




SUMMER ACTIVITY BOOK



This booklet belongs to:

 _____

Scavenger

HUNT

The brighter days are here! Head outdoors, enjoy the fresh air, and explore the natural world with this find something... nature scavenger hunt!

Find something
yellow



Find something
noisy



Find something
blue



Something with a
rough texture



Find something
with spots



Something with
a soft texture



Find something
that moves



Something with
more than one
colour



Find something
that smells nice



Find something
spikey



MOVE

LIKE AN ANIMAL!

Time to go wild! Look at the animals below and copy how they move. Can you use your whole body to move like each one?

Dart like a lizard.



Move slowly and quietly close to the floor, then dart quickly like you've spotted something!

Shuffle like a turtle.



Bend your knees, keep low, and shuffle forward one step at a time like you're carrying a heavy shell.

Climb like a monkey...



Climb up high, stretch your arms, and swing them from side to side like you're moving through the trees!

Wriggle like a snake.



Keep your body low and move in wavy motions, starting slow and then wriggling fast across the ground!

Move gently and silently, watching your target, then suddenly pounce with a big, powerful jump!



Pounce like a tiger...

Stretch your arms, flap, and swoop up high and down low like you're flying through the treetops!



Swoop like a parrot...

MAP OUT

your walking route



Note your starting point,
landmarks, directions,
safety spots, and distance
or time of your walk!



The Daily Mile

The Daily Mile is a fun 15-minute run, jog, wheel, or walk that you can do at school or at home! Head outside with your class or an adult and move your body! It helps make you stronger, boosts your mood, gives you more energy, and helps you focus better both in the classroom and when you're learning or playing outside of it!

BINGO!

Wave to someone on your walk	Say 'hello' in a different language	Do 5 hops on 1 leg
Count how many steps you take	Do 5 jumping jacks half way	Talk about how you are feeling today
Run for thirty seconds	High '5' someone on your walk	Give a friend a compliment
March like a soldier	Do a silly dance half way	Take '5' deep breaths



50 things to do before you're 5



Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things – from counting and writing, to exploring and making new friends.

Our list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Complete it online or print it off, stick it on the fridge and tick off each activity!

Share and upload photos of you and your little ones achieving each of the 50 things to the TLC Facebook page and once you've completed the list, download your own 50 things to do before you're 5 certificate from the TLC website.



1 Run through long grass (barefoot if you can)

2 Lie in the long grass and feel the grass between your toes, fingers tickling your nose

3 Go on a walk through the woods in all seasons and weathers!

4 Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons

5 Plant and care for a beautiful smelling flower

6 Go on a treasure hunt

7 Have a teddy bear's picnic

8 Climb a tree

9 Play 'pooh sticks'

10 Make an insect house

11 Learn to ride a bike and go on a long bike ride

12 Care for a pet (no matter how small)

13 Play hide and seek

14 Take part in an Easter egg hunt at home

15 Visit the seaside. Explore, and find treasures at the beach

16 Paddle in the sea

17 Build sandcastles

18 Investigate and discover life in rock pools

19 Visit the farm or zoo

20 Paint and create as much as you can

21 Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle

22 Have a picnic outdoors or indoors with all your favourite treats

23 Be an explorer and hunt for bugs

24 Help make your own dinner

25 Look for worms, and see how they wiggle

26 Go for a walk on a windy day. Take a scarf or a kite and see how they fly

27 Roll down a hill

28 Dig for treasure

29 Try baking a cake and lick the spoon!

30 Make perfume from flower petals

31 Go crabbing

32 Make a snow angel and have a snowball fight

33 Play with water, pour, explore, wash toy cars

34 Use all of the furniture downstairs and all the blankets/towels from upstairs to make a huge den/fort that you can crawl around

35 Have a sleepover in the den you've made

36 Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs

37 Play in autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your very own leaf man character!

38 Read a book under a tree

39 Go out in the rain and jump in puddles

40 Lie on your back outdoors and watch the clouds

41 Go blackberry picking and eat as many as you can!

42 Make a mud pie

43 Blow a dandelion clock

44 Balance on a log

45 Chase your shadow on a sunny day

46 Catch rain or snow on your tongue

47 Go on a torch-lit walk in the dark, look for stars and night time animals

48 Sleep in a tent

49 Toast marshmallows on a camp fire

50 Join the library and borrow some books



EVERY. BALL. COUNTS. CHALLENGE






Can you throw and catch a ball 100 times without dropping it? Grab a partner (or a few!) and see if you can reach 100 throws in a row.

