

# School Holiday Activities

We have created a huge range of activities, craft ideas and games to keep kids active and entertained over the holidays. There are hundreds of different ideas available. You can always print out a copy too!

## Teenagers – aged 13-16

These activities are suitable for teenagers and can be done independently or with the family at home.

### Change it up

Spend some time experimenting and overhauling your closet: mend, toss, alter, layer, hem, mix-n-match. <https://thesewingloftblog.com/100-ways-to-upcycle-your-clothing/>

### Up-cycle

Paint a T-shirt with acrylic paints. <https://www.instructables.com/id/Freehand-Acrylic-Painting-for-T-shirts/>

### Three layers

Bake a three-tier cake. <https://www.youtube.com/watch?v=lyVXfDDVTmg>

### Make your own soap

Make some handmade soap, pick some flowers from the garden or add some spices to make it smell nice. <https://www.marthastewart.com/1526522/pressed-flower-bar-soap>

### Have a chat

E-mail or phone a friend you haven't spoken to in a while.

### Detox from digital devices

Spend a day without watching TV or using any digital devices.

### Bread making

Bake some home-made bread. <https://www.taste.com.au/baking/articles/how-to-make-bread/3823cvla>

### Memories

Make a keepsake box of memories from this year. Fill it with photos, messages, postcards from places you've been, and wrap it in decorative paper. Keep it for years to come to remind you of your time in 2020.

### Salad spinner painting

Put a paper plate or piece of paper into the basket of the salad spinner and dollop a few different colours of poster paint onto it. Place the lid on the spinner. Spin! Once dry, you can repeat the process on the other side. Punch holes in the plates and use yarn, ribbon or string to hang them up.

### Cartoon drawing

Create your own comic strip. Use some from the newspaper or internet as a starting point then invent your own.

### Playlist on Broadway

Make a playlist of songs from your collection that could represent the story of a well-known book. Imagine this musical is on Broadway. Can you add in a bit of dialogue with characters between songs and then have your Broadway Musical debut playlist? Decide what song would go with each character. For instance, if you were doing Harry Potter, what song would Snape or Hermione sing, or Dobby sing to Lucius Malfoy?

### Travel around the house

Set each room up to represent a different country. Can you decorate each room with a symbol to show where in the world you are? Make up a passport for your family and as they enter each country, create a moment that makes them feel like they've travelled there. Put your country's stamp in their passport. Take a photo of your holiday there before you move to the next country. How many countries did you manage to get to on your holiday at home?

### Write a letter to your future self

Reflect on everything now. Write a letter to yourself for 12 months' time in the future. Tell your future self how you felt right now. Then put it away for its opening date. Give it to a parent to store if you like.

### Cooking time

Cook a cake for an elderly neighbour and drop it off at the front step on your daily walk.

### Recipe fun

Become a Master Chef and experiment with a new recipe. Get your family to score your new recipe.

### Research your family tree

Find photos of your grandparents and make a family tree.

### Face paint

Face paint a family member with makeup.

### Train your brain

Challenge your right brain and left brain thinking. Use online forums such as the one below to find out more about your brain functioning and how you can improve it.

<https://www.mentalup.co/blog/right-brain-left-brain-development-methods>

### Read a book in the sun

Try a classic or something you have been meaning to read for a while.

### Learn a new language

Learn a few words or phrases in a foreign language. <https://www.duolingo.com/>

### High score!

Get a high score on your favourite game.

### Photo time

Take some interesting photographs of your neighbourhood as you go for your daily exercise.

### Update your playlist

Listen to some new music.

### Scrapbook

Start a scrapbook or journal.

### Learn a new instrument

Try the ukelele or a guitar if you have one or learn to read music.

### Creative mind

Write a song, poem, or short story.

### Decorate your room

Decorate a pinboard with postcards, pictures, and notes and hang it in your room.

### Write for the web

Write an online article or create a web page.

### Touch type

Learn to touch type, see how fast you can go!

### Grow some veggies

Cultivate your garden! Try lettuce, tomatoes and carrots.

### Water gun fun

Have a water gun fight!

### Sketch your pet

See if you can get your pet to sit still for long enough to sketch them. Use lots of shading to help get the shadows and the texture correct. <https://www.liveabout.com/easy-dog-sketching-tutorial-1123312>

### Help plan the next family holiday

Research the best place to go, do and see things!

### Map your house

Map your house in Minecraft Education Edition.

### Make a new habit

Think of one habit you wish you did more of and try to do it for a week.

### Show your gratitude

Start a gratitude journal and each day reflect on something you are grateful for.

