



Children & Young People's Resource Pack

Summer 2025 Edition

Colour by Number

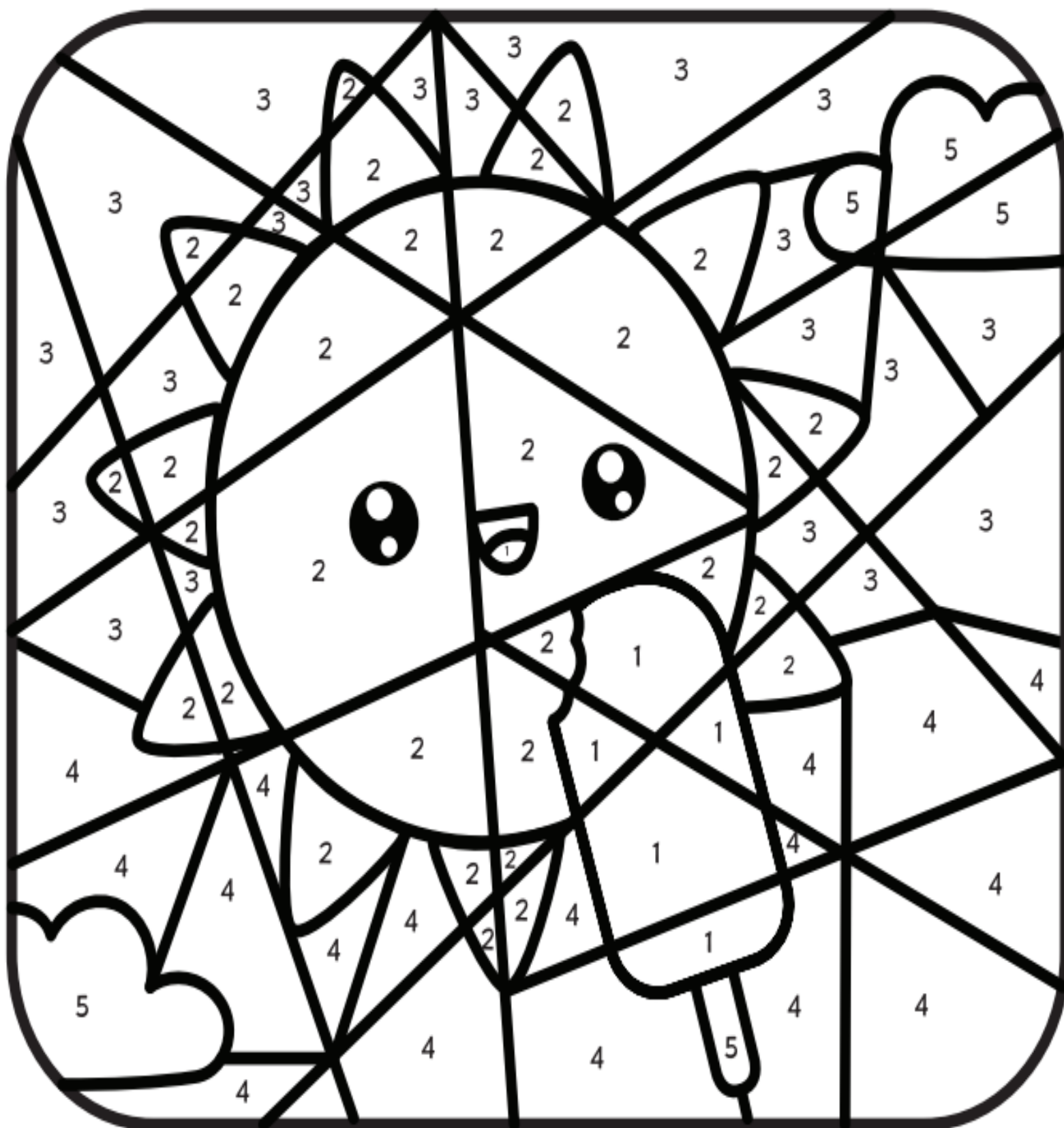
1 – Pink

2 – Yellow

3 – Blue

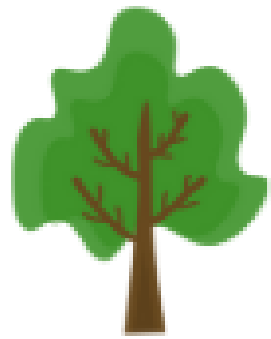
4 – Orange

5 – White



iHeartCraftyThings.com

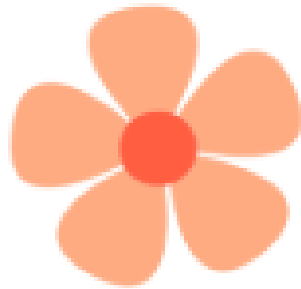
NATURE HUNT



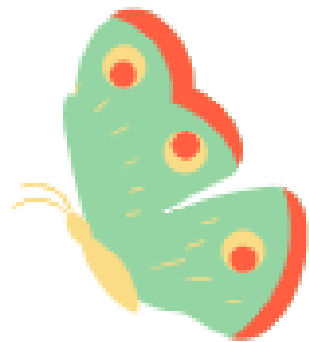
tree



bee



flower



butterfly



mushroom



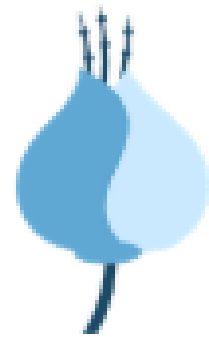
blade of grass



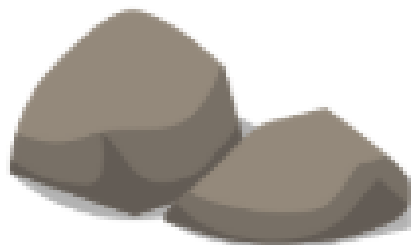
leaf



acorn



bud



rocks



worm



four leaf clover

INDOOR SCAVENGER HUNT



Something round



Something long



Something that makes a noise



Something soft



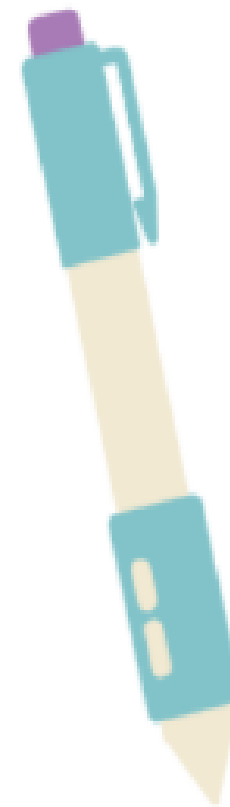
Something that starts with the letter G

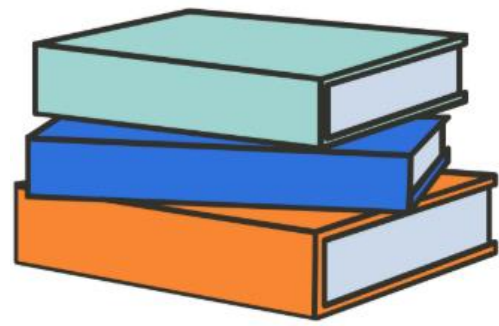


Something yellow



Something shiny





Summer Reading Challenge

Read a book recommended by a friend

Read to your family or friends

Make a list of 5 books you want to read

Visit the library and borrow a new book

Read outside for 30 minutes

Draw a memorable scene from a book

Read in the dark with a torch

Read a book that has won an award