1 STAND A FEW STEPS APART

2 THROW THE BALL BACK AND FORTH,
COUNTING EACH SUCCESSFUL CATCH.

3 IF THE BALL DROPS, START FROM ZERO!
(OR JUST KEEP YOUR BEST SCORE)

BONUS TIP

-  Use a soft ball, rolled-up socks, or even a balloon for younger kids.
-  To make it harder, take one step back every 10 throws.
-  Celebrate when you hit 100 – dance, cheer, or do a victory lap!

BEST OF 3: THROWS

THROWS

THROWS



BONUS TIP

"Pretend the ball is an egg – soft hands, no squeezing! Let it drop into your hands like you're catching something precious. That's how you keep it from bouncing out!"



DOWNLOAD
THE DYNAMOS
CRICKET APP



INVENT YOUR OWN

SPORT



Unleash your creativity to invent a unique sport!
Name your game, design play methods, create rules and decide how to win!



IT'S ALL UP TO YOU!

MY SPORT IS CALLED:



HOW DO YOU PLAY?

How do players score points?

WHO CAN PLAY?

Number of players:

Age group:

Team or solo?

Points? Goals? First to finish?



HOW DO YOU WIN?



WHAT DO YOU NEED TO PLAY?

- Ball
- Cones
- Bat
- Net



Draw what you need:

DRAW YOUR SPORT:





DESIGN YOUR OWN SPORTS TEAM

Let your imagination run wild as you build a team that's totally unique! Choose an awesome team name, design a cool logo, create a colourful kit, and decide what makes your team stand out from the rest. Are they super fast? Extra brave? Amazing at teamwork? It's all up to you!



TEAM NAME:

.....

WHAT SPORT DO YOU PLAY?

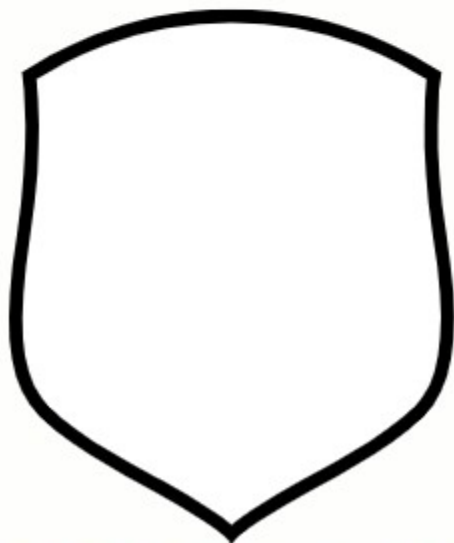
(e.g. football or your previously invented game)

WHAT'S YOUR TEAM MOTTO
OR SLOGAN?

DESIGN YOUR KIT:

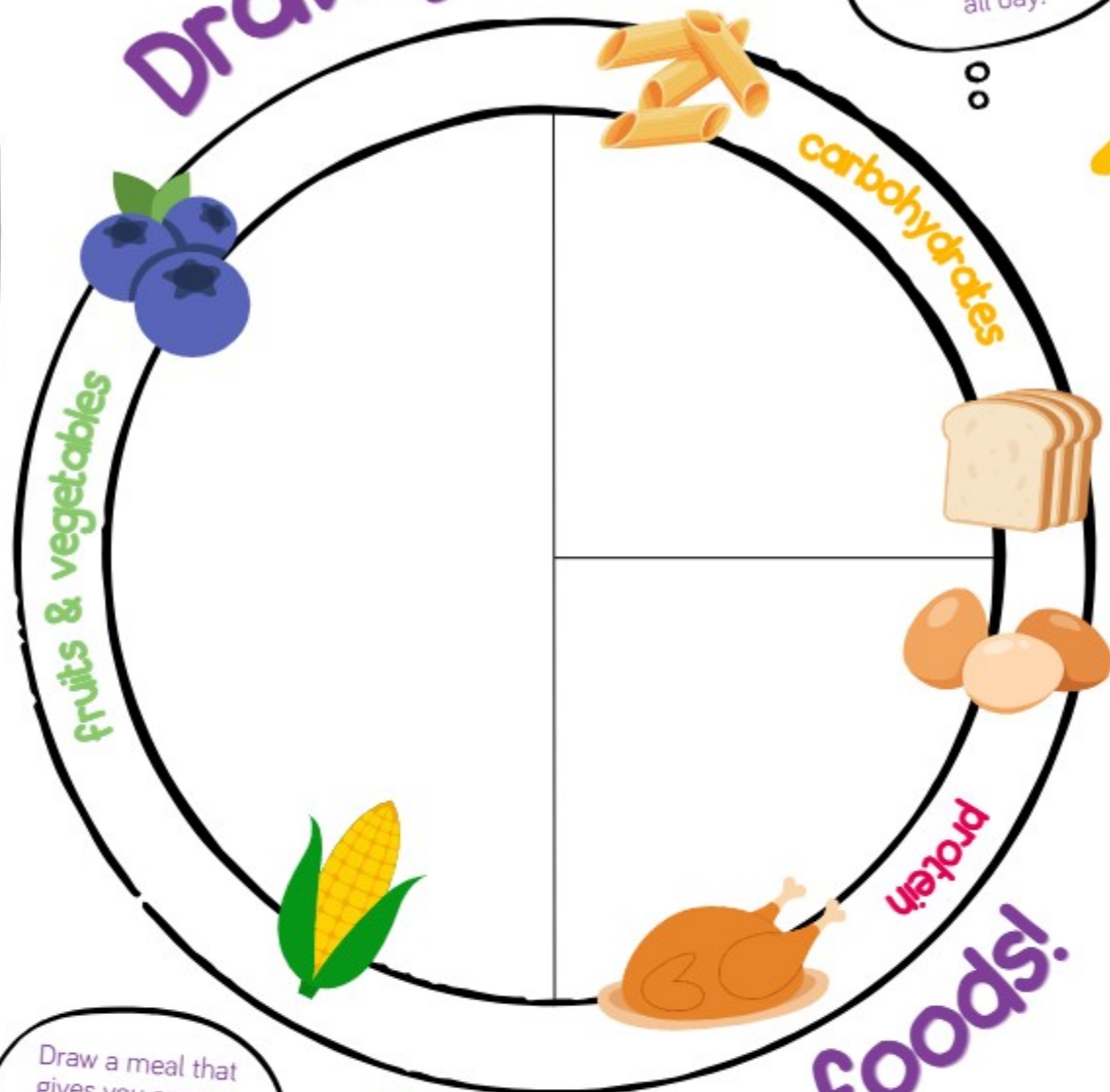


DRAW YOUR TEAM LOGO



Draw your

Let's explore tasty foods that help us grow strong, think clearly, and play all day!



Draw a meal that gives you energy, and try to include fruit and veg, protein and carbs!

favourite foods!

Healthy Food Word Unscramble

Challenge your mind and uncover tasty, nutritious foods by unscrambling each jumbled word. Reveal a healthy food that contributes to keep your body energised and strong!

OBORCCLI →
.....

RYEBRREULB →
.....

GNEORA →
.....

PERPEP →
.....

Answers: Broccoli, Blueberry, Orange, Pepper



Design your own water bottle!

Add your own colours, stickers, fun shapes and patterns to your dream water bottle!

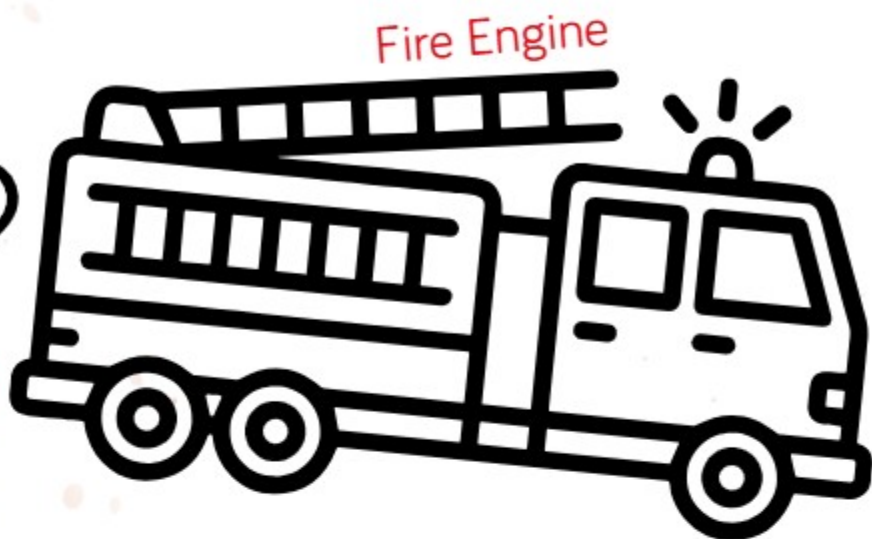
Don't forget to drink water often and take regular sips throughout the day, not just when thirsty.