### Learn how to knit

Follow a pattern and see how many types of stitches you can make.

### Friendship bracelets

Use embroidery thread or yarn to plait, knot or braid a colourful bracelet.

<https://www.instructables.com/id/how-to-make-a-friendship-bracelet-1/>

### Re-create a famous painting

Re-create a famous painting using what you have at home.

<https://www.pinterest.at/pin/88523948912725326/>

### Newspaper tower

Build a tower using 2 sheets of newspaper and an arm's length of masking tape. Who can build the tallest tower?

### Nature suncatcher

Collect leaves and flowers and lay them out in geometrical designs between two pieces of clear contact paper to create a suncatcher. Make a border out of coloured paper or old magazine pages.

### Heart hand warmers

Using spare fabric, cut two heart-shaped pieces about the size of your hand. Stack them and sew them securely together leaving a small edge. Just before you have sewn it all the way around, fill the heart with rice (using a funnel makes this easier) and then finish sewing together. These can be heated in the microwave for 30 seconds to carry in your pocket on a cold day and would make a lovely gift.

### Make a candle

Use soy wax in small jars to make candles. <https://www.instructables.com/id/DIY-Candles/>

### Become an entrepreneur

Enrol in an online course and start dreaming up business ideas.

<http://www.jumpstartproject.com.au/>

### What's in your backyard

Jump on the Landcare Australia website and check out the range of activities to do in the backyard. <https://juniorlandcare.org.au/mediarelease/costa-georgiadis-and-junior-landcare-ask-aussie-kids-whats-in-your-backyard/>

### What plants are growing in your yard?

Download the 'PlantSnap' app on your device. Hold it up to any plant in your backyard to find the name of the plant.

### Insect collector

Go on a bug hunt. See how many different species you can find.

### Cat video

If you have a cat take a video of them doing something funny! See if your friends and family can make it go viral.

### Teach a pet a new trick

Can your dog catch? Your cat spin around? Your bird talk? Try to teach your animal a new trick.

### Old fashioned cooking

Try to cook a recipe from your parents' or grandparents' era. Perhaps a Bombe Alaska? Trifle? French onion dip? <https://www.bestrecipes.com.au/entertaining/galleries/old-fashioned-australian-recipes/xjq8r06t>

### Tie dying

Tie dye a t-shirt. See how many colours you can combine on one shirt.  
<https://www.instructables.com/id/How-to-tie-dye-an-old-white-shirt-or-a-new-shirt/>  
Good tie dye link: <https://www.youtube.com/watch?v=YW5EVCbR73w>

### Blown art eggs

Blow out the inside of eggs and decorate their shells for Easter presents.  
<https://www.wikihow.com/Blow-Out-Eggs>

### Galaxy art eggs

Paint your eggs so they look like the Milky Way galaxy.  
<https://www.youtube.com/watch?v=QBjRQVkJP0w>

### Slime making

Experiment with different ways you can make slime – corn starch? soap flakes? Borax?  
<https://littlebinsforlittlehands.com/homemade-slime-recipe/>

### Paint your room

Make a feature wall in your room. Make sure you get permission first!

### Invade the garage

What tools are in your garage? Can you make a piece of furniture using some of the tools?  
<https://www.thesawguy.com/diy-projects-for-teenagers/>

### Get out in the garden

Trim the hedges, mow the lawn or do the edges.

### BBQ time

Host a family BBQ in the backyard. Prepare the food and cook the BBQ.

### Café time

Set up a pretend café for your family, include menus and freshly brewed coffee and snacks.

### Design a new clapping game

Video yourself and the actions for the clapping game. Send the instructions to your friends and see if they can join in.

### Learn how to code

Try to learn html or javascript. <https://html.com/>

### Pop-art portrait

Inspired by Andy Warhol, print a black and white photo of yourself or someone else. Place a piece of paper over it and trace the lines you see with black marker, then colour it in using 3 colours of your choice. If you use a small image, you can fit 4 different colour combinations on a single page for effect.

### Host a high tea party

Bake scones and serve with cucumber sandwiches for the family.

### Compile a recipe book

Find all your family's favourite recipes and publish a recipe book for them all.

### Make a beauty salon

Offer facials, massages and nail services.

### Bath bomb making

1 1/2 cups bicarbonate of soda, 1/2 cup citric acid powder (use fine grade, available from chemists), sieve potpourri or use herbal teabags such as chamomile, lemon, rosehip or peppermint, an essential oil such as peppermint, lavender, geranium, sweet almond oil (from chemists), food colouring, rubber gloves, moulds from craft shops.

