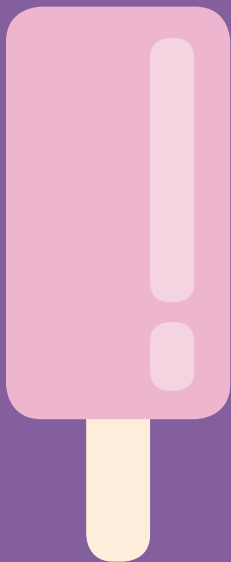


⌚ FAB FIFTEEN

MAKE SMOOTHIE POPS!



*all
right?*

S . k . I . P

Strategies with Kids | Information for Parents

HOW TO MAKE SMOOTHIE POPS

You'll need: 2 cups frozen berries, 1 medium banana, 1 cup low-fat strawberry or vanilla yogurt, 1/2 cup fruit juice, 1 tablespoon of maple syrup

1

Place berries, banana, yogurt, juice and maple syrup in a blender.

2

Blend until smooth.

3

Divide the smoothie among ice-block molds or small cups.

4

Freeze for 1-2 hours then insert popsicle sticks (or dessert spoons!).

5

Freeze for another 3-5 hours, until completely firm.

6

Enjoy - nom nom nom!

🕒 FAB FIFTEEN

MAKE EASY CHEESY SPAGHETTI



all
right?

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HOW TO MAKE EASY CHEESY SPAGHETTI

You'll need: 340g of spaghetti pasta and your favourite tasty extras... see below!

1

Cook and drain your spaghetti.

Follow the instructions on the packet.

2

Add your favourite extras!

Tasty tomato: Add a can of plain or flavoured tomatoes to your drained pasta. Simmer for 2-3 minutes. Add some fresh basil (optional).

Veggie hide and seek: Pan fry and add 1-2 cups of finely chopped/grated veggies. We love onion, carrot and courgette.

Vegemite treat: Stir a little butter, 2 tablespoons of water and 2 teaspoons of vegemite (or marmite) into your drained pasta.

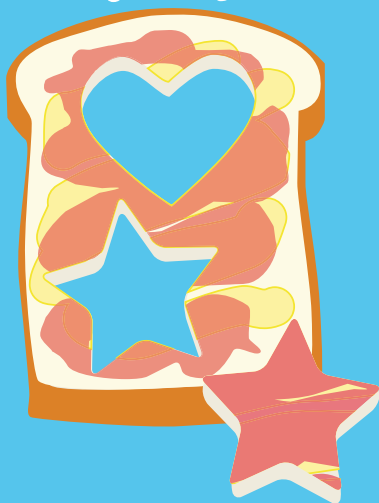
3

Sprinkle with grated cheese and serve.

Yum yum!

⌚ GIMME 5!

MAKE SUPER SAMMIES OR TOAST



all
right?

S.K.I.P

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HOW TO MAKE SUPER SAMMIES

You'll need: Your favourite bread, spreads or fillings, and biscuit cutters or a knife

1

Make your toast or sandwiches as you normally would.

2

Choose the biscuit cutter shapes you'd like to use.

3

Use your cutters (or knife) to cut your toast or sammies into cool shapes.

4

And ta-da! Super sammies and toast! Enjoy.

⌚ GIMME 5!

FIND CLOUDY CREATURES



all
right?

S . k . I . P

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HOW TO HUNT FOR CLOUDY CREATURES!

You'll need: Eyes, the sky, clouds, a great imagination

1

Get outside and find a seat or a nice patch of grass.

2

Get comfy and look up at the sky.
(But don't look at the sun!)

3

What are the clouds like?
Can you see any shapes?

4

How many cloud creatures can you find?

🕒 **FAB FIFTEEN**

MAKE SOME BUBBLE MAGIC!



*all
right?*

S . k . I . P

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HOW TO MAKE YOUR OWN BUBBLE MIX!

You'll need: One cup of water, 1/4 cup dishwashing liquid, 2 teaspoons of corn syrup (optional), a clean container, and a pipe cleaner or some bendy wire

1

Bubble mix: Gently stir the water, dishwash and syrup together, then pour the mix into your container.

2

Wand: Bend one end of your wire so that it forms a small circle. Or find something with a closed circle, like scissor and whisk handles, or a tea strainer

3

Dip the wand into your bubble mix. Can you see some in your circle?!

4

If so, gently blow through the circle... bubble magic!

Easy option: Buy your first bubble mix and just top it up when you run out.

🕒 **HAPPY HOUR**

HAVE A NO-PLATES PICNIC



*all
right?*

S.K.I.P

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HOW TO ENJOY A NO-PLATES PICNIC

You'll need: Food you can eat without plates – like little sandwiches, sliced apples, raisins and yoghurt pottles. Drink bottles, a large blanket, sun cream and your favourite friends or teddies

1

Decide on a picnic spot.
It could be your back yard!

2

When you arrive, spread out your blanket
and unpack your food.

