



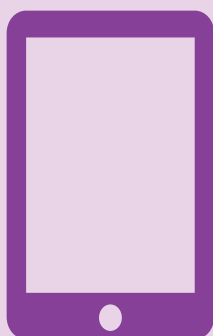
A to Z of summer
 Budget friendly summer activities

Hello!

Summer can be a wonderful time for families but it can also be stressful and expensive. That is why One Parent Families' Advice and Information Service, have put together the A-Z of Summer.

We hope that these ideas may help to spark joy for you and your kids and show that you can have fun with very simple ideas.

#AtoZofSummer



@oneparentfamiliescotland
@OPFS

We'd love to see how you're using our summer tips please use the hashtag and tag us.

A- Z of Summer

Inexpensive summer tips to keep your kids occupied this summer.

Summer Science

Explore the wonder of science with our summer science projects.

Summer Recipes

Budget summer recipes that kids (and adults!) will enjoy

Summer Quiz

Train your brain and have some family fun with our quiz



Arts and crafts



Grab your paint brush and get painting! Why not go outside and see what kind of things you can use to paint with? Leaves make great stamps for printing.

B



Blowing bubbles

Add 50ml washing-up liquid to 300ml water, stir and leave for a few minutes. Hey Presto! You have got yourself some bubbles. You can make your own bubble wand with straws, pipe cleaners or bendy wire.

C



Cuddles

Cuddles! Who doesn't love cuddles? Show your family you love them and have a cuddle! Cuddles have been proven to make you feel good.

Den making



Make your own super-secret, spy den! Pillows and cushions make great walls and throw a sheet over the top for the roof. You could work on some secret spy work inside.

E



Experiments

Let's do some summer science! Make some cool experiments with some science projects. But you must get an adult to help you and ask permission.

Lava Lamp Experiment

You'll need:

- Vegetable Oil
- Water
- Food colouring
- Original Alka Seltzer tablets

To begin, colour about 1/2 cup of water with food colouring. Take the Alka Seltzer tablets and break them into 2 or 3 pieces.

Place them in a small cup or container.

Fill a glass about 3/4 full with the oil. Then pour in the coloured water until the liquid in the cup is about 1-2 inches from the top.

You don't want it to overflow! Well, unless you want to turn it into an eruption experiment too. For this reason and quick cleanup, it's good to do this on a tray.

Add pieces of the Alka Seltzer tablet to the cup.

***DO NOT let kids put the tablet in their mouth at any time.**

TOP SECRET

LEMON VOLCANO EXPERIMENT

You'll need

Pan or tray, Lemons, Cutting knife, Spoon, Measuring cup, Baking soda, Food coloring (optional)

Step One (Adults only) Prep your lemon by slicing the bottom off to make them sit flat.

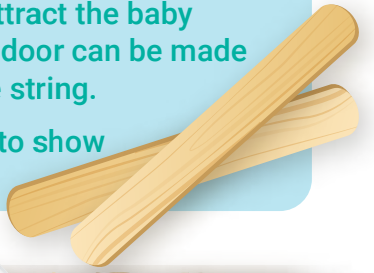
Step Two Prepare extra lemon juice by slicing a second lemon in half and juicing it. Pour juice into a cup and set aside.

- Step Three Place your cored lemon on a tray. Use your craft stick to mush the centre of the lemon and bring out the juices. Be sure to keep the juice in the lemon!
- Step Four Place a few drops of food colouring or liquid watercolours (do not dilute) in the centre of the lemon.
- Step Five Add in a good squeeze of dish soap to the lemon. This is not necessary but causes the bubbles to ooze and froth more and longer.
- Step Six Add a spoonful of baking soda into the lemon. It should start to fizz. Take your craft stick and stir the lemon and lemon juice. It should start foaming well as you stir it!
- Step Seven To keep the reaction going alternatively add more baking soda, colouring, dish soap and the reserved lemon juice to the reaction. Squeezing the lemon to release the juices also enhances the reaction.

F**Fairy garden**

Fairies love visiting home-made gardens. They're easy to make. Just use an old flowerpot (or you could even use a teacup or mug to attract the baby fairies), some soil, and some moss or other greenery. The door can be made with lollies sticks, washing line using two sticks and some string.

Remember, fairies love a little path so collect little stones to show your fairy the way to the door!

**G****Game nights**

Have a game night. Look out your favourite board games – Monopoly, Scrabble, Snakes and Ladders or make you own! Haven't got board games? Card games are great fun. Snap, anyone?

H**History***History Challenge*

Find out more about your area.

I**Ice cream**

It's not summer without ice cream! Why not create your own? Freeze your favourite yogurt in ice cube trays, when frozen pop in a blender and blend till smooth.

Top with your favourite ingredients.

Ice lolly moulds can be bought cheaply and just add fresh orange or diluting juice to make your own delicious, icy treats!

Research what it was like in the olden days.

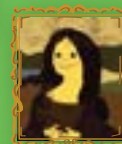
Or ask your Granny or Granda what their favourite parts of their area are? Maybe you could go explore with them?

J**Jelly jigglers**

Make some delicious Jelly Jigglers. Make up your favourite jelly and pour on to a baking tray and leave to set in the fridge. Once set, you can use cookie cutters and different shapes to cut out. Serve with ice cream, yum!

K**Kites**

Who doesn't love flying a kite? Make your own kite from plastic bags, two sticks crossed over and some light string.

M**Museums**

Check out your local museum for what is on. Take a sketchbook and draw your favourite exhibits in the museum. When you get home,

Why not create a poster advertising the museum?

