

Activities

Fun Stuff to do
August 2020



Habinteg
Housing Association (Ulster) Ltd

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Activities **August 2020**

Summer holidays are upon us and lockdown is easing, we would love to share some ideas of activities to keep all the children happy during the next few weeks.

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Wash a plastic milk bottle and let it drain. Ask an adult to help you cut it in two at the midway point on the handle with a knife or scissors and then cut out an upside down 'u' shape from the sides to form the legs. Decorate with pens, paints, glue & coloured paper. You can add ears and eyes!



We'd love you to share your artwork with us - email us or post them on our facebook / twitter.

Make a Milk Bottle Elephant!

Yummy Chocolate Chip Traybake



This is an easy to follow Mary Berry recipe, full instructions - [HERE](#)

You will need:

For the sponge

4 tbsp cocoa powder,

4 tbsp boiling water

4 large free-range eggs

225g/8oz baking spread,

225g/8oz caster sugar

225g/8oz SR flour

1 tsp baking powder

100g/3½oz dark

chocolate chips

For the icing

250g/9oz mascarpone

3 tbsp icing sugar,

1 tsp vanilla extract

cocoa powder, for

dusting

You will need:

150g/5½oz butter

200g/7oz dark

chocolate (at least 60%
cocoa solids) or milk
chocolate (or a mixture
of both)

250g/9oz digestive
biscuits

200g/7oz soft light
brown sugar

300g/10½oz crunchy
peanut butter

1 tsp vanilla extract



Click [HERE](#) for this great
'non-bake' recipe from Lorraine Pascale

No Bake Peanut Butter Squares

Visit without leaving your home!



Machu Picchu, The Pyramids of Giza,
The Colosseum of Rome

Did you know you can visit many of the world's historic and natural wonders without even leaving your sofa?

Virtual trips, google earth exploration and youtube walking tours all offer the chance to experience far away exotic places, through your laptop, tablet, PC or mobile.

Click on the links and start exploring!

Frisbee Golf is an actual thing?? Yes it is! And what's more, it has it's own celebration day on Saturday 1 August. Also known as Disc Golf, it's a game you can adapt to play in your garden or park or local play area - it's great fun and the rules are easy peasy!



You need a Frisbee and a bucket (or similar). Stand on one spot and try to throw the Frisbee into the bucket . From where it lands, throw again and repeat until you 'score'. Player needing the least throws wins!

Make a DIY Hotel for Bees!



Have an adult help you to cut bamboo into pieces and use a skewer to hollow them out. Place the cut bamboo into an empty tin can (they should be about 1cm shorter than the can. Don't pack too tightly and fill the space with leaves, pine cones, twigs and cotton. Wrap string or twine around the can and hang it outside. Now it's time to display your vacancy sign - the Hotel is open for business!

Something for pre-schoolers:

This Supermarket Search and find is the perfect way to keep your toddler or preschooler busy during a supermarket run. They will enjoy the fun and the challenge and also be learning vocabulary words. Make your own or print and then laminate from the link. The children can use a dry erase marker you can use them over and over and over.



Click [HERE](#) for a copy of the hunt list to print and laminate

Fun physical exercise for kids



The situation this year has led to the rise in virtual sports and when it comes to running, you can take part in a run or race without ever setting foot on the starting line. So what are you waiting for? Sign up, lace up and get involved (safely and on your own).

Running a marathon seems like a hard job. Its 26.3 miles / 42km long, it can take a long time to get round and then there's trying to find 26.2 miles to do it in! Well why not set up a virtual marathon? Break up the route into segments to coincide with how long you want to run for. This could be a couple of miles a day or even if you want to do it by time it can half an hour or an hour. There are lots of free apps that can measure distance such as Strava, Map My Run or even just your phone's pedometer.

There are virtual races that you can sign up for too, from 5ks to marathons and ultramarathons. For a range of challenges in NI, click [HERE](#)

Another good tool is the free Couch to 5K app that helps you get started with running and available for most phones. Click [HERE](#)

**Remember to share your Fun Stuff
to do with us. Send your pics and
share on twitter & facebook**



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