Start the day with water, because a morning drink helps wake up your body and brain!

Don't forget to hydrate before play and drink water before sports, outdoor play or hot weather!


Healthy Schools
ESSEX


Essex
ACTIVE



Colour me in!



Ask an adult:

1. What's the safest route out of your house?
2. Where is the smoke alarm in your home, Ask them to check it!

SCAN
ME



If you don't have a smoke alarm,
Essex Fire Rescue can fit one for free
- Scan the QR code for more info!

Complete this
activity for a chance
to win a fire station
tour in Essex and an
Amazon Voucher!



To be in with a chance to win the prize, ask a parent, carer or grandparent to take a photo of your finished activity and send it to: corp.comms@essex-fire.gov.uk

READ to the BEAT

Summer Reading
Challenge 2026

Join **FREE** at your
local library!



Saturday 18 July to Saturday 5 September
At your local Essex library or mobile library -
see libraries.essex.gov.uk for library opening times



National
Year of
Reading
2026



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Delivered in partnership with libraries
summerreadingchallenge.org.uk

SUN SAFETY

Have fun in the sunshine, but remember to stay safe while you play! Follow these simple tips to protect your skin and keep cool.



Can you spot the sun-safe choices? Circle everything the child is doing to stay safe!

SLIP, SLOP, SLAP!

SLIP on a T-shirt



SLOP on some sunscreen



SLAP on a hat!



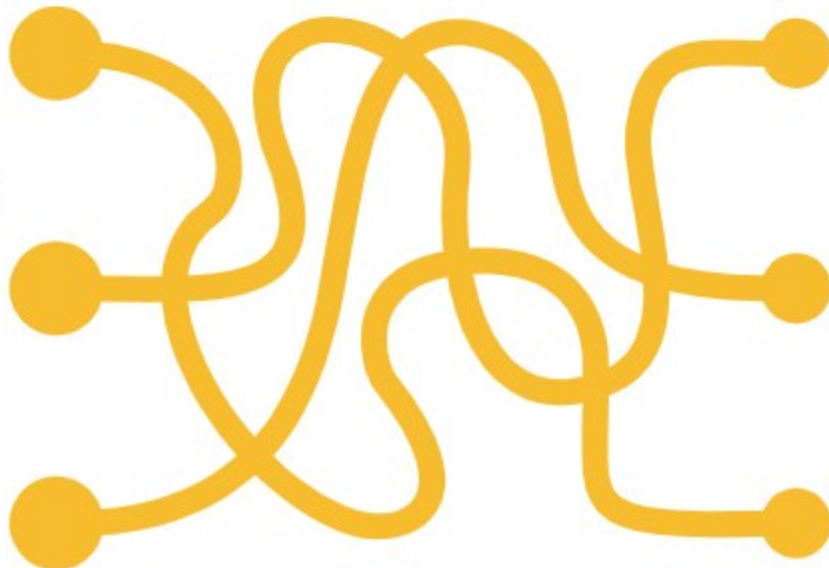
Answers: Water bottle, sunglasses, hat and in the shade

HELP KEEP THEM SUN SAFE!

Draw a line and match up the sun safe actions below!



Colour me in!



Answers: Dripping tap to empty bottle, Sunscreen to girl applying to face, hat to boy



SUMMER HOLIDAY



WORD SEARCH

Get ready for a sunshine-filled puzzle adventure, as this word search is bursting with summer fun, from beach days to tasty treats and all the things that make the holidays amazing. The words are hiding in every direction, waiting for you to spot them. Grab your pencil and see how many summer surprises you can find!

