

Essex

ACTIVate



This activity booklet belongs to:

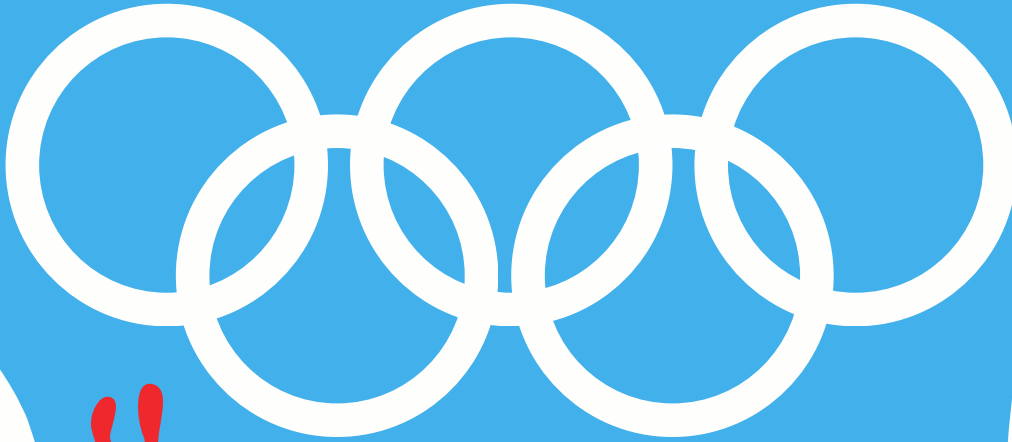
PARIS 2024 OLYMPIC GAMES



From 26th July - 11th August, the most recent edition of the Olympic Games will be taking place in Paris, France. 206 different countries from across the world will battle it out across 45 different sporting events!

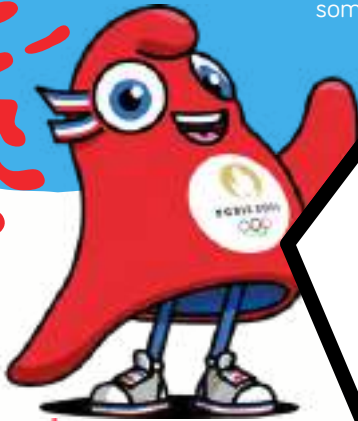
Do you know what colours the Olympic rings are?

Representing each continent that takes part, there are 5 Olympic rings, each with a different colour. Using the template below, colour in each ring with the correct colour.



FUN FACT

The official mascot of the Paris Olympic Summer Games is the Phryge, a symbol of the red French cap or hat.



HINT: You can find the answer somewhere on this page...

PATH TO PARIS

Get Set, as part of their Path to Paris campaign have produced a range of different activities called 'Paris Power Ups' to get you inspired by the Paris Olympics. Sign up for FREE and take on the Path to Paris!

SCAN ME



Mini Volleyball

Using a tennis ball, stand opposite your opponent and using one hand only, keeping the other behind your back, see how many times you can throw and catch the ball! The first person to drop the ball loses.

Balance Beam for Beginners!

Find a long plank of wood or draw a line with some chalk. Once this is done in a safe place, take it in turns to try out your very own balance beam and see if you have what it takes to be an Olympic Gymnast!

Challenge your family and friends to Olympic themed activities!



Design your own medal!

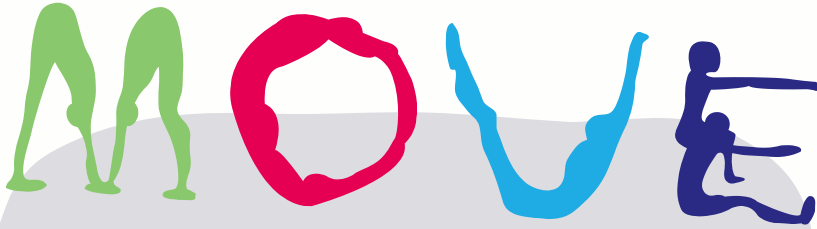
Laundry Basketball

Place your laundry basket (with your parents permission) in the garden and using an old cuddly toy or a bundle of socks try and throw your item into the laundry basket. Extra points the further away from the basket you get!



MOVE AND SPELL!

Find some space or even head outside, think of your favourite word, use your name, or even try the **WHOLE** alphabet, and get moving with each letter!



Why not get mindful and try some alphabet yoga? Spell out your name, your favourite animal or even the whole alphabet in yoga poses!



Challenge a parent, carer or friend and see who can move to the longest word, or even a sentence!

A - Chomp your arms like an **ALLIGATOR**

B - Bounce up and down 15 times

C - **CLAP** your hands above your head 10 times

D - **DANCE** like a monkey for 20 seconds

E - Be an **ELEPHANT** for 10 seconds

F - **FLAP** your arms like a bird 10 times

G - **GALLOP** like a horse for 20 seconds

H - **HOP** like a bunny 8 times

I - Lay still like an **IGUANA** for 10 seconds

J - **JUMP** on one foot for 10 seconds

K - 5 side **KICKS** on each leg

L - Leap like a **LEMUR** for 8 seconds

M - Crawl like a **MOUSE** for 10 seconds

N - 10 **TOE** touches

O - Be an **OCTOPUS** and stretch out your tentacles!

P - 15 **AIR** Punches

Q - Stretch up to the sky then touch the floor 10 times

R - Jump Like a frog and **RIBBET** 10 times

S - **SKIP** for 15 seconds

T - Up on your **TIPTOES** and back down 10 times

U - 20 elbow to knee touches

V - Put your hands on your hips and twist 10 times

W - **WIGGLE** like jelly for 10 seconds

X - **MARCH** like a soldier for 15 seconds

Y - Kick back like a **DONKEY** 10 times on each leg

Z - Trot around like a **ZEBRA** for 10 seconds

SUMMER SCAVENGER HUNT

With the sun now shining and wildlife and nature blooming at this time of year, grab your sun hat and shades, head outside and discover the great outdoors!



