

Keeping kids busy in the holidays!!!

Summer vacation is just round the corner – it is that time of the year that mummies dread and kids love! After all, schools won't be open for a while and the little ones will be home 24x7.

Vacation means no studies, no homework and no specific time table for children. Since they follow a definite routine everyday especially during school days, they simply love to have lots of free time and do whatever they like. But, after a few days they get bored and will perhaps get destructive or will try to go out even in the hot sun to play.

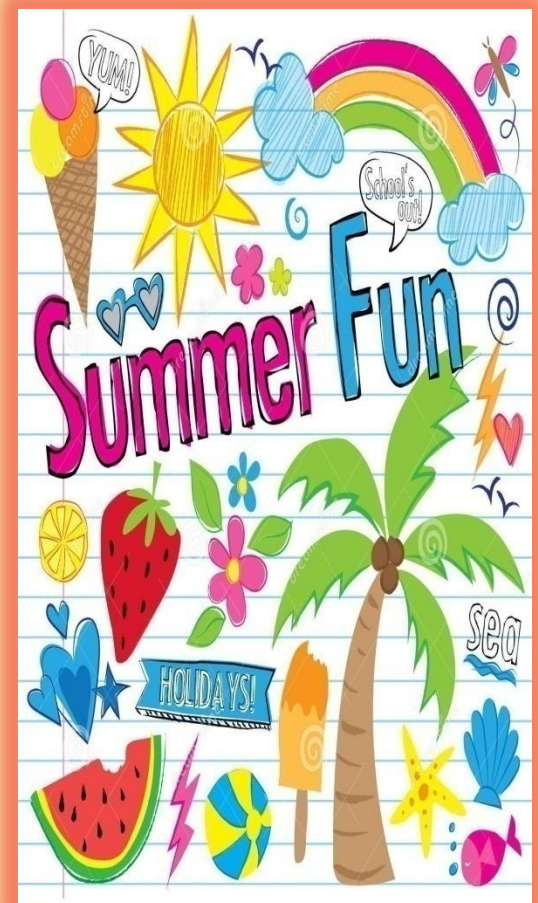
The main problem in summer is to keep your children indoors. For this you need to keep them occupied and it will be successful only when the engagement is positive and gives them some results. In case you are wondering how to keep the little champs busy. Here's a to-do list featuring cool activities that you must do with your kids and make the best use of vacations.

Here are some ideas that can help you keep your children busy during summer vacation.

Organize a family trip You can go out for a trip and have fun spending quality time with your family. You could visit a place you have always wanted to, but did not have the time for.

Fix a movie time Between the attractive cartoons, fun-filled TV shows, mobiles games, our children these days don't get enough exposure to inspirational movies . These classics often blend thoughtfulness with complete entertainment. Watch your old favorites with your child. watching an old favorite through your child's eyes may give you a fresh perspective and even help you to discover that you share the same tastes. You can watch - **The Sound of Music, Golmaal (the old one with Utpal Dutt and Amol Palekar), I Am Kalam , Goopy Gyne Bagha Byne, HIRAK RAJAR DESHE, Kakababu Series, Joy Baba Felunath, Koni etc.**

Gardening activities Gardening can offer kids an opportunity to get close to **Mother Nature**. The practical facets of gardening can contribute to your child's learning of basic science and maths. It can be a perfect stress buster. Gardening activities can inculcate qualities like confidence, responsibility, patience , planning and organization in your kid.





a) Creative planting - allot a special corner of your garden for your child that will be solely under his care. Help him to design it in any shape he wishes, divide it into slices by using wood or plastic dividers. Assist him to plant different seedlings in each slice.

b) Miniature gardens - This can be a very exciting activity for your child as he may create a flowering world of his own. Guide your child to fill a plant-holder with soil and help him plant some succulents, cacti in it. Ask him to place toys and figures of his choice

like dinosaurs, cowboys, astronauts among the plants.

Make a do it yourself (DIY) bird feeder The heat is harsh on animals and humans alike. While we humans have a space to retreat to when the sun is bright, we can't say the same about animals. Birds often go from place to place, sometimes in search of water. One way you can teach your child compassion is by helping her make a **DIY bird feeder that you can hang by your windowsill, and fill with water or food.** It's a great way for you and your child to bond and spend time together, creating something.



Swimming **Swimming is a good summer activity**, as it is fun for children, and it gives them the physical activity that will keep them healthy. Evening swimming is comparatively better than morning swimming as the sun is slowly going down, so there's a lesser chance of issues like strokes and sunburns. It's a great way to cool off from the summer heat too.

Involve your child in creative arts You can look for the option of scrapbooking. Introduce your child to the creative art of scrapbooking especially when your child has creativity and imagination. You can provide them with some memorable pictures and other interesting keepsakes and let them arrange and put together things according to their wish. Make sure you have an idea about the interests of your child. Try to find activities and if possible help them to improve their skills by joining related classes and courses.

Dictionary skills If your child is interested in reading, then introduce the concept of looking up words in the dictionary-you will meet with some resistance here as the easiest way out is to ask an adult. Make an agreement with your child-tell them that they should look up **three new words daily** and you would help them with the rest.

Habit of Exercising Regularly Encourage your child to follow a routine of exercise and you can also make him join a yoga class for better results. Yoga helps in improving concentration and keeps the child's mind and body healthy as well.

Involve your Child in Household Chores Ask your child to help you in your **household work.** Children love to take responsibilities especially when they are considered younger than



what they are allotted to do. They can **fold clothes; arrange books and toys, dry utensils and plates** and so many other household works. This will not only help them stay busy, they will also learn cleanliness and stay in discipline.

Cooking and baking is also help in childhood development Cooking is a great sensory experience for kids of all ages.

Your children can help you in the kitchen in many ways- for example-

- Wash fruits and veggies
- Tear lettuce for salads
- Stir ingredients together in a mixing bowl
- Prepare grocery list
- Sprinkle cheese or salt and pepper onto a dish



Benefits of Cooking Together:

- Your child can read the recipe for you. There may be words they haven't heard or seen before, so it is good for building their vocabulary.
- Following recipes is great for sequencing practice – what do we need to add first? Why did step 1 have to be done before step 2?
- Practicing counting skills by counting out eggs or other ingredients
- You can also improve communication skills while cooking by talking about favorite foods, memories around mealtimes, and how all the steps of the recipe contribute to the finished meal.
- Preparing the meal can increase your child's appreciation of the food they are served, knowing all the hard work that goes into making it.
- A confidence boost! Accomplishing the goal they were set out to do, seeing the finished product, and seeing their family members enjoy the meal they prepared are all great confidence boosters for your child.

Don't forget: You should always supervise your child in the kitchen.

As you can see, there are many different ways to keep your child busy in holidays, so do not let your child watch TV or play video games the entire day. This will do no good to them instead it may **harm their eyesight** or make them **overweight** during vacation.

If you keep in mind these few things and help your child to engage in a lot of activities, you will see a huge difference in them. Pay attention to their interests always and make them attend classes or opt for activities that they find interest in.

With these creative ideas, you can surely help your kid enjoy a busy summer full of learning and fun activities. Don't let their holidays go waste; involve them in these innovative ideas!!!

Happy parenting & best of luck for us!

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Parents who are willing to contribute are encouraged to email their thoughts to tigpsar.counselor@gmail.com