3

Make sure everyone's comfy, then enjoy!

Extra: *If it's wet, have the picnic inside,
in a hut made of blankets!*

🕒 **HAPPY HOUR**

MAKE SANDY DRAWINGS



*all
right?*

S . k . I . P

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IDEAS FOR MAKING SANDY DRAWINGS

You'll need: Some soft sand (or dirt) and large sticks

1

Go to the beach! Find a flat patch of sand near the water.

2

Use your sticks to draw pictures.

3

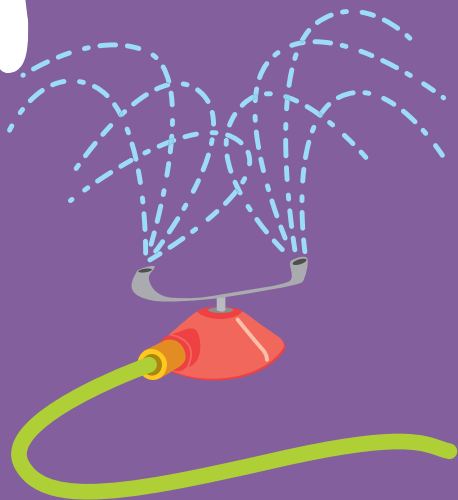
If you can, write your name or special messages.

4

Share what you like about each other's then watch them wash away.

⌚ FAB FIFTEEN

HAVE SOME SPRINKLER FUN



all
right?

S . k . I . P

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IDEAS FOR HAVING SOME SPRINKLER FUN

You'll need: A hot day, a patch of lawn, a sprinkler and your togs

1

Easy fun: Set up the sprinkler and run through it!

2

Water Olympics: Have baton relays, jump the sprinkler or play catch!

3

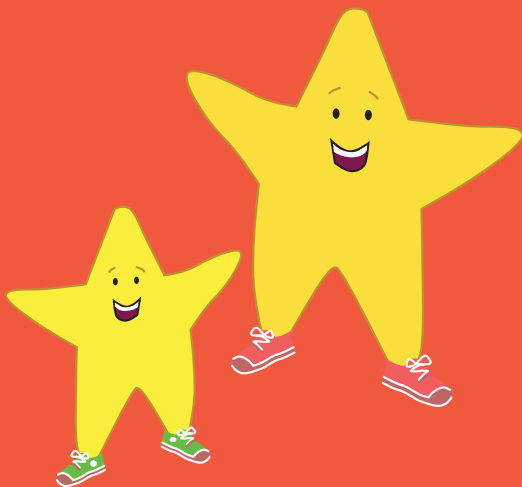
Play freeze: Run and dance around the lawn and through the sprinkler, until the leader yells 'Freeze!'

4

Car wash: Pretend you are cars zooming through the water to get clean!

🕒 JUST A MINUTE

PLAY COPY CAT



all
right?

S.K.I.P

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HOW TO PLAY COPY CAT

You'll need: Two or more people

- 1 Find some space indoors or outdoors.
- 2 Take turns to choose an action for everyone to copy.
- 3 You might do five hops, ten star jumps or a fancy dance move!
- 4 What happens to your heart beat?
Can you feel it?

Extra: Talk about heart rate and why being active is good for us!

🕒 **HAPPY HOUR**

FEED THE DUCKS



all
right?

S . k . I . P

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SOME FEEDING THE DUCKS FUN

You'll need: Stale bread and crusts,
some hungry local ducks!

- 1 Is there a river or pond you could walk to?
- 2 When you arrive, find some ducks and share out your bread.
- 3 Break bite-size pieces off each slice, and throw them to the ducks.
- 4 Try to get some to the ducks who are missing out!

Extra: See how far you can throw each piece.
Or break off lots of little pieces then throw them all in.
A bread scramble!

🕒 GIMME 5!

PLAY SOCK PUPPETS



all
right?

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IDEAS FOR YOUR SOCK PUPPET FUN

You'll need: A sock for each person, a pen, stickers, or buttons and glue (optional)

1

Use your sock like a glove, putting your thumb in the heel and fingers in the toe.

2

Music: Have your puppets sing a song!

3

Story: Get your puppets to act out a story.

4

Chat: Use your puppets to chat about your favourite things.

Extra: Give your puppet a name?

Draw, sew or glue on some eyes and hair

🕒 HAPPY HOUR

MAKE ARTY CARDS



all
right?

S.K.I.P

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MAKING YOUR ARTY CARDS

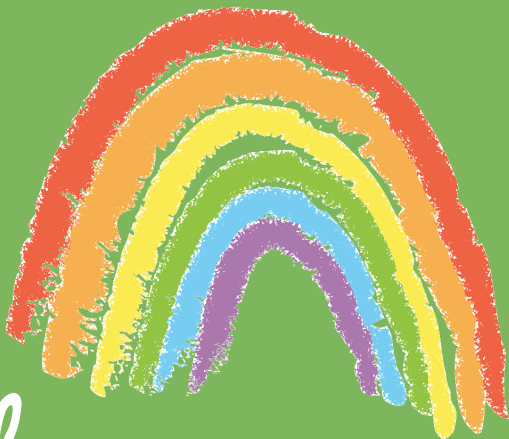
You'll need: Cardboard, paper, crayons, pencils, glue, leaves, glitter – whatever you have!