ICE cream Float Recipe

Nothing says summer like a lemonade float. Add a scoop of ice cream to a glass of cold lemonade.

N



Nature

Nature walks are the best when it's summertime! See how many different plants, animals, and insects you can see. Why not pack a picnic and have your lunch outdoors.

O



Obstacle course

Get creative and make your own obstacle course in the garden. Or visit the local park and time yourself and your friends or siblings completing different challenges!

P



Playdough

Make your own playdough: you'll need:
8 tbsp plain flour
2 tbsp salt
Food colouring (optional)
1 tbsp vegetable oil
Two bowls for mixing

Take two bowls, mix the flour and salt in one bowl and the water, oil and food colouring in another bowl.

Pour the coloured water and oil into the flour and mix well.

Flour a surface and take the dough out and knead well to form a smooth dough. Store in a plastic sandwich bag.

Q



Quiz night

Use our our Summer Quiz sheet (on the next page) and test your family's knowledge. Whoever loses must do the dishes!

R



Relaxation

After all these summer activities you'll need some relaxation. So, turn down the lights, put on some chilled music, take some deep breaths, and relax!

S



Sensory Trays

Sensory trays are the perfect way to have fun, you can even take them outside. Shaving foam with a food colouring, spaghetti, dry rice, moon sand (8 cups of flour to 1 cup of oil.)

T



Teddy bear picnic

If you go down to the woods today you'd better bring your teddy bear! Why not give your cuddly friends a treat and make a teddy bears picnic? Remember, teddy bears don't need to eat real food, they love playing pretend!

W



Water fights

Get the water balloons and guns out and splash around in the sun. Or if you don't have balloons and water pistol, wet sponges are perfect for a water fight!

U



Umbrella walks

Let's be honest, Scottish weather isn't always great. But don't let the rain stop your fun! Grab your brolly and your wellies and go on a puddle hunt. Splash!

X



'X' marks the spot

"Ahoy me hearties! There be treasure to find!" Make your own treasure map, hide the treasure and get your friends and families to follow the map to find it.

V



Voice

Use your voice and put on a show! Create a show for your family and friends with your favourite songs, dances, or anything else you fancy. Talent shows are a great way to show off your skills and have fun.

Y



Yoga

Be all Zen and get your stretch on with some yoga. Cosmic yoga on YouTube does some fun videos. Yoga is a great way to relax and stay active

Z



Catch some Zzz

After all the excitement of summer you'll need to catch some Z's. Why not have a sleepover in your living room, with duvets and pillows?



See who's the brains of the family with the OPFS summer quiz.*

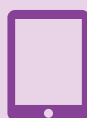


*Loser does the dishes!



1. In what year was the beach ball invented?
a) 1986 b) 1943 c) 1938 
2. The month July was named after what ruler?
a) James VI B) Julius Cesar C Justinian 
3. Flip flops were invented by:
a) Walt Disney b) The Egyptians c) Versace 
4. Which group had a Top 10 hit with 'Summer Sunshine'?
a) Oasis b) The Corrs c) The Arctic Monkeys 
5. "Summer loving had me a blast" is from what film?
a) Titanic b) Moulin Rouge c) Grease 
6. What is the Italian word for summer?
a) summerino b) estate c) La sommer 
7. Who met and fell in love with Marge Bouvier at a 1974 summer camp?
a) Homer Simpson b) Mr Burns c) Ned Flanders 
8. Which singer was known as the 'Queen of Disco'?
a) Tina Turner b) Donna Summer c) Dolly Parton 
9. Which seaside attraction is 158 metres tall?
a) Eiffel Tower b) Empire State Building c) Blackpool Tower
10. When does summer officially start?
a) 25th December b) 12th May c) 21st June

Answer : (1)C, (2)B, (3)B (4)B, (5)C, (6)B (7)A, (8)B, (9)C (10) C



#AtoZofSummer



We'd love to see your family playing our summer quiz! Tag us in your pictures! #AtoZofSummer

Summer Recipes

The summer is a perfect time to build your cooking skills. These recipes are simple and delicious and easy to create. Plus they won't break the bank! Win.

Fruit Kebabs



You'll need:

- 7 kebab skewers
- 7 raspberries
- 7 strawberries
- 7 tangerine segments
- 7 thick slices of banana
- 7 pineapple chunks
- 7 green grapes
- 7 red grapes

Method:

Take 7 wooden skewers and thread the fruit onto each

For an extra special treat, melt some chocolate in a bowl, and use for dipping.

Hundreds and thousands also look great on top!

This recipe is easy and delicious. You can use tinned fruit as well as fresh!

Yogurt lollies



You'll need:

Plain Greek yogurt- but you can use regular plain yogurt too.

Honey.

Fruit – you can choose any fruit.

Lolly molds and sticks

Method:

Add yogurt, honey and fruit until combined.

Blend until the berries are totally pureed or keep them a bit chunky if you want texture in the popsicles.

Pour yogurt mixture evenly into 8 ice pop molds, add your popsicle sticks and freeze until solid (about 5-6 hours).

Frozen fruit should also work just fine for these pops, it might just take a little longer to blend up.



One Parent Families Scotland

One Parent Families Scotland (OPFS) is the leading organisation working with single parent families across Scotland. OPFS provides single parent tailored information, advice and support, along with training activities, employability programmes and counselling. OPFS campaigns with parents to make their voices heard to change the systems, policies and attitudes that cause child poverty.

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