Read a non fiction book about a topic you like

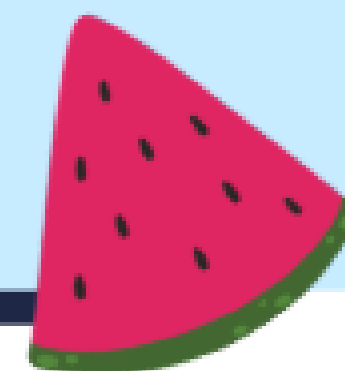
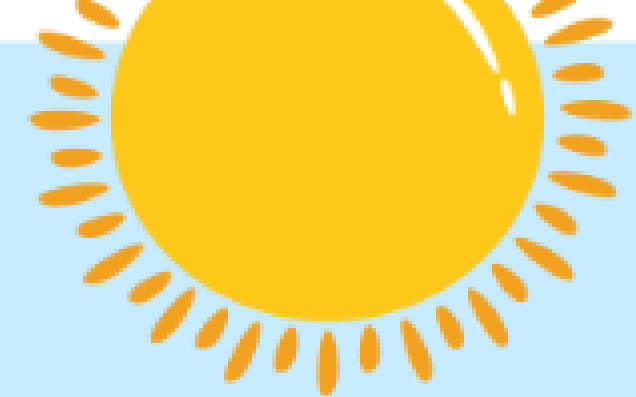


Libraries NI - The Big Summer Read is HERE!

Grab your Time Travel Adventure poster at your local library and embark on 66 days of exciting reading adventures. From prehistoric times to the future, each book will take you on a journey!

Visit your local library to pick up your pack and power up your time machine!

<https://tinyurl.com/fblni-BigSummerRead2025>



WHAT DID YOU DO THIS
SUMMER?

I WENT

A large, empty rectangular box with a black border, intended for writing a response to 'I WENT'.

I SAW

A large, empty rectangular box with a black border, intended for writing a response to 'I SAW'.

I ATE

A large, empty rectangular box with a black border, intended for writing a response to 'I ATE'.

I FOUND

A large, empty rectangular box with a black border, intended for writing a response to 'I FOUND'.

I TRIED

A large, empty rectangular box with a black border, intended for writing a response to 'I TRIED'.

I LEARNT

A large, empty rectangular box with a black border, intended for writing a response to 'I LEARNT'.

