

South Family Wellbeing Centres Summer Timetable

The summer timetable will be delivered in line with government guidelines, alert levels and the local R rate.

	Monday Virtual	Tuesday Virtual	Wednesday Virtual	Thursday Virtual	Friday Virtual
Week 1 03/08/2020- 07/08/2020	Sefton FWB Facebook Arts & Crafts Session Families	Sefton FWB Facebook Weaning 6 Months Plus	 Relax Kids 5-10 years	Outdoor Games & Activities 5-12 years	Sefton FWB Facebook Cooking on a Budget Families
Week 2 10/08/2020- 14/08/2020	Sefton FWB Facebook Arts & Crafts 0-11 years	Sefton FWB Facebook Weaning 6 Months Plus	Sefton FWB Facebook Family Quiz	Messy Play 0-5 years	Sefton FWB Facebook Family Baking
Week 3 17/08/2020- 21/08/2020	Sefton FWB Facebook Arts & Crafts Families	Sefton FWB Facebook Finger Food & Fussy Eaters 10 Months Plus	 Relax Kids 4-8 years	Den Making Families	Sefton FWB Facebook Cooking on a Budget Families
Week 4 24/08/2020- 28/08/2020	Sefton FWB Facebook Arts & Crafts Families	Sefton FWB Facebook Finger Food & Fussy Eaters 10 Months Plus	Sefton FWB Facebook Family Quiz Families	Bug Hunt/Bug Hotel Families	Sefton FWB Facebook Family Baking Families



	Activity	Intervention	Description	Age Range	Resources
Week 1	Arts & Crafts	Encourage Speech and Language as the family talk about what they are making and planting	Tin can planters Decorate empty tin cans and plant some flowers	Whole family	Empty tinned cans Paint Glitter Compost Flowers
	Weaning		An introduction to stage one weaning. How to start and demonstration of quick and simple recipe ideas	6 months plus	
	Relax Kids	Encourage children to use techniques to manage their emotional and mental health	A programme that helps children become resilient and gives them the tools and techniques to manage their emotional and mental health wellbeing through mindfulness and relaxation.	5 years – 10 years	Scary Monster Programme Mats
	Outdoor Activities	Encourage Speech and Language, Maths and Understanding of the World as well as physical development through outdoor play	Nature Tic Tac Toe & Obstacle Course & Skittles using recycled bottles	5 years – 12 years	Leaves/Flowers Sticks Cones Hoops Bean Bags Recycled Bottles Ball
	Cooking on a Budget		Simple and quick recipe ideas using store	Whole Family	



			cupboard and freezer staples.		
Week 2	Arts & Crafts	Promote Speech and Language as children and families discuss what they are doing	Making our own Rainbow Fish, with materials and fabrics from around the house	Birth-11 years	Coloured Card- Fish Template Googly Eyes Collage Materials
	Weaning		Stage 2 weaning. Moving on to lumpier textures. Advice and practical information on how to introduce lumpier food. Demonstration of simple meal ideas.	6 months plus	
	Family Quiz	Promote Speech and Language and Literacy development	A fun and exciting Family Quiz on all things Nursery Rhymes and Stories	Whole Family	
	Messy Play	Promote Speech and Language, Expressive Arts and Design and PSED as they feel the different textures	Sensory Messy Play including Shaving Foam play and Moon Sand with Baby Conditioner	Birth – 5 Years	Shaving Foam Cornflour Baby Conditioner
	Family Baking	Encourage Speech and Language and Maths development whilst enjoying the baking activity	A fun opportunity to learn how to make Butterfly Cupcakes	Whole Family	Flour Sugar Eggs Butter Baking Powder Icing Sugar
	Arts & Crafts	Encourage Maths and Speech and Language as the family make their bracelets	Pasta Friendship Bracelets	Whole Family	Pasta String Glue Glitter Paint



Week 3	Weaning		Finger Foods. Demonstration of simple recipes for finger food ideas.	10 months plus	
	Relax Kids	Encourage children to use techniques to manage their emotional and mental health.	A programme that helps children become resilient and gives them the tools and techniques to manage their emotional and mental health wellbeing through mindfulness and relaxation.	4 years – 8 years	
	Den Making	Encourage Speech and Language and Understanding of the World as the family get creative making their own dens at home	Using a selection of different resources to construct and build.	Whole family	Cushions Blankets Curtains Torches Pegs Ribbon/String
	Cooking on a Budget		Simple and quick recipe ideas using store cupboard and freezer staples.	Whole Family	
	Arts & Crafts	Encourage Speech and Language and animal recognition as children enjoy making their pictures	Making Pictures with Fruit and Shadow Drawing with Animals	Whole family	Variety of Fruit Paint Paint Brushes Small World Animals Paper Felt Tips
	Weaning		Fussy eaters. How to deal with fussy eating in children with recipe ideas and demonstration of simple recipe ideas.	10 months plus	



Week 4	Family Quiz	Encourage Speech and Language and Understanding of the World as the children enjoy the Quiz and Hunt.	A fun and exciting Family Quiz, including a scavenger hunt around the house	Whole Family	
	Bug Hunt/Hotel	Encourage Speech and Language, Maths, Understanding of the World and Personal, Social and Emotional Development as the family work together to make a bug hotel.	A fun way to make your own Bug Hotel with items from your garden and local park	Whole Family	Sticks Tape Glue Grass
	Family Baking	Promote Speech and Language and Maths as we show the children and family how to make a lolly-ice at home	A fun way to learn how to make lolly-ices, perfect for a hot summer's day	Whole Family	Yogurt Frozen Fruit