

101 Super Cool Ways to make your Child's Holidays Magical!



Brought to you by Ruth Cyster-Stuettgen



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Hey there Yummy Mummy!

Do you have school-aged children and dread the school holidays because you don't know what to do with them unless you go on an action-packed holiday like the Theme Parks or Disney Land?

Do you love having your children at home for the school break, because you can sleep in, yet they drive you up the wall with sayings like 'Mum, I'm bored!' or 'Mum, 'so-and-so broke my Barbie's arm!!!'

Do you run out of ideas of what to do with your lovely bunch even though you have the best ideas but in the heat of the moment you forget all the things you had planned and wished that you had access to a list of activities that are fun and cost-effective at the same time?

I hear you Girlfriend! As a mum of 3 I have seen many seasons of school holidays and run out of ideas time and again of what to do with them on the holidays.

Every school holidays (boy do they come round quickly) I rack my busy mum's brains to keep my children's holidays eventful, before the dreaded b-word ('Mum, I'm bored') even forms on their lips. *'101 Super Cool Ways to make your Child's Holidays Magical!'* sprang to mind because a close friend of mine Karen, our children and I lovingly and jokingly invented 'Manners 101' when we were having an absolute fun time on Phillip Island in Australia a few years ago. From there it spiralled to fun and hilarious activities (spur of the moment ones, mind you!), such as 'back to front' and 'opposite' day'. 'Back chat days' were an all time favourite.

The list of *'101 Super Cool Ways to make your Child's Holidays Magical!'* is by no means exhausted. There are hundreds more ways to make your child's holidays magical and memorial. The ideas range from free to low through to medium or higher cost per activity. The list is simply thought provoking and I hope that it will inspire you and your children to create your own magical activities. Not all these ideas originate from me of course. Several mums in my 'tribe' have contributed their favourites, for which I am thankful. I'd love you to share your ideas with me – let me know which ones worked and which

ones didn't. Share which ones you adapted or which new ones you created with your gorgeous children. With your permission, I'd include them in any future resource along this line.

So without further ado, please look through them and create your own jar with activities. Be creative in how you choose which activities to do when. Your child/children might take it in turns to choose each day. You might want to choose a few for the whole week. It's your choice 😊. Above all, enjoy and create memories and perhaps even rituals with your children, no matter how old they are.

On a more serious note, feel free to share this resource of *'101 Super Cool Ways to make your Child's Holidays Magical!'* with your friends as a whole, bearing in mind that the content is copyright. Thanks for your understanding!

Much Love,

Ruth

'101 Super Cool Ways to make your Child's Holidays Magical!'

1. Create a beautiful jar for '101 Super Cool Ways to make your Child's Holidays Magical', similar to the one on the cover page.
2. Camp inside – pretend you are camping, great on wet weather days
3. Camp outside in the backyard or at camping grounds
4. Master Chef – kids cook up a storm
5. Breakfast in bed – whole family if bed's big enough
6. 'Backchat' day (back chat allowed)
7. 'Back to front' day e.g. dinner or dessert first / sleep during the day/be awake at night
8. 'Opposite' day – say things but mean exactly the opposite. Try 'I hate vegemite' means 'I love vegemite'
9. Manners 101 – impeccable manners
10. No manners 101 – bad manners allowed

11. Make a movie – act it out (e.g. puppet show or computer movie)
12. Create a play and act it out - theater
13. Mum for a day
14. Bike ride / rollerskate / inline skate / etc.
15. Learn a new skill
16. Bushwalk / boardwalk
17. Have a picnic – at home, inside/outside or in the park (anywhere you want!)
18. Go to the beach
19. Build sandcastles
20. Cloud gazing
21. Star gazing
22. Train / bus ride
23. Go to the zoo
24. Positive days (no negativity or negative talk allowed)
25. Game days outside

26. Create a vision board ('google' for ideas)
27. Tree climbing
28. No electronics day
29. Pyjama day
30. Meditate or do yoga together

31. Jokes – make up your own or tell old ones – knock-knock jokes are fun.
32. Board games, maybe even make up your own.
33. Teach and play games that adults played when they were children
34. Invite friends around
35. Make a fire at night – roast marshmallows, tell stories

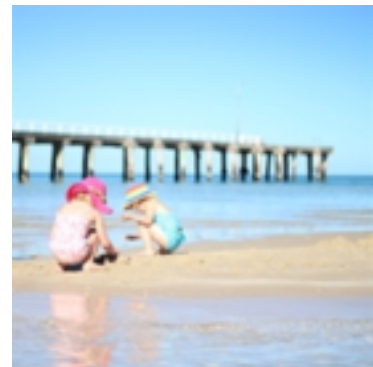


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36. Make homemade pizzas – make your own base or use pitta bread
37. Write a story together
38. Bake up day
39. Create a family recipe book
40. Make play-dough and create figurines – make a story
41. Play your favourite job
42. Pamper day: hair, make-up, facial, massage
43. Invite friends for a sleep over
44. Spy wildlife / bird watching
45. Garage sale

46. Visit your local aged care home – spend time with residents, play games, read stories
47. Dress up/dress down
48. Create a game – online or offline
49. Hug day – Give as many hugs as possible and hug deeply
50. Smile day – Turn your frown upside down – no frowning; if you do, you'll have to do a challenge of some sort.
51. Disco
52. Karaoke
53. 'Extended family' day – invite them around or meet them somewhere (picnic at the park?)
54. 'Clean out your closet' day
55. 'Clean up our backyard' day
56. Swimming – leisure centre, own pool, river, dam, beach
57. Extensive walk on the beach
58. Fun run
59. Diary day/time everyday
60. Gratitude journaling everyday

61. Make something – craft day
62. Science experiment day
63. Create a video clip/short film
64. Create a family chronicle and send it to family.
65. Find a pen pal and write to them
66. Play hide and seek
67. Walk on the pier
68. Explore you neighbourhood
69. 'Night at the Zoo'
70. Go to the playground
71. Make a canvas painting
72. Have a reunion with old friends and/or family
73. Look at old photos – photo albums
74. Movie day/night, create your own homemade cinema (Gold Class)



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75. Go fishing
76. Yabbing
77. Go on a treasure hunt
78. Go on a car treasure hunt
79. Rock pool exploring
80. Journey into nowhere: car ride with no specific destination

81. Photography day/project
82. Night train ride, see Christmas lights
83. Watch old movies of when children were small – e.g school, kindergarten concerts
84. 'Everything is awesome' days!
85. Visit theme parks

86. Car detailing
87. Dear diary/what did you do today with pictures/illustrations for little ones who can't write yet.
89. Visit Scienceworks / Museum
90. Scrap booking

91. Mountain climbing
92. Spend time with them alone with no distractions / Date night or day with one child only
93. 'Do whatever you want' day
94. Choose your favorite meal and make it (each child on a different day)
95. Take a train into the city: free tram, botanical gardens

96. Have a party
97. Watch fireworks
98. 'Do nothing day/be lazy' day
99. Watch a movie at the Drive-In / Open Air Cinema
100. Paint/oil some garden furniture
101. Create your own '101 ways to make you Childs holidays magical'!



About Ruth Stuetgen, creator of Focus on Balance

Author of *From Misery to Mastery – Journey to Freedom and Empowerment* and *The Book of Inspiration for Women by Women*. Speaker. Ruth is a mum of 2 girls and a boy. She is passionate about helping mums empower themselves to make delicious changes in their lives and business, all whilst creating a magical family life.