Nature play



Nature play is a child-led, freely chosen activity that invites children to interact with natural elements like trees, rocks, dirt, and water. Whether it's in a forest, local park, or your garden, the benefits of getting outdoors are enormous. With Northern Ireland's ever-changing weather, embracing the elements with the right clothing and attitude allows for year-round exploration, helping children connect with the seasons and the natural world.

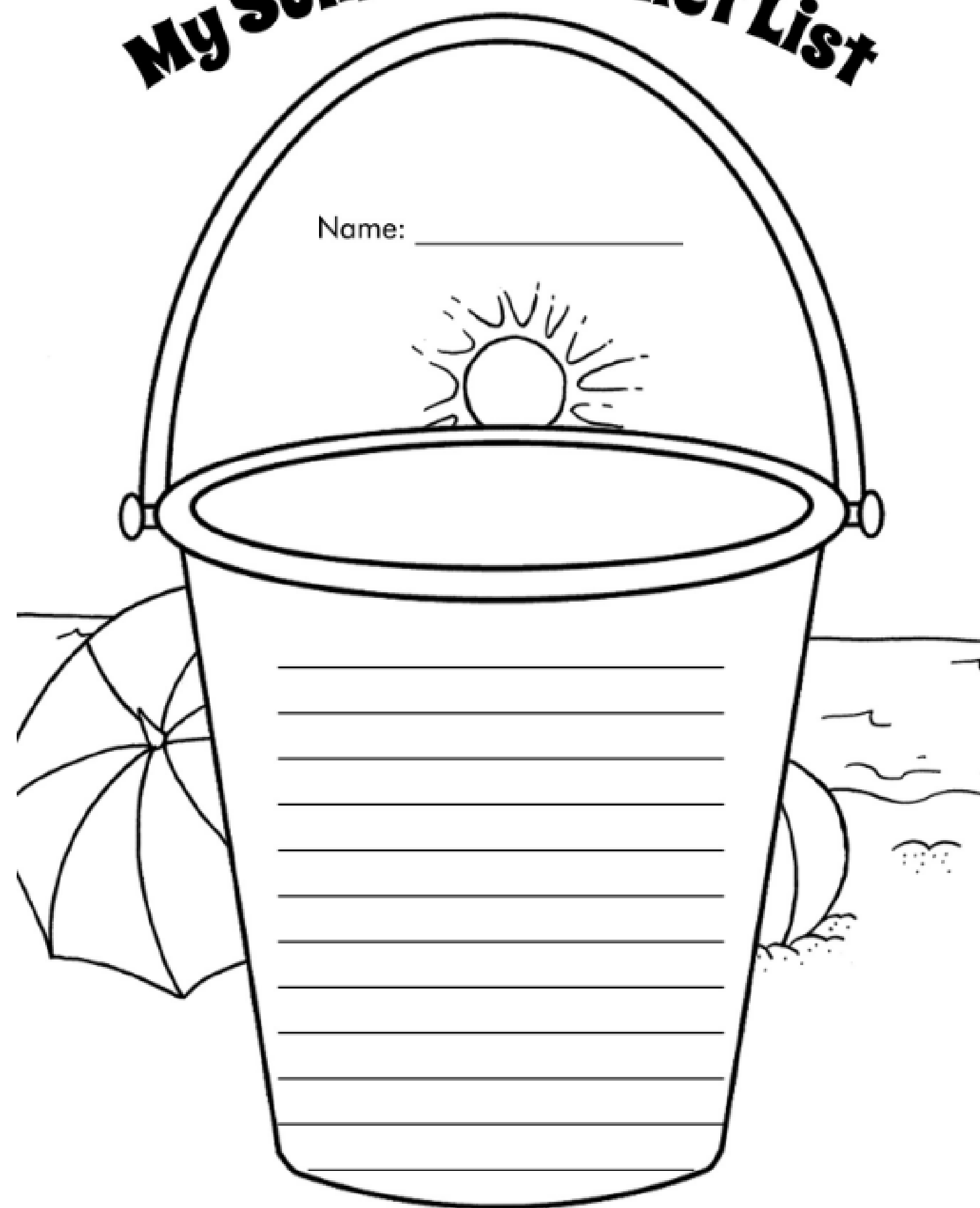
Once the screens are off and you've made it outside, keep things fresh and engaging, especially for older children! Introduce simple challenges, scavenger hunts, or storytelling along the way, and don't be afraid to get involved yourself. Nature play doesn't require special equipment, just a sense of adventure.