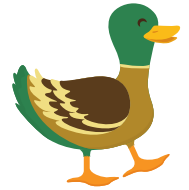
Ladybird



Sunflower



Bumble Bee



Duck



Butterfly



Sunshine



Lavender



Caterpillar



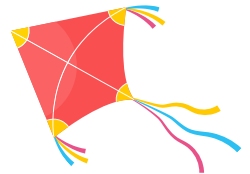
Ice Cream



Dog

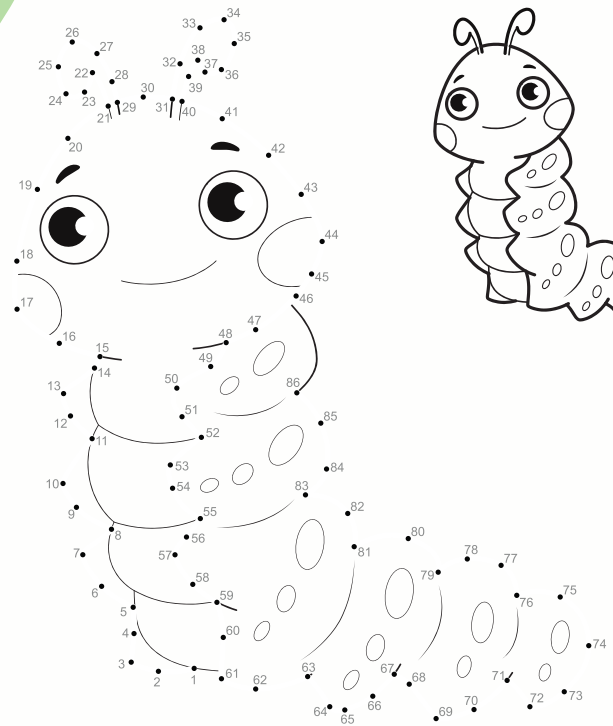
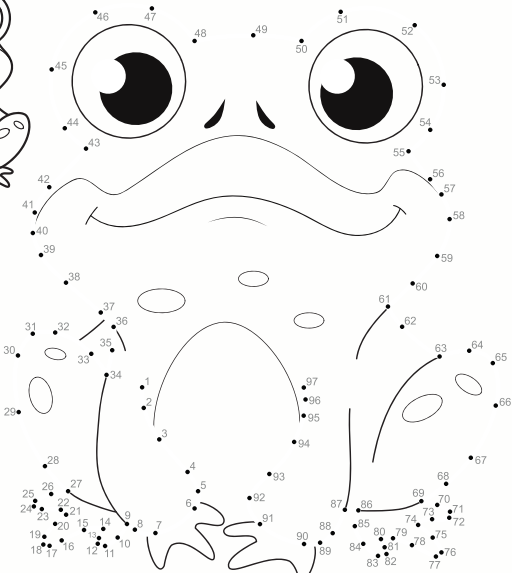
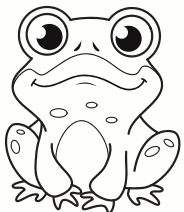


Sun Cream



Kite

Join the dots and colour the animals below!



HAVE YOU HEARD OF



It's two hours of **free** play, every Saturday morning in a park or public space. The games are inclusive to all, encouraging generations to play together!

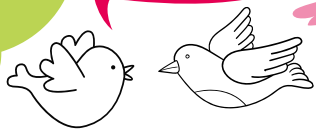
Name **three** things you can do in the park?

What happens at ParkPlay?

We welcome



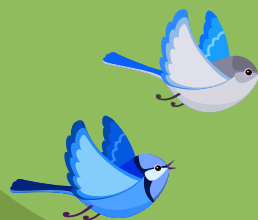
We meet



We move



We play



We belong



JUNIOR PARKRUN

Junior ParkRun is a free, fun and friendly weekly 2km event for juniors! Anyone between the ages of 4 to 14 can come along to these events!



There is no set pace, just turn up at run at a speed that works for you. It's not a race but a chance to get active, get outside and make friends!



There are 441 Junior ParkRun locations across the entire country with 555,142 finishers so far - join in with the fun!



What activities would you like to try in your local park?

Want to find your local ParkPlay?
Visit park-play.com

MINDFULNESS MOMENTS

Mindfulness means slowing down and taking time to think about how you feel and letting your mind take a rest from any stressful thoughts!



Belly Breathing

If you start to feel anxious or uncomfortable, try some deep belly breathing!

When breathing in, the belly expands slightly; and when breathing out, it contracts. Do several rounds to help ground you and return to normal breathing.



Mindful Breathing

Simply notice your breath and how it feels in your body when you inhale and exhale. As you exhale, say "I am calm" or "I am relaxed" and notice the difference from these positive affirmations!

inhale
exhale

These breathing exercises can help you relax and be calm, try noticing how your body and mind feels as you try these techniques!



Teddy Bear Breath

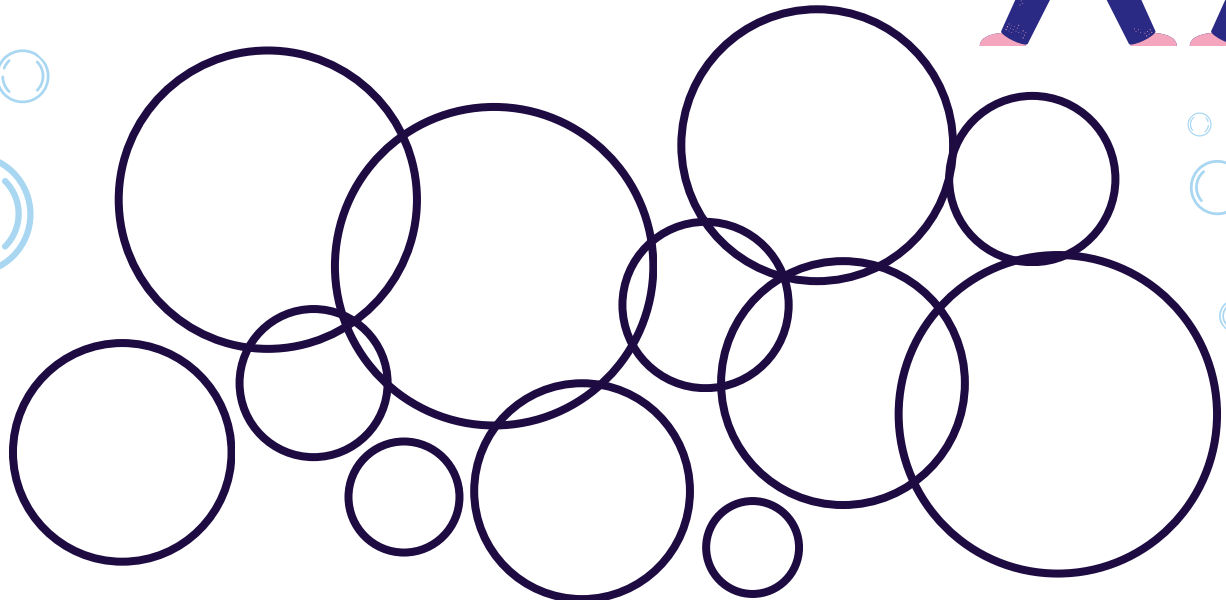
Lie down with your favourite teddy or stuffed toy on your belly, and watch as it moves up and down whilst you focus on slowly breathing, as if you are rocking your teddy to sleep!