<https://diyprojectsforteens.com/diy-bath-bombs-recipe/>

### Make some new music

Use garage band or Incredibox or any other online music making program to create some new music. Start with a beat and a bassline then add some layers. Keep your tune funky and singable. Try adding some lyrics too.

### Old recipe, new twist

Make a classic old recipe but add a new twist. It could be sweet or savoury. Think of today's food combinations of sweet and sour and get creative.

### Pen pal

Write letters to a new friend. It could be someone overseas or local.

### Wellbeing

Think of your favourite things to do to relax and unwind. Write an online post about your top tips for kids your age.

### Secret messages

Write some letters that are only discoverable by adding lemon juice. You could set up a whodunnit with a family member and give them cryptic clues that lead them to the answer.

<https://www.kidzworld.com/article/3844-making-invisible-ink-appear>

### Repurpose

Think of things around the house that could be repurposed. Can you make new flowerpots, pencil cases, makeup containers, soap dispensers, lamp shades from recycled materials?

### Hair challenge

Learn to braid hair.

### Movie challenge

Do a video project. Film yourself in character having a conversation then send it to a friend/family member and have them film themselves as the other person replying to you. Go back and forth until you reach a conclusion. Create a poster for your movie. Use Lego characters or other small toys, make a stop motion movie (download the Stop Motion Studio app to your phone or iPad).

### Sketch your dream red carpet look

Write and perform your Oscar winning speech. Can you perform or film a snippet of your 'movie' that they play as the Oscar winning moment just before they announce you as the winner and you give your speech?

### Photography challenge

Take some artistic photos in black and white around the house. Play around with filters and see what you can create. You could use a phone or learn how to use the proper camera (if you have one).

### Documentary drama

Interview a family member about when they were at school. Create a play about one of their stories that you (and you can cast other members of your family in the script) then act out for your family.

### Reviewer

Imagine you are a movie or book reviewer. Review your movie/book as if it were being broadcast on the ABC. You can do it twice - once as if you loved it and the other time as if you hated it.

### Letter of admiration

Think of someone you really admire. Write them a letter to tell them how they've inspired you.

### Create an alien world

Think of the world you'd like to live in. Create a planet's name, its animals, species, flora, environment. Design a world map and encyclopedia of information about this world.

### Board game showdown

Play every single board game in the house. Can you rate them? Write a fake amazon review for each one.

### Do a fitness challenge

Download fitness apps to your phone and complete a 30-day fitness challenge.

### Help around the house

Mow the lawn, vacuum the floor, wash the windows

### Ride a bike

Go for a ride in your street, neighbourhood. Do laps of your street or make a new circuit and time yourself.

### Force 'em back

Play the game force 'em back in the local park with a family member as part of your daily exercise routine. First team to 10 points wins.

[https://esesrecreationproject.weebly.com/uploads/2/4/0/4/24047780/force\\_em\\_backs.pdf](https://esesrecreationproject.weebly.com/uploads/2/4/0/4/24047780/force_em_backs.pdf)

### Indoor hockey

Use some rolled up newspapers as sticks and a ball or scrunched up newspaper to play indoor hockey.

### Learn to juggle

Start with one ball and throw from hand to hand. Introduce more balls as you improve.

### Hacky sack

Use a hacky sack or small ball and keep it in the air via kicking, kneeing or heading. See how many touches you can get before it hits the ground. Play solo or with others in your household.

### Darts

Play a game of darts with family members. Go for the highest score, count down from 501 or play other games. A quick internet search will provide loads of ideas.

### Coordination competition

Try to juggle a tennis ball while dribbling a basketball with the other hand.

### Fitness cards

Get a deck of cards and set Diamonds as Bodyweight squats, Spades as High knees running on the spot, Clubs as Tuck jumps and Hearts as Plank. Take turns in flipping a card then perform that exercise for the set amount e.g. 8 of Diamonds will be 8 Bodyweight squats.

### Racquet tapping

Use a tennis racquet to keep a tennis ball up as many times as possible. Challenge by alternating and turning the racquet over for each tap. Combine this with tapping the ball at the ground.

### Ball handling drill

Sit on a seat and dribble a basketball underneath your legs without looking down.

### Boccia

Play a game of Boccia in the backyard with family members. You could even play inside with modified equipment such as stuffed toys. <https://www.sports.org.au/boccia>

### Football /soccer ball juggling

Using a round ball, see how many times you can kick it and keep in the air before it hits the ground.

### Dance

Dance around lounge room to your favourite song. Create a dance and teach family members. Learn some new moves. Try using online resources such as Just dance.