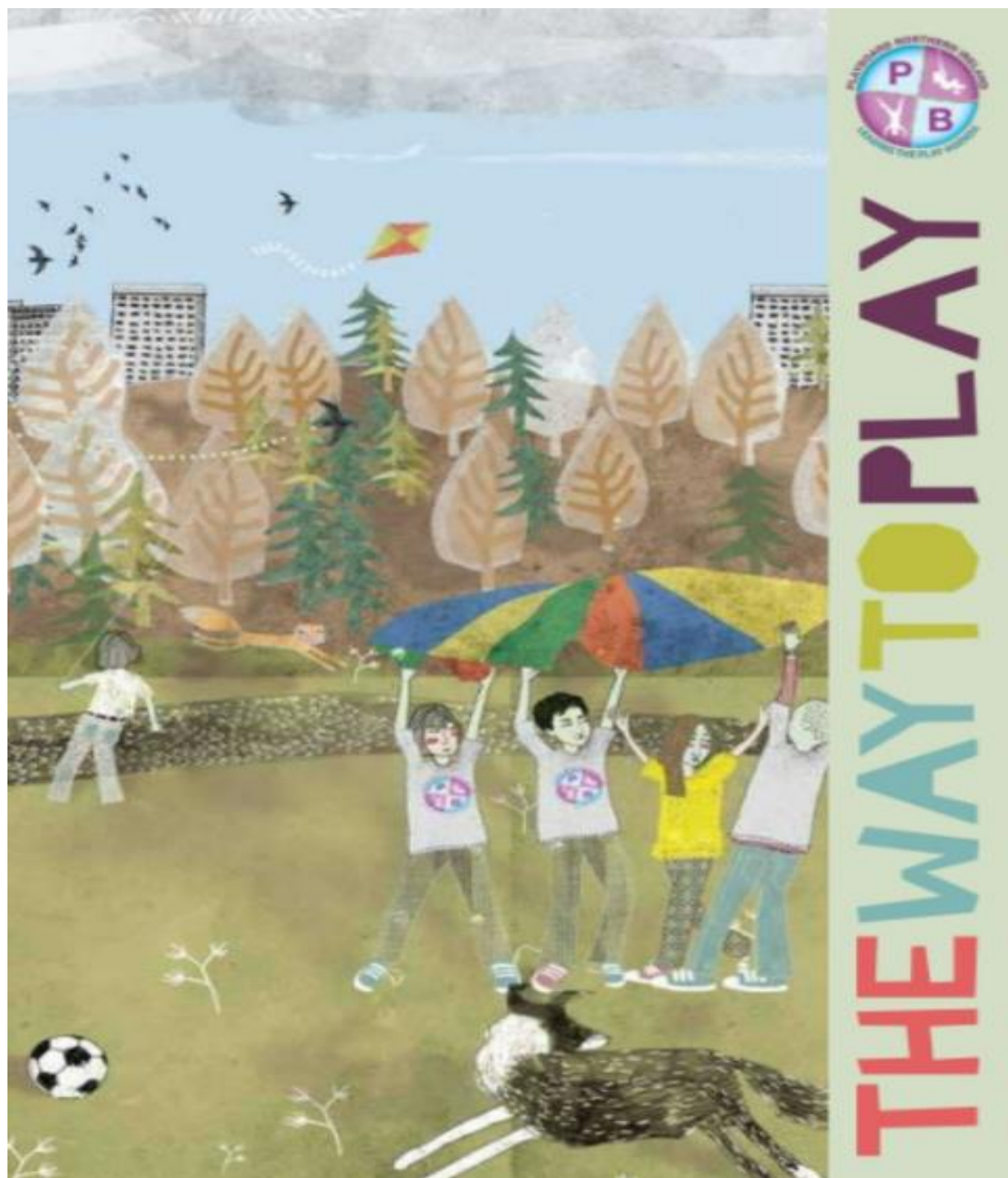
As well as boosting physical health through fresh air, exercise, and vitamin D, outdoor play supports emotional well-being and holistic development. It builds confidence, encourages mindfulness, and enhances creativity, problem-solving, social skills, and teamwork. It's also a great opportunity to talk about ecosystems, wildlife, and environmental responsibility, helping children develop a love for nature and the outdoors while creating lifelong memories.

OUTDOOR ACTIVITY IDEAS

- **Leaf rainbows** - Collect different coloured leaves and arrange into a rainbow.
- **Leaf rubbings** - Using paper and crayons, capture textures and patterns.
- **Scavenger hunt** - Find items starting with F-O-R-E-S-T. Next time, choose a more challenging word!
- **Map making** - On a nature walk, observe notable landmarks, e.g. a big tree, an old shed, a barking dog. When you get home, try to draw a map from memory.
- **Obstacle course** - Create a challenging course using logs, rocks or puddles.
- **Forest sports** - Throw a javelin, try the long jump, or run a relay race through the trees.
- **Stick wands** - Select a suitable stick and decorate it with wool, feathers, paint, leaves, or other forest treasures.
- **Nature mindfulness** - Take notice of the sounds, smells, sights, and feelings of being outside. Breathe deeply and enjoy a quiet moment.
- **Den building** - build an outdoor shelter or hideout using trees, branches, blankets, and pegs.
- **Giant pick-up sticks** - Gather a variety of sticks and drop them in a pile. Try to remove a stick without moving the others.
- **Self-portraits** - Use leaves, sticks, and twigs to create fun self-portraits.
- **Giant Tic-Tac-Toe** - Build a giant board using sticks, and find objects to use as game pieces.

My Summer Bucket List





'The Way to Play' is a FREE resource packed with ideas - things to make and do, things to do on the beach or in the forest, group games, water games, and much more.