- 1 Fold your paper in half.
- 2 Decorate the front with a special design, collage or picture.
- 3 Write a message on the inside (get help if you need it).
- 4 Give your card to someone special!

Extra: *Talk about other (free!) ways you can show people you care.*

⌚ HAPPY HOUR

MAKE CHALK PAINT



all
right?

S.K.I.P

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HOW TO MAKE CHALK PAINT

You'll need: 1 cup of cornflour, 1 cup of water, a muffin tin, food colouring and paintbrushes

1

Mix the cornflour and water together then split the mixture among your muffin cups.

2

Add a few drops of different food colouring to each cup.

3

Then use your paint brushes to decorate your driveway or footpath.

4

You could draw each other, blue puddles to jump in, or the letters of your names.

Short on time? Normal chalk is great too!

⌚ GIMME 5!

HAVE A SING ALONG



all
right?

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IDEAS FOR HAVING A SING ALONG

You could have a sing along... in the car, in the bath, before or after meals, in bed, when the ads are on. When else?

1

Songs with actions: Incy Wincy Spider, The Hokey Tokey, The Wheels on the Bus, Row Row Row Your Boat

2

Other well known songs: Twinkle Twinkle, Old McDonald, Baa-Baa Black Sheep, Six in a Bed, How Much is That Doggy in the Window?

3

Make up songs: Pick a tune and sing about your day! E.g. "Today I woke up and it was sunny! Then we ate some cereal and it was yummy!"

4

What other songs can you sing along to?

⌚ GIMME 5!

HAVE A BOOGIE



all
right?

S . k . I . P

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IDEAS FOR HAVING A GOOD BOOGIE

You'll need: Music and your dancing shoes!

1

Bop to the beat: See if you can tap, clap, high five, or march to the beat!

2

Play zoo guess who: Take turns dancing as your favourite animals!

3

Teach a new move: Copy each other's spins, twists, turns and shakes then put your moves together!

⌚ GIMME 5!

MAKE UP A STORY



all
right?

S.K.I.P

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HOW TO MAKE UP A STORY TOGETHER

You'll need: Your imaginations!

1

The adult starts.

E.g. "I would like to go to the zoo..."

2

Then the child adds something:

"...to see a zebra!"

3

The adult repeats: "I would like to go to the zoo to see a zebra..."

4

And the child adds: "that is black and white!"

5

Continue until someone forgets!

Extra: Add funny voices!

🕒 **HAPPY HOUR**

PLAY DRESS UPS



*all
right?*

S . k . I . P

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HOW TO HAVE SOME DRESS-UP FUN

You can use: Funny clothes, glasses, hats, hairstyles, makeup

1

Get dressed: Take turns choosing clothing for each other.

2

Style your hair with a hat, hair gel, or hair ties.

3

Add funny makeup, a scar, freckles or a moustache!

Extras: Choose a new name. Talk in funny voices. Make a dress up box!

⌚ JUST A MINUTE

THE LOVE GAME



all
right?

S.K.I.P

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HOW TO PLAY THE LOVE GAME

Taking turns, use the starters below to talk about the things you love.

1 “I love remembering when we...”

2 “I love it when you...”

3 “I love your...”

4 “I love it when we...”

5 “I love this photo because...”

🕒 JUST A MINUTE

JOKEY JOURNEYS



*all
right?*

S . k . I . P

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HAVE A JOKEY JOURNEY

Getting tired? Turn a daily routine into a fun tiny adventure!

You could have a jokey journey when you're going to the supermarket, getting into the car, or nearly home from a big walk

1

Take turns choosing fun actions to do along the way.

2

You might: Hop, hop, HOP five steps...

3

Then: Skip, skip, SKIP five steps...

4

Then: Kick, kick, KICK five steps...

🕒 **FAB FIFTEEN**

GIVE SOME FLOWERS



*all
right?*

S . k . I . P

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GIVE FLOWERS AND MAKE SOMEONE'S DAY!

You'll need: Flowers, scissors, a rubber band, some ribbon (optional)

- 1 Pick a selection of flowers from your garden.
- 2 Arrange the flowers so they sit together.
- 3 Tie a rubber band around the bunch then trim the ends.
- 4 Add a ribbon if you have one.
- 5 Give your flowers to someone kind, or someone you care about.

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We'd love your Tiny
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To share your thoughts
and photos, or let us
know how you're using
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SHARE YOUR FAVE ACTIVITIES

We're on the lookout for ideas for our future cards and we'd love your help!
What do you and your kids enjoy doing together each season?

To share your ideas, visit:
www.allright.org.nz/adventures



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