Discover lots of relaxing and mindfulness activities to help you be in the moment and explore your thoughts and feelings!

www.activeessex.org/essex-activate-get-mindful

Bubbles of Gratitude

Find a quiet and relaxing space to colour each bubble and think of something that you are grateful for. It could be something big or small, whatever you are feeling thankful for!



THE WONDER OF WILDLIFE

Across Essex, there are lots of wildlife to see! From birds and flowers, to insects and bugs - it's important we learn more and do our bit to help look after them!

UPCYCLE A PLANT POT TO GIVE WILDLIFE A HOME!

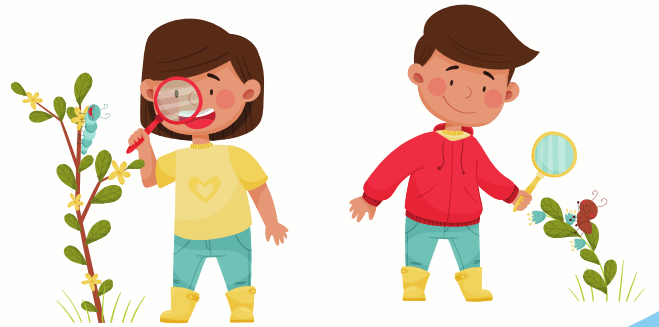
Insects need places to feed and thrive and we can use old household items to grow flowers that will attract them! All you will need is an old pot, mug, boot or anything with a sturdy base that you can put soil and seeds into! Make sure to water the seeds and keep an eye out for what your flowers attract.



BE A NATURE DETECTIVE!

Nature spotting is a great way to get outside and also record the different species of wildlife, bird or insects that live in your area!

Either in your garden or local park, explore the different places nature could be thriving and keep a record of about what you find! Or you can even sit back and watch the birds too, noting down what you see!



WORLD PHOTO DAY 19TH AUGUST

This World Photo Day, head outside and find that picture, perfect shot! Find your favourite spot or creature in it's natural habitat and snap a photo!

If you post it online, don't forget to tag [@EssexActivAte](#) on social media, as we love to see what you've been up to over the summer holidays!



#MOVE WITH US

Join our mission, come along,
where movement's **fun** and spirits **strong!**
It doesn't have to be a race, just find your **joy**, at your own pace.

Whether cricket's what you **choose**, or bouncing high on trampolines,
exploring parks so green and wide, or hooping in the garden side.

Find what you **love**, so much to do, our activity finder helps guide you!
Or try out something brand new, online adventures await you too!

Bezzy the mascot is leading the way, and Courtney Tulloch has ideas to play,
grab your shoes, invite your friends, the **fun** in Essex never ends!

So, let's **move** and **groove**, **jump** and **run**, healthy and **happy** everyone!
Essex kids, let's show them how, we're having fun, right here and **now!**

SCAN ME!



www.activeessex.org/move-with-us

MEET BEZZY!



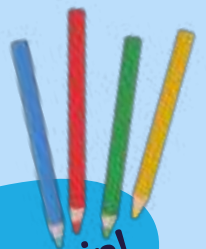
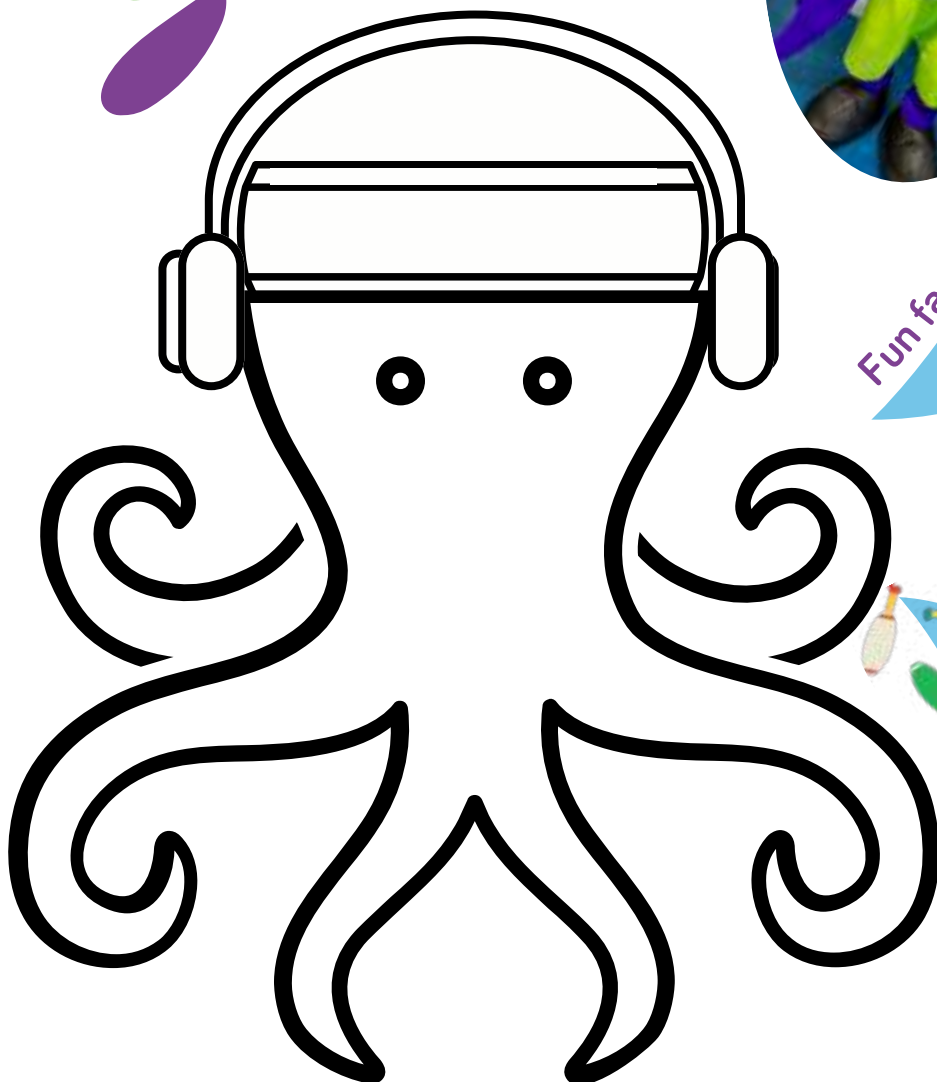
Fun facts about Bezzy!

