

# Family Fun!

Ideas to support learning, play and well-being.



## Book-themed Pictionary

Combine the joy of reading with the excitement of a classic game by hosting a Book-themed Pictionary session. Create a list of famous book titles, characters, and settings, and take turns drawing clues on a whiteboard while the rest of the family guesses. This game adds a playful twist to familiar literary elements, encouraging family members to recall their favourite stories and share them with the group. It's a fantastic way to test everyone's knowledge of books while having fun together.

## Mental Health Awareness Week 2024

This will take place from 13<sup>th</sup> to 19<sup>th</sup> May, on the theme of "Movement: Moving more for our mental health".

As well as promoting mental wellbeing, movement and exercise are a positive way to spend time together. It is fun, promotes fitness, creates lasting memories, and strengthens family bonds. Walking is free and accessible to most families. Turn your walk into a language adventure! Have children find objects that start with each letter of the alphabet, from A right through to Z. This activity provides a fantastic opportunity to reinforce letter recognition and vocabulary skills while enjoying some fresh air.



## Mini Volcano Experiment

A classic adventure into the explosive world of science that never fails to amaze! All you need:

A plastic cup, water, 3-4 tbsp of baking soda  
1 tsp of dish soap, food colouring or washable paint, 1 cup of vinegar.

1. Fill the plastic cup about 2/3 full of water.
2. Add the baking soda, dish soap, and a few drops of food colouring or washable paint and stir all ingredients.
3. Pour in the vinegar and watch as the mixture foams, fizzes, and flows over the edges of the cup, much to the delight of your eager little scientists.

The fizzy lava is more than just a fun spectacle; it's a hands-on lesson in chemical reactions. The combination of vinegar (acid) and baking soda (alkaline) creates an effervescent reaction, producing carbon dioxide gas.

