



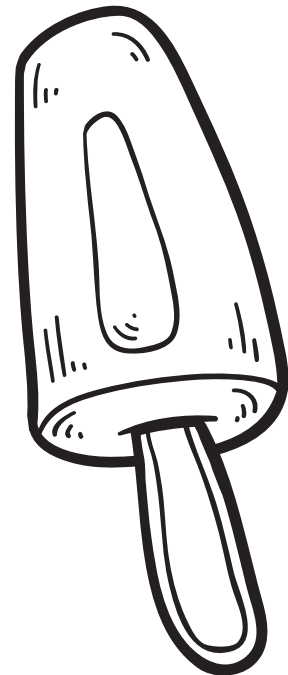
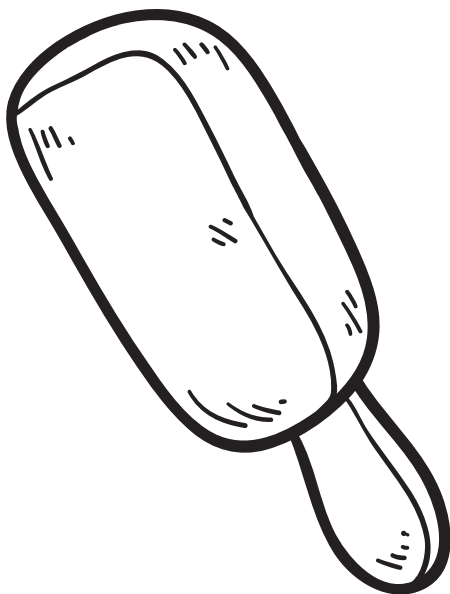
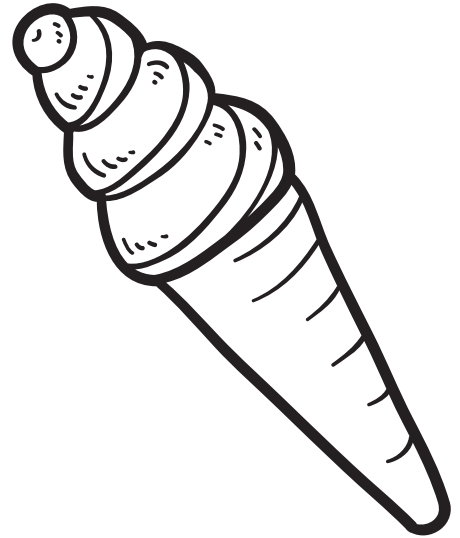
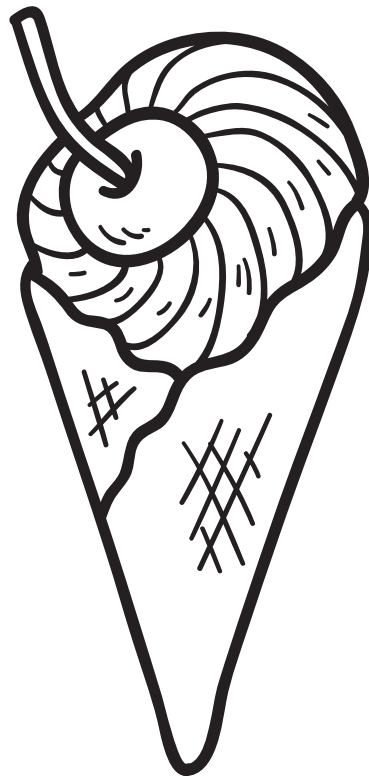
summer '23 **ACTIVITY PACK**

Need some quiet time inside? Flick through the pages of our activity pack for colouring, crafts and recipes that you can enjoy from home!