I have 3 hearts!
Two pump blood to my gills, and one pumps blood to the rest of my body, helping me stay active and strong.

Scientists believe Octopus are one of the smartest creatures in the ocean.

I can multitask by juggling multiple sports at once.

Colour Bezzy in!



GBR Gymnast
Move With Us Ambassador



COUNT WITH COURTNEY

Maths can be hard, but #MoveWithUs ambassador Courtney Tulloch, makes it so much more fun!

Let's play Time Table Tennis!
All you need is a balloon or a ball.

As you strike the balloon or ball to your friend, or against a suitable wall, count up in your times tables.

Make it harder by trying it faster, or hard times tables, like your 3's or 7's!

Essex Year of
NUMBERS

If you want some more games with Courtney, head over to the **Active Essex** YouTube channel where you will find others to play.

SCAN
ME 

#MOVE WITH US

BEZZY'S Challenge!

Can you create your own dance routine?

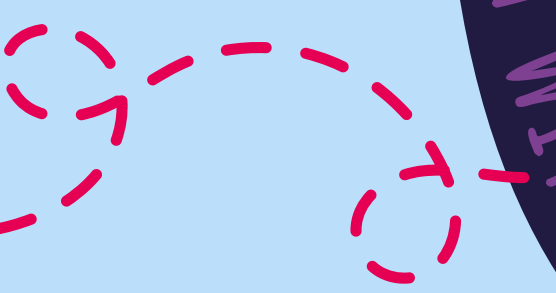
Bezzy's favourite song, is the Little Mermaid 'under the sea'!

Can you beat me to a race?

Try running 100 meters faster than Bezzy, their record is 23 seconds

Can you set up an obstacle course in the garden or a park?

Play with friends or siblings and change it up each time!





50 things to do before you're 5



Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things – from counting and writing, to exploring and making new friends.

Our list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Complete it online or print it off, stick it on the fridge and tick off each activity!

Share and upload photos of you and your little ones achieving each of the 50 things to the TLC Facebook page and once you've completed the list, download your own 50 things to do before you're 5 certificate from the TLC website.



- | | | |
|--|--|--|
| 1 Run through long grass (barefoot if you can) | 19 Visit the farm or zoo | 35 Have a sleepover in the den you've made |
| 2 Lie in the long grass and feel the grass between your toes, fingers tickling your nose | 20 Paint and create as much as you can | 36 Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs |
| 3 Go on a walk through the woods in all seasons and weathers! | 21 Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle | 37 Play in autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your very own leaf man character! |
| 4 Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons | 22 Have a picnic outdoors or indoors with all your favourite treats | 38 Read a book under a tree |
| 5 Plant and care for a beautiful smelling flower | 23 Be an explorer and hunt for bugs | 39 Go out in the rain and jump in puddles |
| 6 Go on a treasure hunt | 24 Help make your own dinner | 40 Lie on your back outdoors and watch the clouds |
| 7 Have a teddy bear's picnic | 25 Look for worms, and see how they wiggle | 41 Go blackberry picking and eat as many as you can! |
| 8 Climb a tree | 26 Go for a walk on a windy day. Take a scarf or a kite and see how they fly | 42 Make a mud pie |
| 9 Play 'pooh sticks' | 27 Roll down a hill | 43 Blow a dandelion clock |
| 10 Make an insect house | 28 Dig for treasure | 44 Balance on a log |
| 11 Learn to ride a bike and go on a long bike ride | 29 Try baking a cake and lick the spoon! | 45 Chase your shadow on a sunny day |
| 12 Care for a pet (no matter how small) | 30 Make perfume from flower petals | 46 Catch rain or snow on your tongue |
| 13 Play hide and seek | 31 Go crabbing | 47 Go on a torch-lit walk in the dark, look for stars and night time animals |
| 14 Take part in an Easter egg hunt at home | 32 Make a snow angel and have a snowball fight | 48 Sleep in a tent |
| 15 Visit the seaside. Explore, and find treasures at the beach | 33 Play with water, pour, explore, wash toy cars | 49 Toast marshmallows on a camp fire |
| 16 Paddle in the sea | 34 Use all of the furniture downstairs and all the blankets/towels from upstairs to make a huge den/fort that you can crawl around | 50 Join the library and borrow some books |
| 17 Build sandcastles | | |
| 18 Investigate and discover life in rock pools | | |

A DAY AT THE BEACH...

Our local green and blue spaces are filled with new sights, wildlife, nature, activities and much more, for you to enjoy the great outdoors and sunshine!

Can you feel the sea breeze in the air? What else can you hear, see, smell, touch and taste?