Download at www.playboard.org/resources/way-to-play



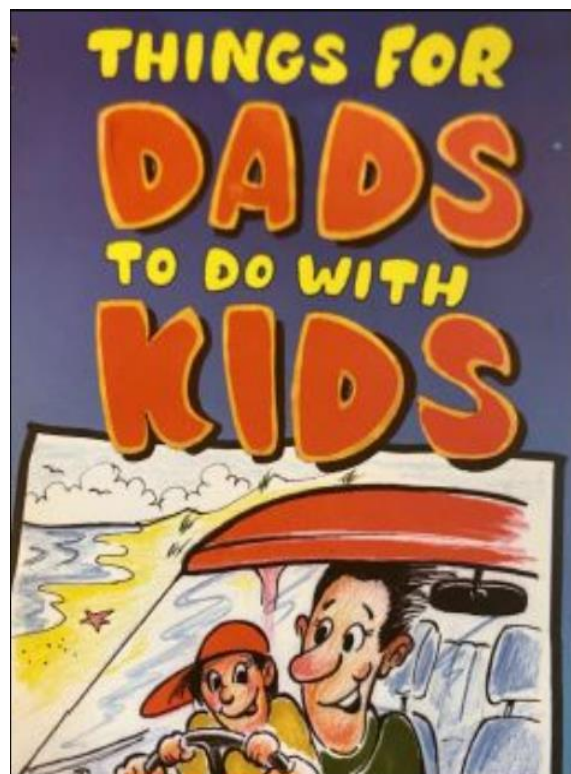
Some free family days out ideas from ASCERT:

- ✦ Gruffalo Trail, Colin Glen Forest, Belfast
- ✦ Kilgroggan Urban Farm, Carrickfergus
- ✦ Slieve Gullion Forest Park, Newry
- ✦ Broughshane Waterfowl Park
- ✦ Gortin Glen Forest Park



Summer Street Play

1. Water painting
2. Timed obstacle course
3. Yo-yo tricks
4. Build a maze
5. Giant Jenga
6. Create a chalk mural
7. Chalk activity course
8. Relay activity races
9. Make a rope swing
10. Simon Says
11. Kerbsy ... kerby ... cribby
12. Try a new sport
13. Marbles
14. Kids v adults rounders
15. Hula hooping
16. Giant noughts and crosses
17. Reach 100 skips
18. Clapping games
19. Invent a new group game
20. Tug-of-war



“Things for DADS to do with KIDS” was produced 25 years ago in 2000, it stands the test of time well. The very practical educational and fun activities are still things that Kids and Dads will enjoy doing. Designed for fathers it can also be used by mothers, grandparents, uncles, aunts and even babysitters and for childcare providers!

<http://www.mhfi.org/DadsAndKids.pdf>

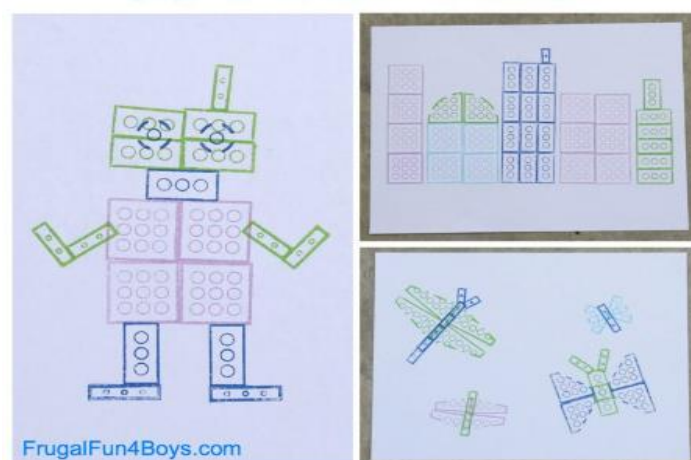
BBC
goodfood



Check out these activity ideas from BBC Good Food which should help with keeping the kids entertained during the Summer holidays - [35+ Summer activities for kids](#) | [BBC Good Food](#)



**LEGO Stamping
Art for Kids**



frugal fun
FOR
BOYS AND GIRLS

Fun Lego art idea from Frugal
Fun For Boys and Girls

<https://frugalfun4boys.com/lego-stamping-its-art-with-bricks/?fbclid=IwAR1kAYCEtGmrAlntzCAkwgp3kanVWEkFn5pssv7pIGDYuYubplHJSFjdkhg>

