

# Summer Fun Activities 2021

Fun activities for your primary-aged children this summer



# Say hello to summer fun...

We understand that for families across the country, the summer holidays can be a welcome break from the daily school routine, but also mean there's a lot of time to fill.

After the year we've all had – especially our kids – taking the time to have fun, reconnect and relax is important, but we know that for many, some fun activities that are also educational, could be useful.

That's why we've gathered together this pack of quick and free Summer Fun Activities, so you and your children can have fun and learn at the same time.

Have fun!



Perfect for:  
**5-11**  
year-olds

# The Maths Factor Summer Adventure

Dive into fun maths practice!

## What's it all about?

The Maths Factor Summer Adventure is a **FREE online course** with Carol Vorderman aimed at boosting confidence in maths. Following the tried-and-tested The Maths Factor approach, it's full of easy-to-follow videos and fun games and activities matched to your child's school year and confidence level.

## How do I set it up?

It's a quick set up process, you just need to create an account with your email address. Then your child can get started with fun maths games.

## How long does the adventure last?

Depending on your child's pace, there are enough challenges to keep going throughout the summer break.





# School Jam Activities

Here are a few of School Jam's free maths games that you can do at home.

**How long do these activities last?** All three activities about 1 minute, but they can be done a few times, so that the learning really sticks!

## Fruity Hide and Seek

Perfect for: **5-6-year-olds.**

In this activity, you and your child can learn about splitting a whole number into two parts. For example, 6 can be split into 4 and 2.

## Ready, Steady... ADD!

Perfect for: **5-6-year-olds.**

In this activity, you and your child can practise adding numbers up to 5. It will have them in stitches.

## Robot Walk

Perfect for: **4-5-year-olds.**

In this hide and seek-style game, you and your child can practise using positional language.

Click on a video to see the activity!

# The Summer Reading Challenge

## Reading for fun

### What's it all about?

The Summer Reading Challenge encourages children to enjoy reading for pleasure over the summer holidays.

### How's this different to reading in class?

Pearson have teamed up with the WWF this year, for a very special nature-themed Challenge that will inspire your children to stand up for the planet! Wild World Heroes features amazing books, awesome rewards, and plenty of ideas for taking care of our environment.

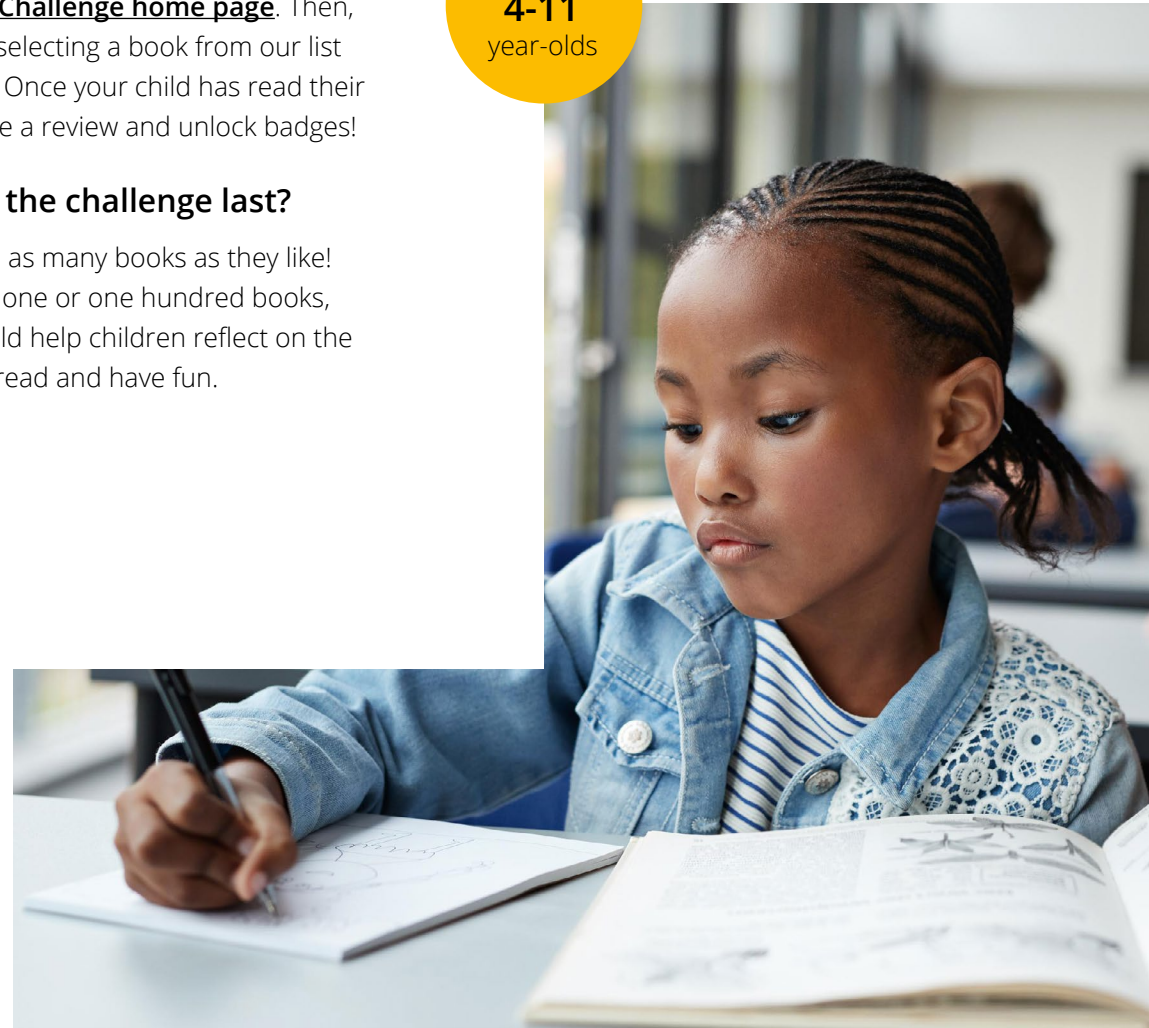
### How do I get started with this?