What kind of birds can you spot?



Design your boat!



Have a sandcastle building competition with the family!



Listen to the sound of the waves and read your favourite book!



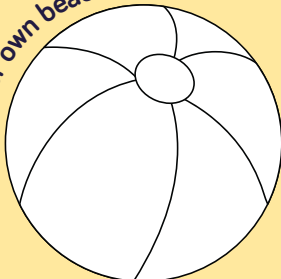
Take a walk along the shore and help the environment by going litter picking!



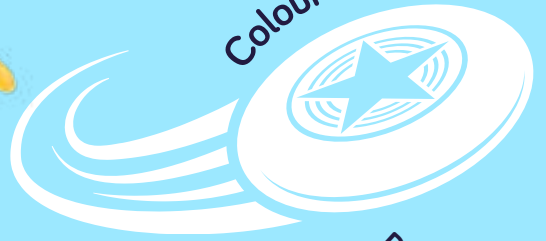
Collect shells, seaglass and driftwood to take home and create a scrap book!



Design your own beach ball!



Colour me in!



Design a kite!

Colour me in!



Create your own nature olympics and see who can run from tree to tree fastest, or run a lap of the park in the quickest time!



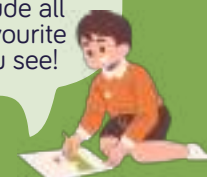
What can you hear, smell, see, taste and touch?



Grab a football or frisbee, or even play hide and seek!



Walk the park then draw a nature map of it - include all of your favourite things you see!



OR A DAY AT THE PARK...



Do you know the 5 S's of sun safety? Try and write them down below!

Design your own t-shirt!



DID YOU KNOW?

On cloudy days, 80% of ultraviolet (UV) rays can still get through. And in the winter, snow can reflect the sun's UV rays and double your exposure.

Sun Safety

ANSWERS: Slip, Slap, Slap, Slap, Slap, Slide, Shade



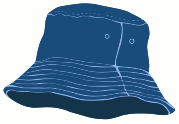
S

on a t-shirt that will keep shoulders covered as they can easily burn



S

on some sunscreen (minimum SPF 30, with high/broad-spectrum UVA protection)



S

on a broad brimmed hat that will shade your face neck and ears



S

on some quality sunglasses to protect your eyes



S

from the sun wherever possible

DID YOU KNOW?

Vitamin D doesn't have to come from the sun!

Spend time in the shade between 11am and 3pm when the sun is the most hot!

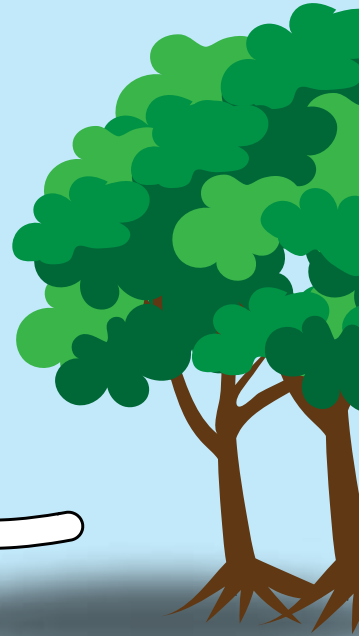
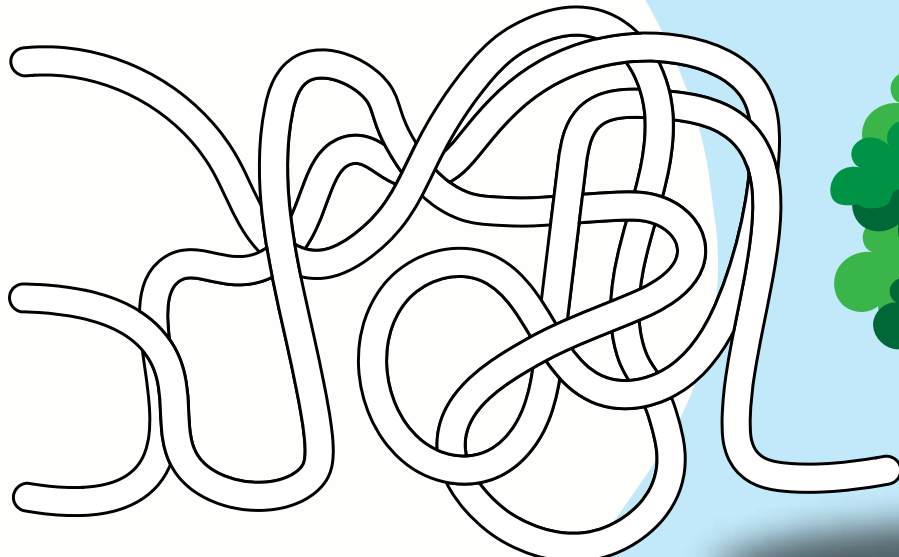
Don't forget to drink plenty of water on hot days so you stay hydrated!



Design your own sun hat!



Can you help us follow the right path so we can reach the shade under the tree?



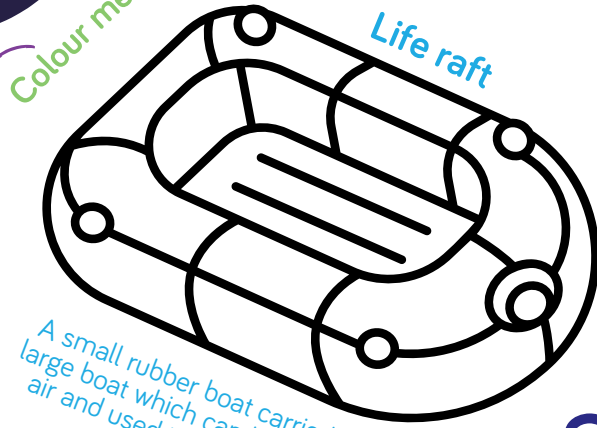
Water Safety

"BE WATER SMART"

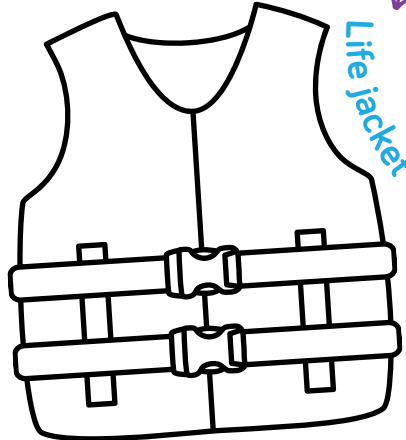
Although being in water can be fun, we need to stay safe in and around water, which could mean in the swimming pool, on the beach, by the river, at home and on holiday!