farehamshopping.com

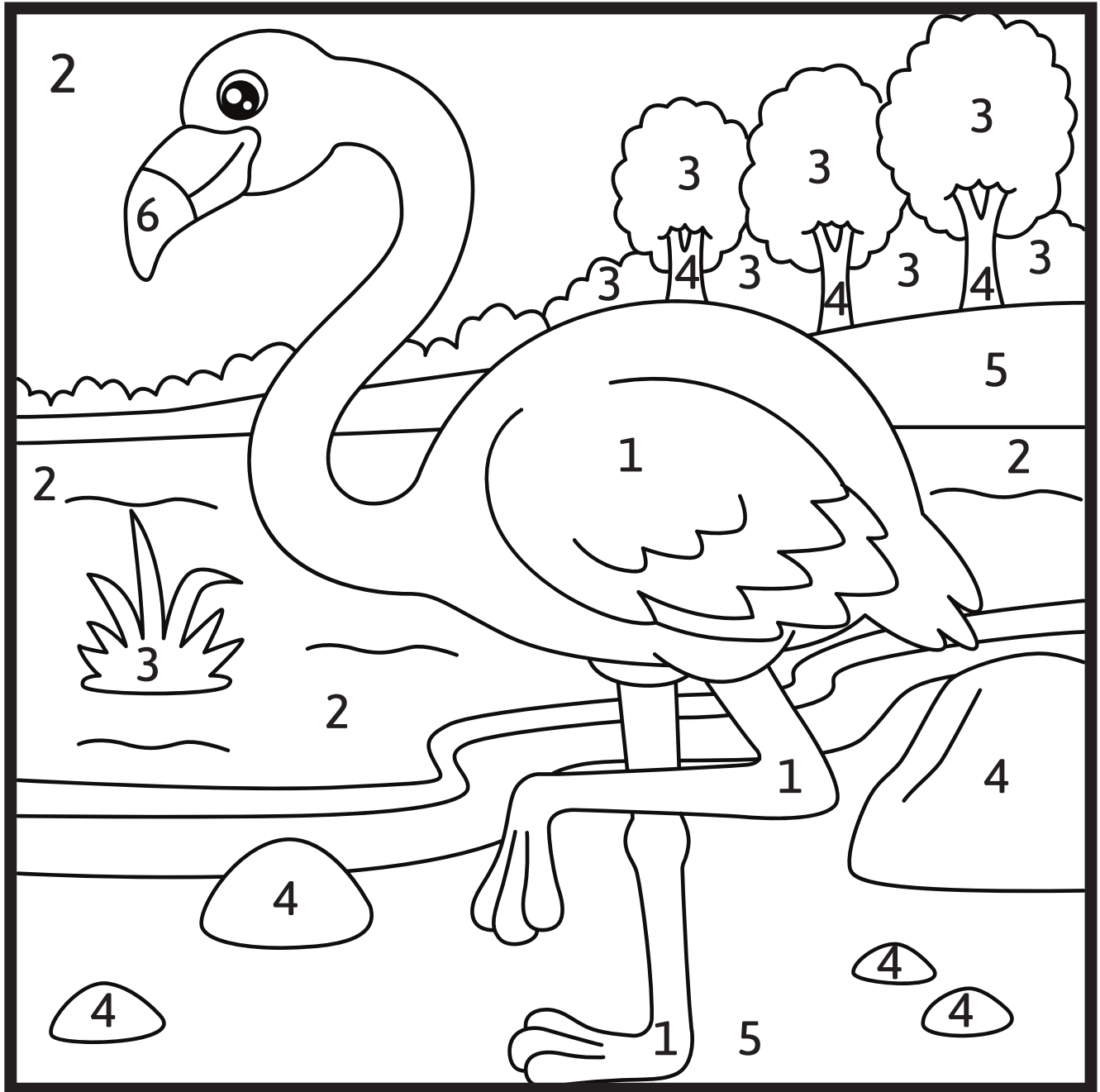


ice cream COLOURING



Flamingo Color by Number

Use the key at the bottom of the page to color the picture.



- | | | |
|---------|----------|----------|
| 1. pink | 2. blue | 3. green |
| 4. gray | 5. brown | 6. black |

SUMMER BUCKET LIST

What are three things you want to do this summer?
Write them below and colour in the bucket and spade:



SUMMER

COLORING PAGE



Whether there's rain, clouds or sun, make sure you're still having fun!

SUMMER TIME

TIC-TAC-TOE



Do the activity in the middle and then choose two more activities in a row (vertically, horizontally or diagonally) to complete the Tic-Tac-Toe

Create a song about summer	Write a poem about summer	Have a water balloon fight
Make a summer mocktail	Write a tongue twister about summer	Create a word search or crossword with 10 summer words
Write the pros and cons of summer	Create a summer bucket list	Draw a summer themed picture



easy rock painting **FOR KIDS**

Try our fun rock painting project with a colourful ladybird design – it's a quick, cheap and simple afternoon activity for when the kids are home from school.