You can create a profile for your child on the [Summer Reading Challenge home page](#). Then, it's as simple as selecting a book from our list recommendations. Once your child has read their book, they can leave a review and unlock badges!

### How long does the challenge last?

Your child can read as many books as they like! Whether they read one or one hundred books, this challenge should help children reflect on the books that they've read and have fun.

Perfect for:  
**4-11**  
year-olds



# Share a Read

Perfect for:  
**5-11**  
year-olds

## Getting talking about reading

### What's it all about?

Together with **The Reading Agency**, we want to get young people talking about the brilliant books they've read.

We're asking children and parents to share what they've been reading with us – and if you like, share your child's review too. The recommendation will be added to our 'Share a Read' reading list for everyone else to discover.

### How can children take part?

You can create a mini-review of a book with your child and share it with us online and spread the word about the stories that children love!

Feel free to design the review however your child wants to: write it, record it on video, sing it, even draw it out as a comic strip – whatever excites and inspires your child the most.

### How do I share the reviews?

You can share the reviews on social media by tagging **@PearsonPrimary** with **#sharearead**. Or send it to us by email on **sharearead@pearson.com**.

### Can they win prizes?

We'll be giving exciting prizes to our favourite reviews... including book vouchers so you and your child can read even more!

### How long does Share a Read last?

Like the Summer Reading Challenge, your child can read as many books as they like. And write as many reviews! So it can be set at their pace.



# Storytime videos

Perfect for:  
**5-7**  
year-olds



**Bug Club  
Shared**

We're excited to have worked with professional actors to bring our brilliant Bug Club stories to life. To share a quiet moment or two, why not listen to them with your children?

## **Watch now**

Click on a video screen to play.

## **How long do these videos last?**

Each video is around 3-6 minutes.



Perfect for:  
**5-11**  
year-olds

# Science workbooks

## What's it all about?

We'll help you introduce your child to some of our chosen scientists.

## What do I need to get them started?

Just visit our website! Our workbooks are engaging, educational and fun - they're also free to download and print!

## How long will it keep them busy?

Each workbook is designed for 5-11-year olds, so they can choose how long they want their discovery to last.







# Mindfulness

Rest and play are equally important parts of the summer holidays! When you're looking for ways you and your children can relax or focus on the here and now, these mindfulness activities are great to explore.

**How long will it keep us busy?** It will take a few minutes but can be used time and time again. You can do this whenever you like to – not just during the summer!

## Create your cool calming jar

### What do we need to get started?

- A clean and empty jar or seethrough container (you can use more than one)
- Enough water to fill the jar(s)
- A range of coloured glitter/sequins/stars
- A couple of drops of food colouring (optional)

### Then what do we do?

- 1) Fill your clean and empty jar(s) or seethrough container(s) with the water, the glitter/sequins/stars and a few drops of food colouring (if you have it).
- 2) Shake the jar and allow your children to watch as the glitter swirls and circles around the jar.