If you are in or around water, always remember to:

- 1 STOP AND THINK 
- 2 STAY TOGETHER 
- 3 FLOAT 
- 4 CALL 999 OR 112 



A small rubber boat carried on a large boat which can be filled with air and used in an emergency.



A jacket that is filled with air or light material designed to help someone float if the person falls into the water.

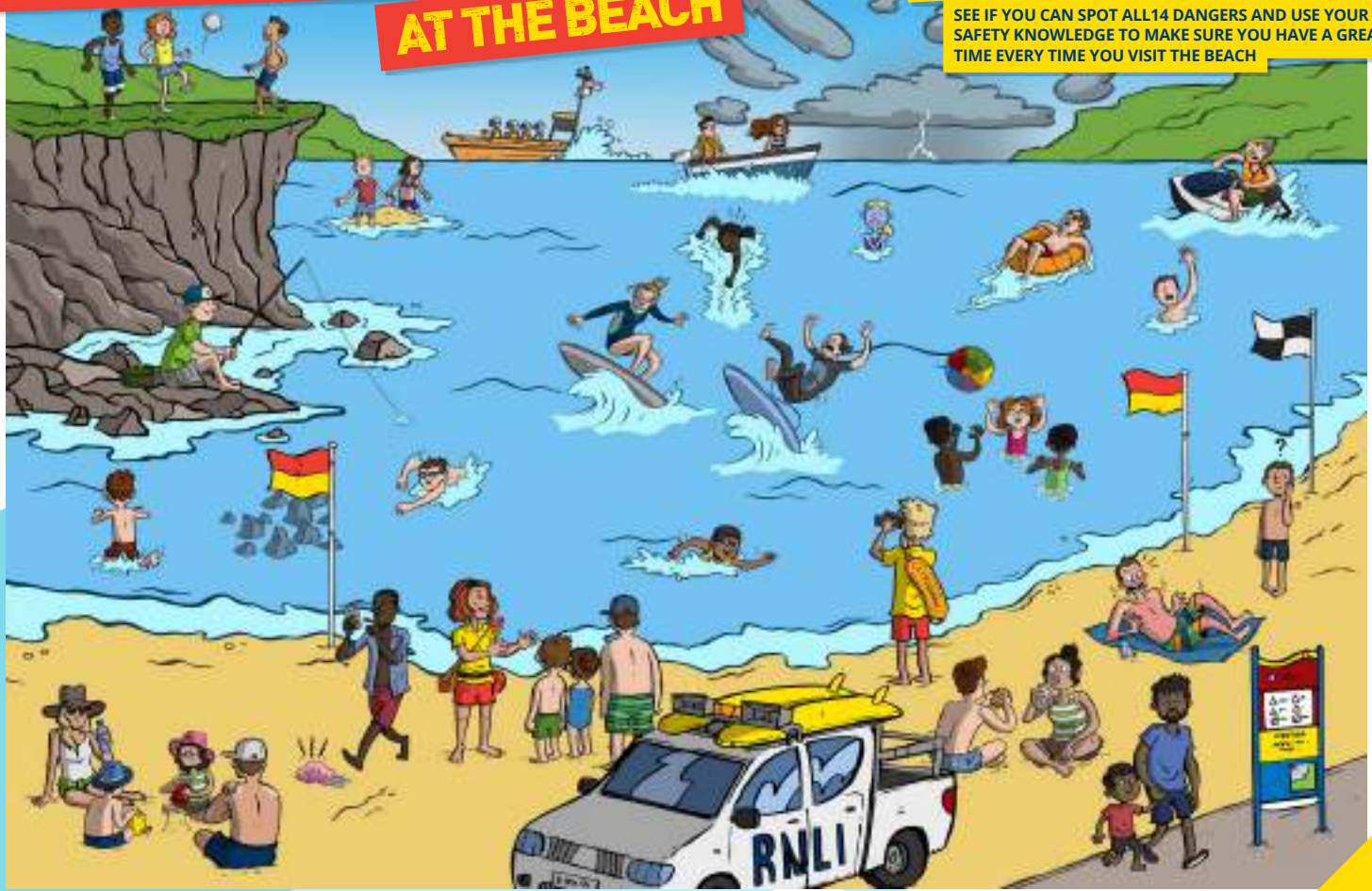
Scan the QR code to watch a fun video about how to stay safe when at the beach!

SCAN ME 

SPOT THE DANGERS AT THE BEACH

WHO'S IN DANGER IN THIS SCENE?

SEE IF YOU CAN SPOT ALL 14 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU VISIT THE BEACH



TIME TO GET CRAFTY!

Be creative and enjoy getting crafty at home with a friend, carer or parent!
It's a great way to relax and have fun while you create something cool!



LEAF ART

- 1 Head out into your garden or local park and pick a mix of leaves - try and grab different shapes and sizes!
- 2 Next, pop down some old paper or newspaper and find a piece of paper or card to print your leaf designs onto.
- 3 Now get your favourite colour paints and paint brushes ready, and then paint the entire leaf from edge to edge.
- 4 Simply press the leaf down onto the paper or card and peel away the leaf to see your design!
- 5 Repeat and create your own pattern leaf art!



You will need:

- Scissors
- Contact paper
- Tissue paper
- Blue-Tac
- Thick pen

SUNCATCHERS!

Step 1

Cut out 2 squares of contact paper and draw your design onto the contact paper.



Step 2

With your hands or with scissors, tear the tissue paper into small strips and sizes - use whatever colours you like!



Step 4

Place tissue paper pieces inside the shape on the contact paper and then once filled, pop the sticky backing back on top of the design and contact paper.