Bí ar do shuaimhneas



Bí láidir

Be strong Be lie-jir

Use your strength to catch tricky waves



Bí cineálta

Be kind Be kinyelta

Stretch high and spread kindness all around



Bí cróga

Be brave Be crowga

Be brave and fearless as you fly down the ski run



Bí cairdiúil

Be friendly Be carjewel

Stretch like a dog wagging its tail



Bí suaimhneach

Be calm Be suavnya

Be a wise owl perched on a tree branch

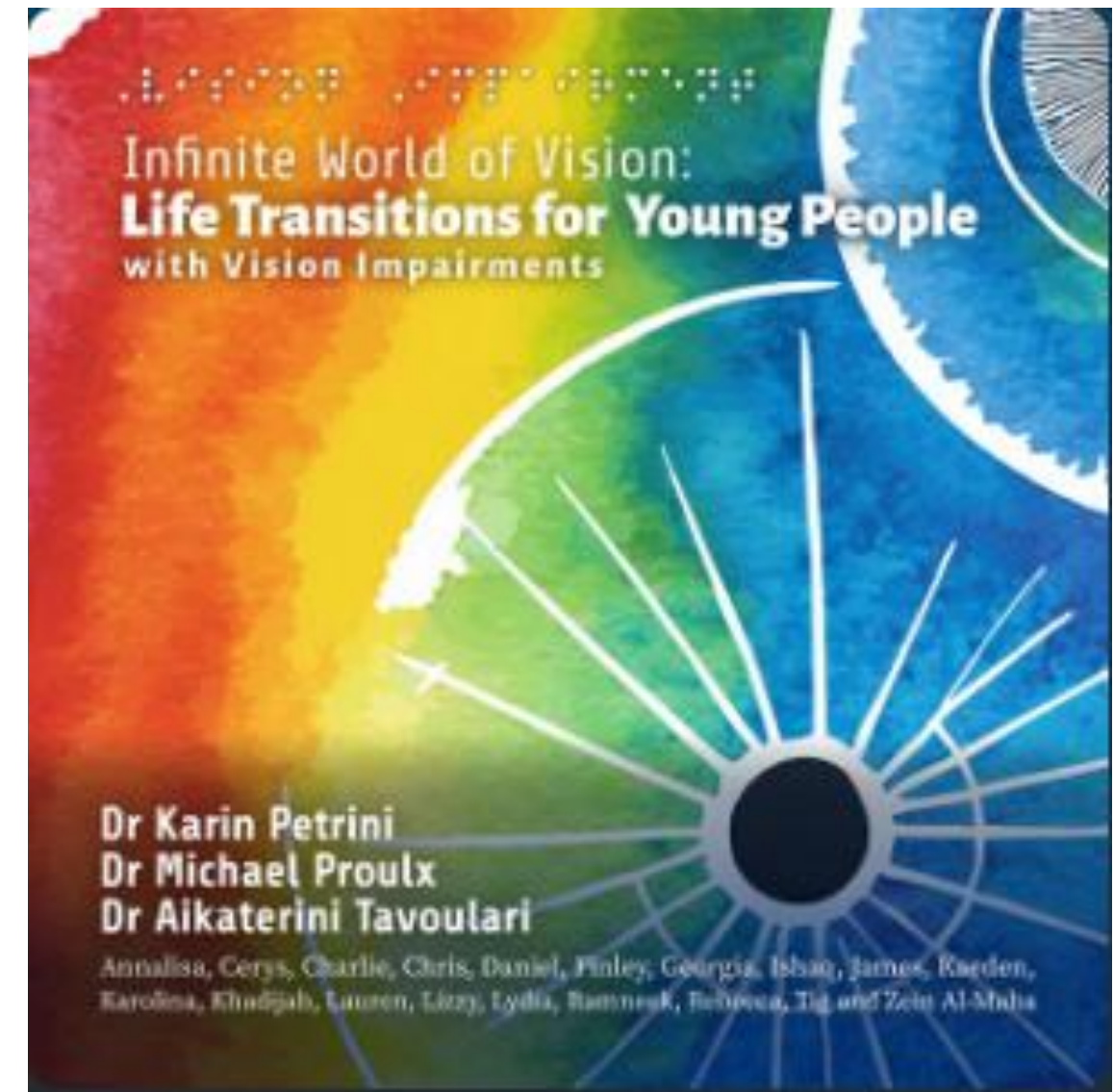




Summer Sensory Walk

Visual resource from Middletown Centre for Autism, which children and young people can use while enjoying outdoors to help them think about what they can see, hear, smell, taste and feel.

https://www.middletownautism.com/files/shares/Resources/Thurs_14_July_Summer_Sensory_Walk.pdf



Infinite World of Vision: Life Transitions for Young People with Vision Impairments Audiobook

Audiobook featuring stories and reflections from some of the incredible young people who Angel Eyes NI support.

They have shared their lived experiences, challenges, and hopes for the future — and it's a must-listen for anyone wanting to understand the world through their lens.

Listen on Spotify: <https://lght.ly/cb5andg>

Available on Apple Books:

<https://lght.ly/n29347> (built-in app on an iPhone, iPad, Mac)

<https://lght.ly/0ee4kcl>



Long journeys can be stressful for everyone.

Sitting still for long periods, coping with new environments and waiting are often additional stressors for autistic people.

These two resources from Middletown Centre from Autism are full of ideas to keep children and young people calm, regulated and entertained on long journeys.



