

Fourteen fun easy things to do with your children this school holidays

At Seaman Chiropractic we believe quality time with kids is vital for great family relationships, we also know that as our children age, the time that they want to spend with us will decrease as we become embarrassing. For some of you that time may already be here, for the rest of you here are a few things to do with your children that are active and may even add to their life skills.

1. Geocaching. What is this, well to sum it up it is like a real world treasure hunt, except no treasure. You simply download the app, find a cache near you and go find it. When you do, log that you have found it and sign the logbook. This uses your phones GPS and data so if you are limited on data it may not be the best. Most apps are partially free; if you subscribe you get more locations and more feature. If you are adventurous you may even decide to create and hide your own cache.
2. Cook with your kids. The best idea I read about recently was to sit down with your kids and let them plan a meal that they can cook, that is cheap and healthy. Then take them to the grocery store and set them off to collect the ingredients (give them tips, younger one you can help a bit here). Give them cash to pay for it (it will help them realise how expensive food can be). Then cook it with them (offering as little assistance as possible to ensure a successful meal)
3. Build an outdoor cubby. Bonus the mess is all outside, and if it is in scrubland, zero cleaning up.
4. Have a beach side fire down by the river; I know I always love a flame-cooked hotdog and a child followed by a s'more (look it up on the internet). An extra bonus for you, if you are not driving, bring a bottle of bailey's and dip you roasted marshmallow in it. Yummy.
5. Go camping, if it is too cold or you can't get away, set up the tent in the back yard and sleep out over the night.
6. Teach them to build something out of wood. Tip drinking straws with a split in them helps keep little fingers from getting hit by the hammer (although it is a right of passage)
7. Start a veggie patch; knowing how to grow food is a great life skill.
8. Plan a scavenger hunt. Recently Lynley and I took our girls to waterfall creek for a hike with a scavenger hunt, I put 15 or 20 things on a list of things to spot and in the time we saw most of them. It included kola's (we saw 14 different one from the easy path), kangaroo's, different birds, flower, a snake (we saw this one, a little bit closer up then I was hoping) and many more.
9. Create an art project, Pintrest and Google have thousands of easy ideas
10. Visit their grandparents and get them a little family history, take that art project you just made and have them give it to them. Or even just a history lesson, my kids found it hilarious to see an old tv, I just wish I had an old bag phone to show them.
11. Press some flowers or leaves.
12. Collect nature things, like dead bugs (the larger the better). Then get a frame and display them. This can be done with shells, seeds, flower, etc.
13. Create a family photo board/collage for their room. So they can always know who loves them. This may even link to the family history that grandma and grandpa shared.
14. If your brave and your children are a little older, have a garage sale, have them sell their old toys, then let them spend the money on new ones. You will be happy for the space and they will see that just because something is old it does not mean it is garbage. Be sides gumtree estimate the average household has \$6000 in unwanted items in the garage/house. You may be able to get rid of some of your unwanted stuff as well.

I hope this helps you fill your school holidays with fun and some new activities. Some of these ideas are a bit of work but for most they are pretty easy and a lot of fun.