dates' or face-to-face catch ups right now, video chat is a good alternative.



Free Time

Free time to do your own thing - for parent and child!