G	B	X	F	L	I	P	F	L	O	P	S
Y	E	Q	S	I	C	E	C	R	E	A	M
W	A	T	E	R	M	E	L	O	N	W	O
P	C	U	A	I	G	O	G	G	L	E	S
O	H	S	U	N	G	L	A	S	S	E	S
O	R	S	U	N	S	C	R	E	E	N	E
L	S	A	N	D	C	A	S	T	L	E	A
J	T	L	B	E	A	C	H	B	A	L	L
S	W	I	M	S	U	I	T	K	U	A	M

- ICE CREAM
- WATERMELON
- SUNGLASSES
- BEACH
- SANDCASTLE
- SWIMSUIT
- BEACH BALL
- SEA
- POOL
- SUNSCREEN
- FLIPFLOPS
- GOGGLES



SUMMER

Bucket List



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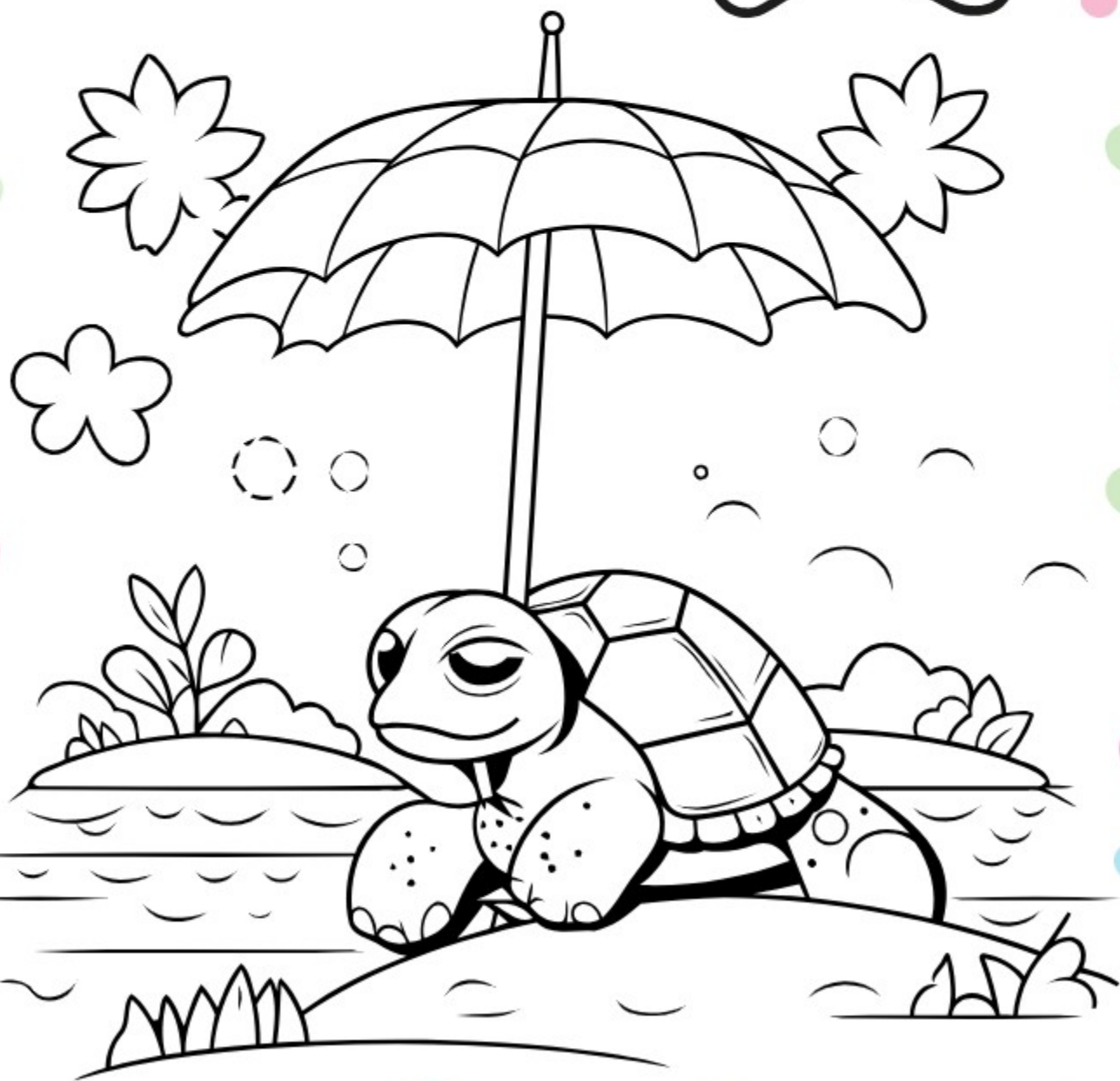
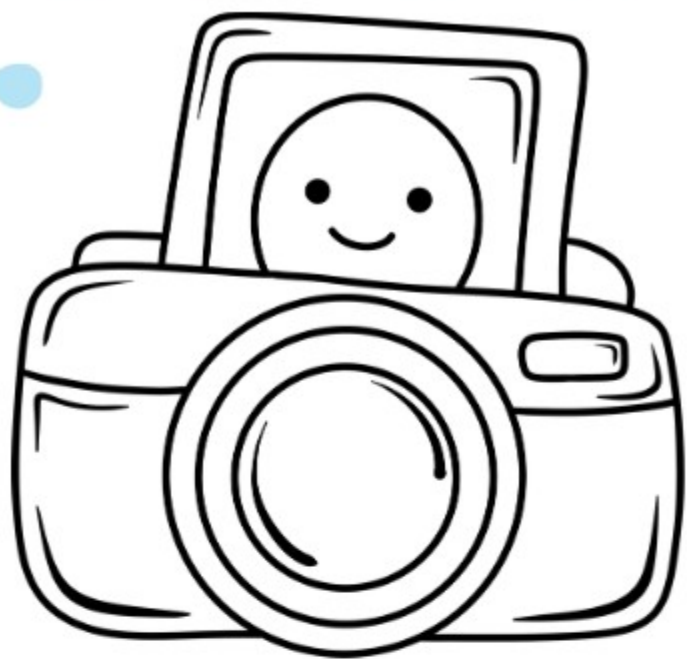