You don't need much to make these cute ladybird rocks. They'll brighten up the garden at any time of year, or you can use them as a paperweight, mantelpiece decoration or pick a larger stone for a homemade doorstep.

Kids will love getting creative with their own designs – here's an easy one to get you started!

You will need

- Smooth and fairly flat rock or stone
- Acrylic paint
- Paintbrushes
- Jar or mug of water, to clean the paintbrushes
- Newspaper, for the table

Method

1. Wash and dry the rock, then paint it white all over. Allow to dry. This will make the colours more vibrant.
2. Paint the rocks in your chosen colour (we chose bright red). Allow to dry completely before applying a second coat.
3. Once dry, use black paint to paint one end of the rock for the head, then add a straight line down the centre for the wings and little circles on the body to create ladybird spots. Allow to dry.
4. Finish by painting on a funny face, or you could add googly eyes.



bubble **MIXTURE**

Makes 350ml
Prep 5 minutes

You will need

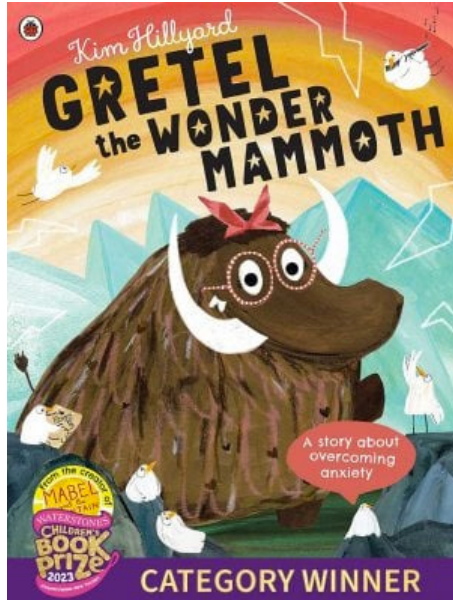
50ml washing-up liquid (one part)
300ml water (six parts)

Method

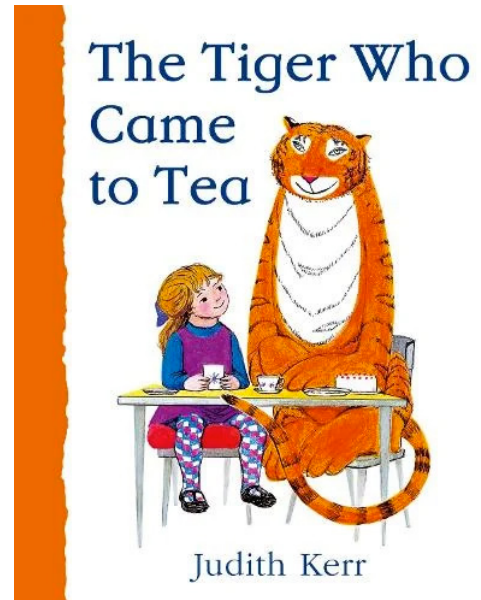
1. Measure the washing-up liquid into a container, such as a jam jar or glass bottle.
2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together to combine – a chopstick is perfect for this.
3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better.
4. When you're ready, dip your bubble wand into the mixture and start blowing bubbles!

summer READING LIST

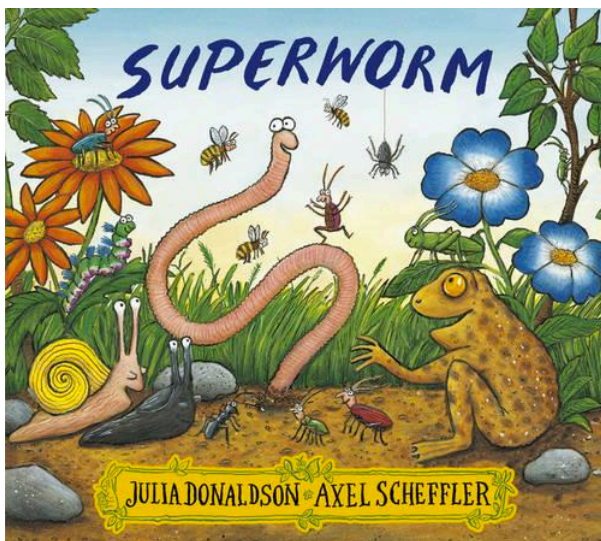
under 5



Gretel the Wonder Mammoth (Paperback)
Kim Hillyard (author, illustrator)



