



# **10 fun activities you can enjoy with your children**

*without* **leaving home**

By Lay-Ean Eng

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School holidays are always a great time to rest, recuperate, rejuvenate and reconnect with your children. Just relax and breath...

No plans, no activities to attend, no need to get up in time for breakfast and rush out of the house to catch the bus... or get to school. On school days we are always rushing.

I remembered when my children were at school, during the first few days of a school break we would have a "lock down" in terms of activities. This meant zero external activities for a few days, i.e. not going out with friends or having friends over, but just allowing ourselves to rest and relax. We avoided any rushing in the morning, so the children just chilled, laid in bed, read in bed and just enjoyed each other's company. Everything was just in slow motion, with no rush and no stress and just time to enjoy the serenity and peace.

We all need that occasionally, don't you agree?

Haven't all of you been rushing for the whole school term coupled with after school activities? Morning rush, yelling and hurrying the children to get ready in the morning, then when we were back from school, it is another run of madness, rushing from one activity to the next... the stress, the tiredness...

Wouldn't it be nice just to be home, relaxing and enjoying the peace and quietness?

Holiday times are a great opportunity to rest and recuperate not just for your children, but for yourself too. It is also a great time to reconnect, and if you feel like it, it is a great opportunity to instill new skills. You can do what you have been planning to do, and infuse the joy of learning and creating into your children.

Children learn through fun. I have listed 10 fun activities that you can enjoy with your children during the school holidays, and which are fun and educational. The best part is that you don't even have to leave home to enjoy them.

Here are 10 fun educational activities that you can share and enjoy with your children at home. Have fun with lots of laughter and joy.

I would love to hear what you do with them. Have an enjoyable time with your children.



Lay - Ean Eng



## Bring out the games

Board games, puzzles, cards and other board games are great holiday boredom busters.

They are fun, challenging and a great tool to work on strategies and problem solving skills.

<http://gokids.com.au/bring-out-the-jigsaw-puzzle>



## Exercising together

Rather than heading to the gym all on your own,  
why not enjoy the activity with your children?

How about zumba dancing? Stretching? Qigong?  
Singing and dancing?

They are fun and relaxing.

A great way to connect and build deeper  
relationships.



## Get to know your children's interest

Interested to know what your children's taste in movies, music or books are?

Well, use the opportunity to discuss and learn from your children about how to download your favourite music, movies or recordings to your phone, tablet or computer.

It will always be a great communication opener, and the conversation starts with using electronic gadgets together.



## Movie sessions

This has to be one of my all time favourites!

We would bring out the foam mattresses, pillows and blankets to the family room. Moved all the furniture aside, sitting popped up by the pillows, shut the blinds, grabbed our pizzas or pasta and snacks and ... it was MOVIE time.

Another great way to connect and build deeper relationships.

<http://gokids.com.au/holiday-fun-kids-movie-time>



## Learning new skills - musical instruments

What better way to learn new skills than when you are relaxed, so that you can shift your focus to something totally different - teaching your child new skills, i.e. musical instruments.

Music is the "language" of the brain - it is soothing, fun, exciting and it helps to calm the child.

Connect through fun and empowerment.



## Researching together

Have you always wanted to research about "that" online game or figure out some options on Facebook or other social media?

Well, now is a good time to get your children to guide you. They would be more than happy to be the "boss" for a change.

<http://gokids.com.au/why-is-it-important-to-educate-ourselves-with-social-media>



## Join the fun: electronic games

I always wondered what all the fuss was with the electronic games/gadgets. Then I managed to get my children to show and play with me during one school holiday. Had a blast myself - did not realise it requires so much hand eye coordination, and shedding tears through too much laughter and happy screams!

By sharing something your children love, they feel valued by you making the effort to participate in something they love and enjoy. They also feel empowered as they are able to "teach" you for a change.



## Unleash the creativity

Create cards. Encourage your children to think about WHO they are going to make the cards for.

This action will harness not only the values of gratitude but also unleash their creativity.

Your children will also be learning to play with words and language.



## Spending time outdoors

Get out and about, explore nature, feel the grass, and create a vegetable patch.

This will help your children to learn about plants and how to look after them. This is a great way to introduce clean eating. And by harvesting from your own veggie patch you will not only save money, but you will feel satisfied tasting your produce.



## Fun in the kitchen

Nothing is more satisfying than being able to produce your own dish and lick the cake mix from the spatula...

Children can plan their own dishes. Let them be creative by using what is available in the pantry. Let them learn how to use the utensils, which ingredients to add and how to cut and prepare the ingredients.

<http://gokids.com.au/cooking-and-kids-what-can-children-learn-from-cooking>



Lay Ean is a family relationships educator and a mum of two young adults. She is passionate about helping busy parents to build relationships with their family, even if they are time challenged. She believes in inspiring the love of learning in children and empowering parents to reconnect and find clarity within themselves.

Lay Ean graduated with Bachelor of Economics from Monash University, and was trained as a Life Coach with the Overlap College, Coaching From Spirit Institute. She also holds a Certificate in Early Childhood Education from Open University.

Website: [www.gokids.com.au](http://www.gokids.com.au)

Facebook Page: <http://www.facebook.com/GoParents>

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<http://gokids.com.au/i-am-busy-series>