

School Holiday Planner

Ideas:

Something active	Something quiet or relaxing	Self-care or Self Soothe
Walks Sports or Active Games Scavenger Hunt (indoor or outdoor) Yoga, e.g cosmic kids Play a family board game Put on some music and dance together	Read a book Watch a film Listen to favourite music Colouring Crafts / Art Baking Word search / Puzzles	Take a bath Have a hot chocolate / warm milk Self-massage / Hand massage for each other Wear your favourite PJs Snuggle up together and listen to a relaxation story/audio

Here are some examples. You may find that the activities above may go into a different column for you. Have a go at writing down some of your preferred activities together and then planning them into your week. You can add times if this is helpful. Have the planner up somewhere all the family can see it. You don't have to have something in every box for every day, just add what you think is realistic and helpful for you.