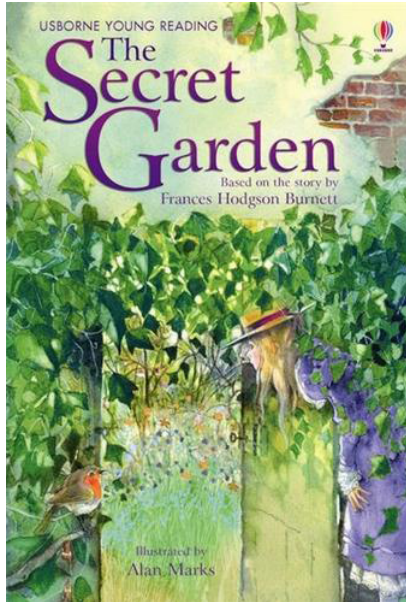
The Tiger Who Came to Tea (Board book)
Judith Kerr (author)



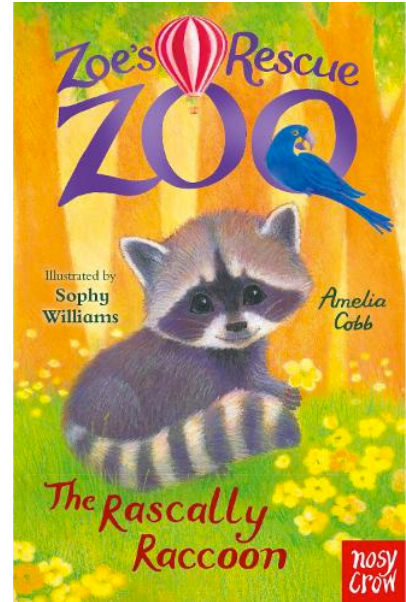
Superworm (Paperback)
Julia Donaldson (author), Axel Scheffler (illustrator)

summer READING LIST

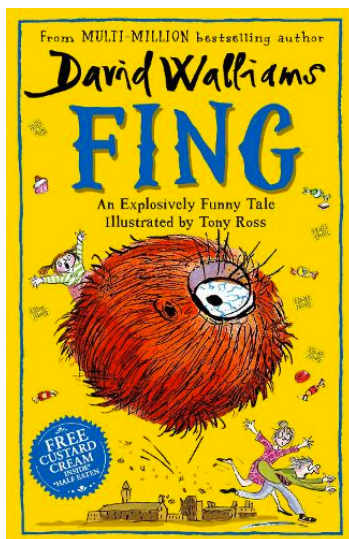
ages 5 - 8



The Secret Garden (Hardback)
Mary Sebago-Montefiore (author), Alan Marks (illustrator)



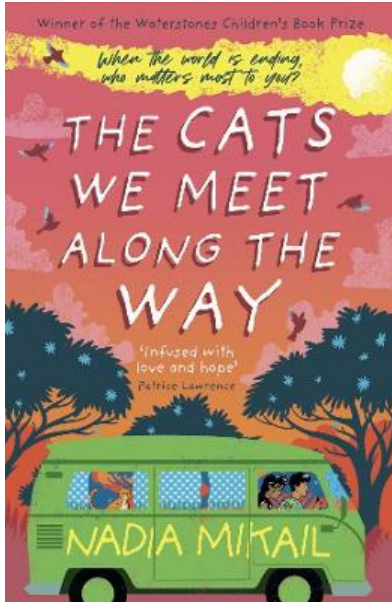
The Rascally Raccoon (Paperback)
Amelia Cobb (author), Sophy Williams (illustrator)



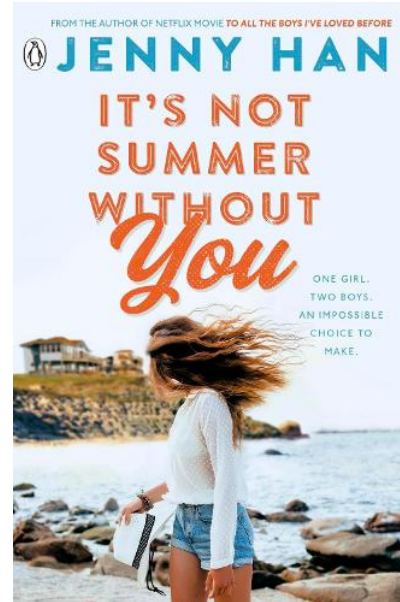
Fing (Paperback)
David Walliams (author), Tony Ross (illustrator)