Step 3

Peel the backing off of the contact paper and place it on a table sticky side up. Make sure to keep the backing safe for later!

Step 5

Use scissors to cut out the shape on the contact paper, bluetac the design to a window and enjoy your suncatcher!

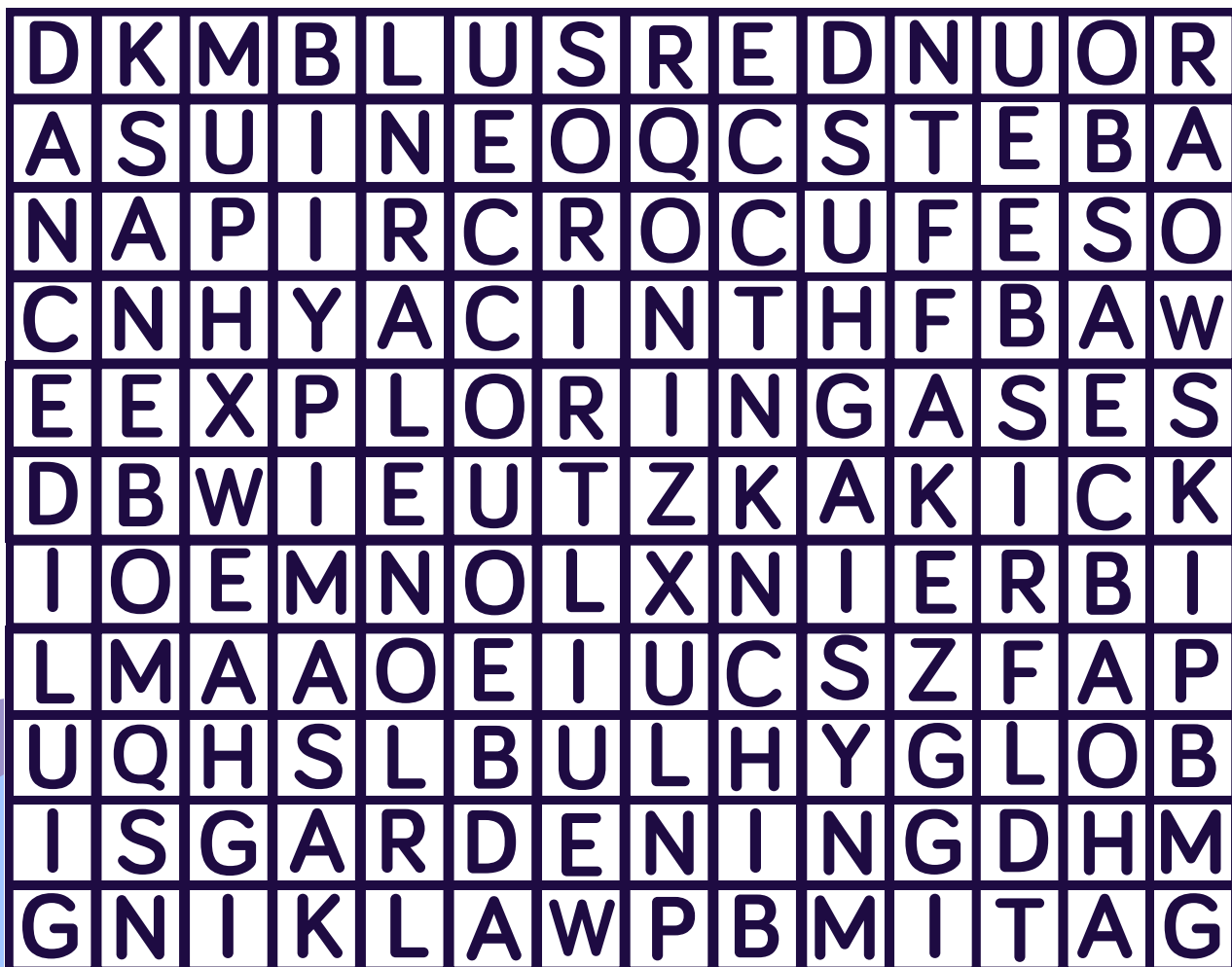


PUZZLE AWAY!



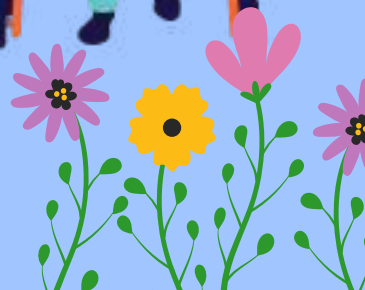
There's lots of ways to get active this summer but can you spot the different activities in the word search below?

- Dance
- Exploring
- Frisbee
- Gardening
- Rounders
- Skip
- Tag
- Walking



Once you've found all the words, try one of the activities with a parent, friend or carer!

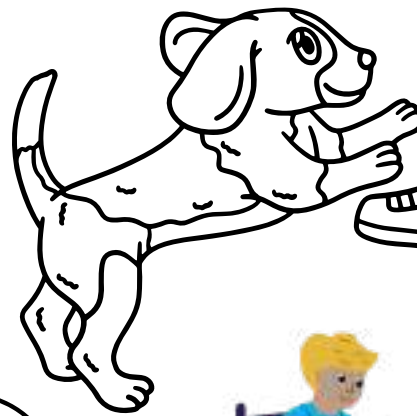
Visit a local park with family or friends and enjoy moving outside! Time spent outdoors will boost your mood and vitamin D intake!



GET
COLOURING!

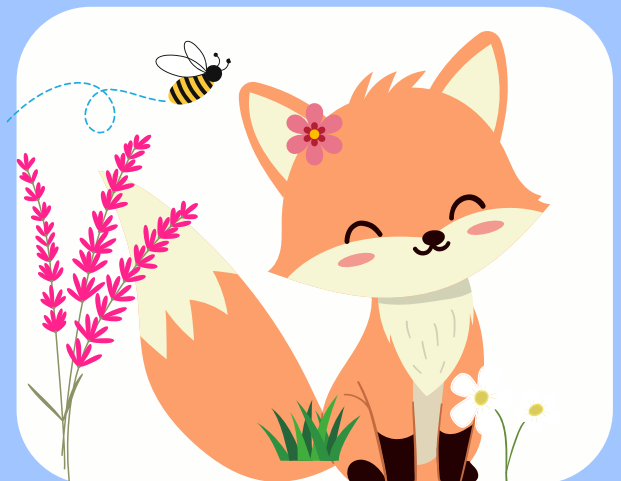
We are Tim and Tina and we love
playing football in our local park!