### And where does the mindfulness come into it?

Not only is the jar fun and colourful, but it can also be used to help teach children to use their breath to calm their minds.

Use one of the breathing activities on the next page, practise it along with your child while the glitter swirls in the jar. When you have completed the breathing, notice the now calm glitter.

You might like to talk to your child about how we can help our thoughts to slow down and become calm by watching the glitter slow down as we breathe.



Perfect for:  
**everyone**  
of all ages

## Breathing activities

There's a reason deep belly breaths can help people feel better when they're anxious or upset: the breaths activate the parasympathetic nervous system and make us calmer.

If you and your family want to stay cool, calm and collected during the holidays, these breathing activities can help.

### How long will they keep us busy?

Each activity will take a few minutes but can be used time and time again. You can use them beyond the summer holidays too!

### Where does the mindfulness

**come into it?** We can explain to our children how deep breaths can help us feel calm when we are worried, upset or angry.

### Using a beloved teddy or toy

- 1) Get your child to lie down and place a teddy or loved toy on their tummy.
- 2) Ask if they can help their teddy or toy fall asleep by rocking them slowly up and down using their tummies. They'll need to breathe in a big breath, right into their belly to make the teddy or toy rise up and slowly blow the air out again to make the teddy or toy lower back down.
- 3) Do a few of these then check if the teddy has become calm and fallen asleep.

### Hot chocolate breath

- 1) Cup your hands together like you are holding a mug of hot chocolate.
- 2) Guide your child to: "Breathe in and smell the hot chocolate, and to breathe out, to cool it down."

**Tip:** Perhaps try this out in autumn and winter too!

### Blowing feathers

It's as simple as that!

- 1) Collect feathers (or leaves if they're easier to find), blow on them and see how far they move.

### Starfish breathing

- 1) Use your finger (or get them to use theirs if they can) to trace up their thumb, breathing in as they do so.
- 2) Then get them to breathe out as you trace down their thumb on the other side.
- 3) Repeat for each finger and thumb.

Option: if you're feeling creative, why not create and decorate a starfish and do the same exercise but tracing the shape.



Perfect for:  
**everyone**  
of all ages

# Top mood-boosting tips

To add to our mindfulness activities, here are some more tips from experts to help lift the spirits if they're in a bit of a lull over the summer break.

**How long will they keep us busy?** Each activity will take a few minutes but can be used time and time again. You can use them beyond the summer holidays too!

## Mandalas

Drawing or colouring a mandala can be very soothing and help to regulate emotions from feelings of anxiety or worry to a state of calmness. You can print some mandalas to colour or draw a circle and allow your child to create their own mandalas.

## Grounding exercise

This activity is helpful when your child is in an over-stimulated state or when they are experiencing anxiety, worry, upset. Ask your child to name:

- 5 things they can see
- 4 things they can hear
- 3 things they can feel
- 2 things they can smell
- 1 thing they can taste

This can help to bring your child to regulate their heightened feelings and bring them into the here and now.

## Movement

Movement can help us use any extra adrenaline created by stress and filling it with endorphins that help us feel happy and energised.

Dancing is a great activity for helping to move into a more positive mood. Gentle stretches and yoga moves can also help to calm the mind and the body. [Cosmic Kids yoga YouTube channel](#) has a wide range of excellent yoga classes for children.

## Get outside

When emotions are running high, simply changing the environment and moving from inside to outside can have a powerful and often immediate effect on ours and our children's mood. Take a walk in nature or simply stand on your doorstep and listen carefully, what can you hear? Can you feel the wind/rain/sun on your face? What can you see when you look around?

## Gratitude

Cultivating gratitude is a fantastic way to help children and adults alike to focus on the small things in their lives that bring joy.

We can do this by sharing with your child 3 things that made them happy today. Ask them to do the same. This helps to shift the mind into a more positive mindset, helping them to feel calmer and happier.



# We're here to help

We're here to help parents and learners all year round – whether that's in the classroom or at home in the summer break.

## Support from Pearson:

We have even more guidance and resources for parents to help support learning from home. You can also sign up for Pearson's parent emails, to keep up to date with the latest free activities.

## Join the conversation:

You can keep up to date with what we're up to **@PearsonParents** on twitter.