Sensory_Entertainment Ideas for Long Journeys:

https://www.middletownautism.com/files/shares/Resources/Tues_28_June_Sensory_entertainment_ideas_for_long_journeys.pdf



Top Tips for Travelling on Long Haul Journeys:

https://www.middletownautism.com/files/shares/Resources/Tues_28_June_Top_Tips_for_Travelling_on_Long_Haul_Journeys.pdf

Autism and holidays



Travelling can be exciting and stressful, but there are extra things to be considered if travelling with someone who is autistic.

This holidays factsheet from Autism NI has some hints and tips for travelling:

<https://autismni.org/assets/general/files/2022AutismNIFactsheet-Autismandholidays.pdf>



Inclusive Beaches

An Inclusive Beach is a beach environment that Mae Murray Foundation has planned so that people of all ages and abilities can take part, have fun, and be included.

Inclusive Beaches will provide access, parking, and disabled toilets. Toilets will always offer hoisting and adult sized changing bench facilities – to full Changing Places standard whenever possible.

Inclusive Beaches in Northern Ireland offer free beach equipment loan schemes, operated as a partnership between Mae Murray Foundation and respective beach operators.

More information and to book equipment can be found at: <https://www.maemurrayfoundation.org/inclusive-beaches/>



Messy and Muddy – A Guide to Outdoor Play for Children with Vision Impairment

For children with sight loss, playing outside provides the perfect opportunity to stay healthy, have fun and learn more about the world. RNIB's Messy and Muddy guide gives different ways to make the most out of opportunities for outdoor play with your child.

<https://www.rnib.org.uk/living-with-sight-loss/supporting-others/parenting-a-child-with-a-vision-impairment/messy-and-muddy/>



Self Care Summer Tool Kits from Anna Freud

Resources which aim to help support and boost mental wellbeing over the summer and beyond.

 Self-care summer toolkit
Primary




 Self-care summer toolkit
Secondary and FE



[Download](#)

[Download](#)

CYPSP
Children & Young People's Strategic Partnership

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

SCHOOL BULLYING WELLBEING BEREAVEMENT MENTAL HEALTH

Visit
cypsp.hscni.net/youth-wellness-web/

Call Childline on:
0800 1111

Call **LIFELINE** on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

Scan QR code

Jump Back Up July 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)