summer READING LIST

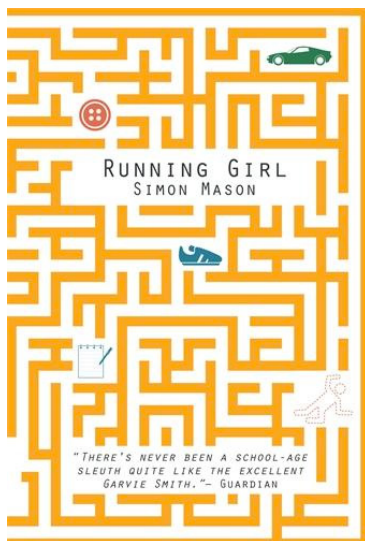
ages 9 - 12



The Cats We Meet Along the Way (Paperback)
Nadia Mikail (author)



It's Not Summer Without You (Paperback)
Jenny Han (author)



Running Girl (Paperback)
Simon Mason (author)

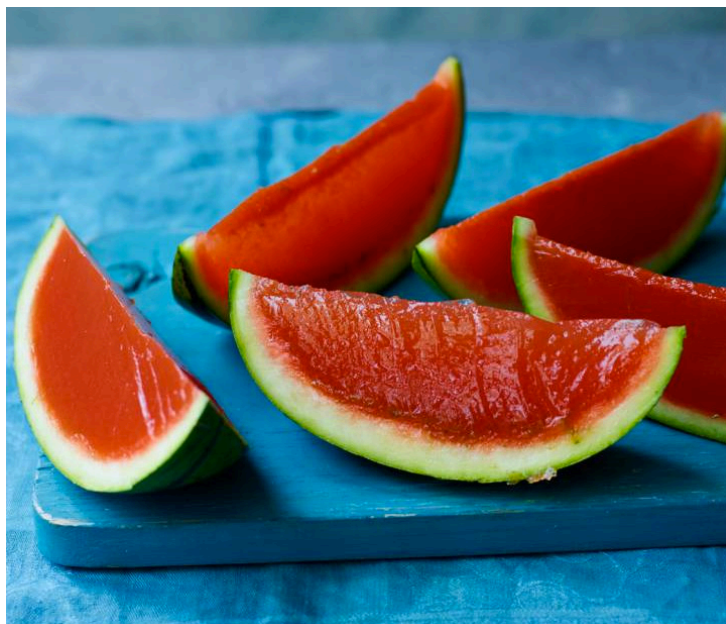
watermelon JELLY WEDGES

Ingredients

- A 2.5kg watermelon, halved lengthways
- 100g caster sugar
- 14 sheets leaf gelatine
- Zest and juice of 2 limes

Prep time: 20 mins

PLUS AT LEAST 8 HRS CHILLING



Method

STEP 1

Remove the watermelon flesh, cutting with a serrated knife around the edges and scooping out with a spoon. Transfer the flesh and pips into a food processor and blitz until smooth. Strain the pulp through a sieve to extract all the juice (discard the pulp). Measure out the juice to 1 litre (keep any leftover for smoothies).

STEP 2

Measure 200ml of the watermelon juice into a pan on a low heat and add the sugar. Stir until dissolved, then simmer for 2 minutes. Remove from the heat and cool a little in the pan.

STEP 3

Sit each watermelon shell in a bowl to keep it level. Soak the leaf gelatine in a bowl of cold water for 5 minutes.

STEP 4

Squeeze out the excess water from the gelatine, then add the leaves to the warm watermelon mixture, stirring to dissolve. Pour into a jug with the remaining 800ml watermelon juice, plus the lime zest and juice. Mix together, then carefully pour the jelly mix into each watermelon half.

STEP 5

Transfer to the fridge and allow to set for at least 8 hours, or preferably overnight. When you are ready to serve, use a serrated knife to cut the watermelon into about 12 wedges.

healthy frozen yogurt **BREAKFAST POPS**

Ingredients

- 750g Yogurt
- Handful granola
- Handful blueberries
- Handful raspberries

Equipment:

- 9 silicone muffin or cupcake cases
- Lollipop sticks or cake pop sticks



Method

STEP 1

Lay 9 silicone cups out on a small baking tray or plate. (Check that the tray or plate fits into your freezer first.)