It's great to be in fresh air and
spot insects and other animals!



SPOT THE DIFFERENCE

There's 6 differences to spot, see if you can get them all!



READING AND LOCAL LIBRARIES

Design your own
bookmark, cut it out
and pop it in your
favourite books!



SUMMER READING CHALLENGE

Marvellous Makers is coming to a library near you! Essex Library Service and The Reading Agency are teaming up with Create for a very special 2024 Summer Reading Challenge which will be a celebration of the creative arts.

To take part all you need to do is read six books and tell us what you thought of them! You'll collect stickers for each book you read and after reading six books, you will earn a certificate and a medal.

You can read any library book of your choice – stories, information books, picture books, books you share with parents and carers, e-books – they all count!



MEET NAVEEN!

Naveen is always cheering people on and encouraging everyone to get involved in games at the playground, he's super patient which makes him a great leader!

With Cosmo the cat by his side, Naveen enjoys creating exciting activities for his friends to play. Be like Naveen and lead your friends to playground activities and new games!



TIME TO GET COOKING!

Summer is the perfect time to pop on your apron and get cooking with the family! With the Paris Olympics coming up, these French inspired recipes will encourage you to try new foods and get creative, knowing you have helped make them yourself!

Ingredients

- White or wholemeal wraps
- Cream cheese
- Sweetcorn
- Red peppers
- Ham of choice
- Cherry tomatoes
- Carrots
- Lettuce



Recipe

1. Firstly, carefully chop up the pepper into small pieces
2. Now, in a bowl, mix together the pepper, some cream cheese and sweetcorn
3. Next, lay out a wrap and arrange the lettuce and ham in the wrap
4. Now, carefully spread the cream cheese mixture all over the ham
5. Tightly roll up the wrap with the fold at the bottom, and then cut the wrap into 6 'roll-like' portions
6. With an adults help, thinly cut the carrot sticks for the snail antennas
7. Now, stand the wraps on their side and place a cherry tomato so it looks like a snail head
8. Use a cocktail stick to make holes in the top of the cherry tomato then stick the carrot pieces into the holes
9. Now it's time to enjoy and eat them quick, as these snails move fast!



'Snail' Inspired Veggie Wraps



Ingredients

- 2 slices of white or brown bread
- White lasagne sauce
- Cheese
- Ham

Recipe

1. Before starting the recipe, pop the grill on medium to high
2. Next, spread the white lasagne sauce on both slices of bread
3. Now, carefully grate a handful of cheese
4. Then add the grated cheese and ham to one of the slices
5. Next, top with the second slice (Make sure it's the side with the sauce side up!)
6. Now, sprinkle a little more cheese on top
7. Pop the sandwich under the grill until the cheese starts bubbling
8. Ask an adult to remove the toastie from grill and tuck in!



Quick Croque Monsieur



Ingredients

- 1 tin of beans (Cannellini or Broad Beans)
- 1 packet of chicken sausages
- 2 bacon rashers
- 1 onion
- Garlic gloves or granules
- 100g sun dried tomatoes
- Rosemary - fresh or dried
- Red cabbage
- Salt and pepper to taste (optional)



Recipe

1. Heat up a little oil of choice in a frying pan
2. Next, chop up the bacon and cook in the pan until crispy
3. Now, chop up the onion and garlic then add to the pan with the bacon - cook until the onions are soft!
4. Add the sun dried tomatoes and rosemary then cook for one or two minutes
5. Now, add the sausages and beans (add the water from the beans too)
6. Then cook for 15 minutes (chicken sausages do not turn too brown, so they will stay quite pale looking!)
7. Next, chop up the cabbage and add it to the pan until it wilts
8. Add salt and pepper to taste, and any other herbs you may like!
9. Serve for the whole family to enjoy!



French Inspired Cassoulet Salad



Ingredients

- 4 eggs
- 100g bar of chocolate (milk or dark)
- Frozen berries to decorate (optional)

Recipe

1. Firstly, get two separate bowls and separate the egg yolk from the white
2. Now, use your muscles and whisk the egg whites until stiff peaks (put the bowl upside down over your head to see... we dare you!)
3. Next, melt the chocolate in the microwave in short bursts of 15 seconds at a time
4. Once melted, mix the chocolate in with the egg yolks
5. Now, gently fold in the egg whites and combine with the yolks and chocolate - the texture may look unusual at first but it will eventually mix fully and smooth out!
6. Add to four separate pots and cool in the fridge for two hours
7. Serve to the family and enjoy as sweet treat!



2 Ingredient French Inspired Chocolate Mousse

MINISTRY OF FOOD
♥ JAMIE OLIVER

Scan the QR code and head over to Jamie Oliver's website for more healthy recipes and one-pan meals!

SCAN ME





Free activity clubs across Essex and Thurrock
for eligible primary and secondary
school children that also offer:

- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Sports and games, arts and crafts, cooking and so much more!
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, locally trusted organisations
- ✓ Family support
- ✓ Resources and guidance

WHAT IS ESSEX ACTIVATE?

Run by Active Essex, Essex ActivAte offers fun and exciting activity clubs for school aged children (4-16 years) during the holidays! Run by our fantastic organisations across Essex and Thurrock, all of our clubs are unique and offer different activities, helping to keep young people active, support their mental wellbeing and allow children to socialise with others, as well as support parents out of term time.

Children who are eligible or receive pupil premium, benefit based free school meals or are from income-related benefit households, can be booked onto our holiday clubs for FREE! Although, clubs may offer discretionary paid places and paid for places, so there is something for everyone at an Essex ActivAte club!

www.activeessex.org



EssexActivAte