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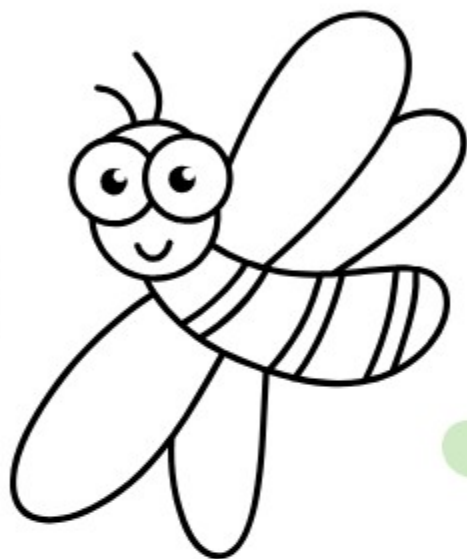
Make every day count!



COLOUR
ME IN!



COLOUR
ME IN!



Essex ACTIVate

Summer is the perfect time to get moving and be creative, and Essex ActivAte is here to help you do just that! Whether you love sports, drawing, cooking, or just trying something new, our family support hub is packed with ideas to keep you active, happy, and inspired all summer long!

Free holiday clubs for eligible families!

Essex ActivAte brings the excitement to school holidays through free clubs across Essex and Thurrock, giving eligible children a fun, safe place to get active, make friends, enjoy nutritious meals and try new activities! From sports and dance to cooking and creative sessions, every club is run by qualified, local providers. There are also tailored SEND, mental wellbeing and youth sessions to support every child, and with both discretionary paid and paid-for places available, there's something for every family at an Essex ActivAte club!

Visit our website to learn about booking on, eligibility, and more.

 activessex.org/children-young-people/essex-activate

  @EssexActivAte



Family Support Hub

Essex ActivAte offers free resources, activities and wellbeing support to help keep children active, creative and happy during school holidays. Families can access simple recipes, fun activity ideas and practical guidance to make time at home easier and more enjoyable.

 activessex.org/children-young-people/essex-activate/support/



Find Your Active



Find Your Active helps families across Greater Essex discover simple, enjoyable ways to move more, with plenty of low-cost and free activities, from local walks and outdoor play to community sessions for all ages and abilities. It's all about finding what fits your routine and enjoying the benefits of being active together.

 activessex.org/find-your-active



YOUR READING CHALLENGE!



Did you know that **reading** can actually make you **better at sport**? It might sound surprising, but picking up a book can help you run faster, play smarter, and feel more confident on the pitch, court, or field!

Just like your body needs exercise, your brain needs training too—and reading is one of the **best workouts it can get**.

- Read for 10 minutes a day!
- Choose a book about sport or adventure
- Share what you've read with a friend

You'll be training your brain while having fun...that's a winning combination!