STEP 2

Place a spoonful of yoghurt into the bottom of each silicone cup. Add a few raspberries and blueberries, then sprinkle a spoonful of granola into each cup. Dollop over some more yogurt, until each cup is nearly full.

STEP 3

Push a lolly stick or cake pop stick into each cup, standing straight up if possible. You can also put the sticks at a slight angle if freezer space is an issue.

STEP 4

Place mould in the freezer and freeze for at least 2 hours or overnight, until the yogurt is frozen through and solid.

STEP 5

Once frozen, carefully press the pops out of the cups, leave them on a plate at room temperature for a couple of minutes to soften a little then serve immediately.

Store any leftover pops in an air tight container or bag in the freezer until ready to eat.

pineapple 'MARTINI'

Ingredients

- 150ml 100% pure pineapple juice
- 50ml 100% pure orange juice smooth
- 10 fresh mint leaves, plus 1-2 finely shredded to garnish
- a few ice cubes
- 1/4 thin orange slice, to garnish



Method

STEP 1

Shake the juices with the mint leaves and ice in a cocktail shaker or sealed jam jar for 30 secs.

STEP 2

Strain into a martini glass and garnish with the orange slice and shredded mint.

Tip: Turn this into a tropical juice float by serving in a sundae glass. Add some chopped pineapple and a scoop of vanilla ice cream.

ice cream CONE CAKES

Ingredients

- 75g butter
- 75g caster sugar
- 1 egg
- 75g self-raising flour
- 1 tsp vanilla essence
- 12 cup cones
- 175g vegetable fat
- 500g icing sugar
- 2 tsp honey
- 6 tbsp cream cheese
- hundreds and thousands
- glace cherries, to decorate



Method

STEP 1

Preheat the oven to gas 4, 180°C, fan 160°C. Line a 12-hole muffin tin with paper cases. Beat the butter with the caster sugar, egg, self-raising flour and 1/2 tsp vanilla essence, until smooth.

STEP 2

Divide the cake mixture between the cases. Put an upside-down cup cone over each one, making sure it sits securely over the mixture. Bake for 20 mins, or until cooked.

STEP 3

Remove the cones from the tin and stand them upright so the cake is on top. Carefully peel off the paper cases and set aside to cool.

STEP 4

Meanwhile, in a mixing bowl, whisk the vegetable fat, icing sugar, 1/2 tsp vanilla essence and honey, until combined. Whisk in the cream cheese until smooth. Spoon into a piping bag fitted with a star nozzle and pipe onto each cake, creating a swirl effect. Decorate each with hundreds and thousands and a glacé cherry.

baked TORTILLA CHIPS

Ingredients

- 5 Small Tortillas
- 1/2 tablespoon Olive Oil / Vegetable Oil



Method

STEP 1

Pre heat oven to 180c (350F) and line two baking trays with baking paper or brush with oil.

STEP 2

Brush your first tortilla lightly with oil, making sure you cover the whole tortilla.

STEP 3

Place another tortilla on top of the oiled tortilla and again brush with oil. Repeat until all the tortillas are oiled and stacked on top of each other.

STEP 4

Cut your tortilla stack in half. Cut each half in half again and again to produce eight stacks of chips.

STEP 5

Arrange the tortillas on the two trays, trying not to overlap too much.

STEP 6

Bake for approx 8-12 mins, until the chips crisp and golden.

STEP 7

Allow to cool, in the tray, before serving.

HUMMUS

Ingredients

- 400g Canned Chickpeas, drained
- 4.5 tablespoon Fresh Lemon Juice (Juice of 1.5 lemons)
- 1 medium Garlic Clove, minced
- 3 tablespoon olive oil
- 1 tablespoon tahini



Method

STEP 1

Add all the ingredients to a food processor and blend until smooth. (Around 3-4 minutes, scraping down the sides as needed)

STEP 2

Taste and season with more lemon juice, tahini as needed.

Notes

Canned chickpeas can vary in sodium levels, check the packaging and choose low sodium versions when making for young children.

Fresh lemon juice works best, bottled lemon juice will alter the flavour.

Tahini has a strong taste and may be overpowering for some children. If your children have never tried it before you may wish to start with a teaspoon and work your way up.

A little salt really does bring out the flavour and makes a difference to the hummus. Remove a portion for a baby/young child and then season to taste.