28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

Top tips to protect your skin in the sun



Stay in the shade



Cover up



Wear sunglasses with 100% UV protection



Wear a broad brim hat



Use sun protection with at least SPF 30 and UVA 4 stars

HSC Public Health Agency

BE CANCER AWARE

Cancer Focus NORTH IRELAND



Sun Cream

Sun Glasses

Sunhat

Burnt

Sun

Warm

Get a drink

Care in the sun
Cúram faoin ghrian

Uachtar gréine

Spéaclaí gréine

Hata gréine

Dóite

Grian

Te

Faigh deoch

Ouk-tar greyn-ya

Speckly greyn-ya

Hata greyn-ya

Doy-cha

Grain

Chey

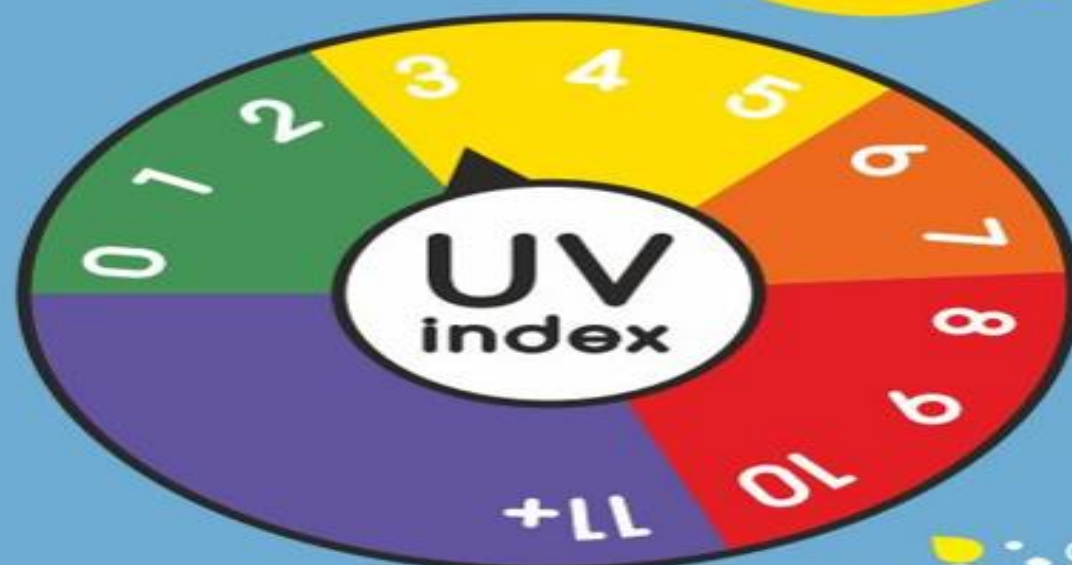
F(eye) juh



Be UV Aware

The UV index shows us how strong the sun's UV rays are

When the UV index is 3 or more, protect your skin



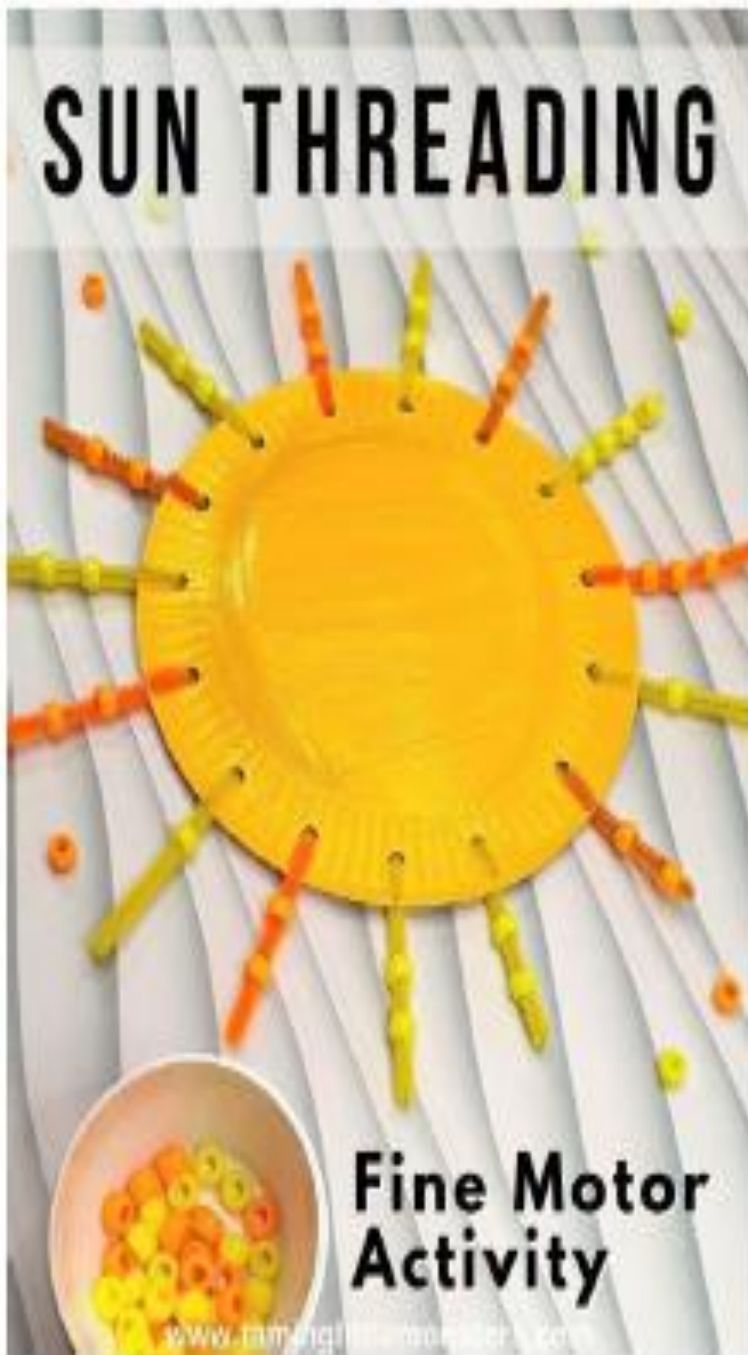
Check the daily UV index
metoffice.gov.uk
careinthesun.org/uv



Cancer Focus NORTH IRELAND

HSC Public Health Agency

BE CANCER AWARE





BBC
goodfood

Summer Ice Lollies

Ingredients

- 4 drops vanilla extract
- 2 tsp runny honey
- 270g/9½oz Greek-style yoghurt
- 50g/2oz fresh raspberries, mashed
- 100g/4oz fresh strawberries, mashed

Method

1. In a bowl, mix the vanilla extract and honey into the yoghurt. Stir in the fruit and fruit juices with a spatula to create a swirling pattern.
2. Divide the mixture equally between your lollipop moulds. Cover with the lids or with aluminium foil.
3. Freeze the ice lollies overnight.

Recipe tips

Tip: If you don't have any lollipop moulds, use empty, cleaned yoghurt pots. Once you have covered the pots with aluminium foil, pierce each foil covering with a lollipop stick and push until the stick reaches the base of the pot.

Healthy snacks and drinks for hot days



- Pour unsweetened and diluted fruit juice into lolly moulds and freeze
- Put a banana in the freezer in its skin. Once frozen, peel off the skin and eat like an ice lolly
- Blend frozen, fresh or tinned fruit with milk, yoghurt or unsweetened fruit juice to make a smoothie
- Freeze low-sugar yoghurt
- Add a slice of lemon or orange to a glass of water



Strawberry Banana Peanut Butter Smoothie

- 1 cup of frozen strawberries
- 1 banana
- 1/2 cup of peanut butter
- 1 cup of milk