



Home Vacation

By Kerrie Marshall
www.brainasize.com

A resource booklet of ideas and thoughts for families





So you are having a home vacation
Let's make it fun!

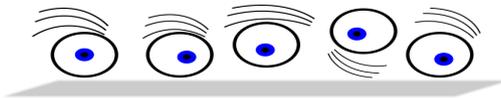
You have got
Everyone is part of the
team!
Ma is here to help!

This booklet has been put together by Kerrie Marshall to
save your sanity!

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Literacy tutor
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First there needs to be a family meeting. Everyone, no matter how old or how young needs to have their say. Some members of the family might be feeling scared, overwhelmed or just angry at being isolated. Younger ones or elderly may not understand.

Keep the meeting calm and explain how it is important to work as a team, so the time will be fun, adventurous and a time to use everyone's strengths to make it work. Most of all let all the family know this is no ones fault and it will soon pass if you make it an adventure.



By this stage most teens will be rolling their eyes and saying “whatever”. lol

The best way to help teens is to give them some responsibility especially in areas they are most likely to enjoy. I found asking them which of the responsibilities would they like to be in charge of worked, especially with chores or family activities. ‘These are the things needing doing before lunch, which one can I give you to do?’ Ie dishes or vacuuming. (preferably just 2 choices).

Time frame to do it and choice of chores.

They may like to set up an activity rather than be involved in it. Most times if people set it up, they will eventually join in. Remember praise for a job well done goes a long way.

As a parent or carer, be prepared to join in. Playing is fun and helps bond a family. So many people have now forgotten the fun of playing together sans IT.

Focus on the positives, show gratitude for spontaneous actions and work as a team.

If you live alone, or as the only adult in the house, remember to praise yourself for a job well done



Let's work on positive thoughts

Games and Competitions

Activity circuits

Cooking

Planning

Literacy and numeracy fun

Story writing competition

Joke night

Write a play and perform

Body percussion fun

Board games

Craft

Painted Rocks

Create a herb garden

Toy and clothes clean out

One cupboard at a time

Theme a day

Plan a very merry unbirthday

Learn something new

Mind games

Word of the day

Camping in the back yard

Making a cubby

Having high tea

Pamper sessions

Bubbles or water balloons in the backyard

Emergency kit

Board games suggestions

Colours of the earth

Mancala

Draughts

Pack of cards

Craft Items

Coloured pens

Rocks or shells

Pastels

A4 Paper

Large sheets of paper

Coloured paper

Cardboard

Used birthday and Christmas Cards

Old Magazines

Spray Lacquer if painting rocks

Relaxation colouring in books

Garden

Pots

Potting mix

Seeds or plants

Odds and Sods

Hula hoops

Straws

Plastic counters

Water Balloons

Bird seed

Small balls

Larger balls

2 old blankets

Small cups and saucers

Tea pot

plates

Bubbles



Literacy and numeracy fun

If your children are off school for a while there are some important things to consider. It is important to keep them in a routine and remind them this is not just a holiday. If you don't have children, this is a time that can be set aside for exercising the brain and keeping motivated.

Try and start each day at the same time, getting dressed, having breakfast and sitting down with school work or brain stimulation. As a past home schooling mum, I can't stress how important this is. No wandering aimlessly, no TV, just get in and get it done. 9–12 is probably long enough for primary. 9 –2 for secondary. No distractions should be in the study space until everyone has finished. It is no good having the TV blaring while someone is still working. Team work will ensure all tasks are done on time.

If you don't have access to a school program then you need to be creative. If you are caring for primary children, there are a lot of work sheets grade by grade on the web site plus helpful hints of what the curriculum involves. <https://www.qcaa.qld.edu.au>

Exercise

This is so important for mind and health. Make sure everyone gets daily exercise and we have so many options.

Youtube is amazing for exercise classes. Learn Tai Chi . Learn to breathe for health, keep the body flexible and calm the mind. Great for everyone.

Ball games, hop scotch, skipping, hula hoop, juggling, circuits (see page 6), crawling , egg and spoon races, wheel barrow races, water balloon challenges.

Other activities

Story writing, Cartooning to tell a story, Maths Quizzes, Reading out loud, Play Writing and performing for the family. Be available to help where needed but try to instil a love of learning and being an independent learner. School work is a priority and nothing happens until this task is done. When we were home schooling, we set the tasks for the next day in the evening along with the children. Once they got the hang of it, ours would get up early and start without being told, so they didn't miss out on anything better planned for the day.

Everyone in the house should have a turn at researching and finding a new word for the day.

Present it in context and use it as much as possible throughout the day.

Eg: Paradiddle: *noun Music* one of the basic patterns (rudiments) of drumming, consisting of four even strokes played in the order 'left right left left' or 'right left right right'.

'The drummer used a paradiddle sequence to jazz up the music.'

Learn a new fact and write about it.

These can also be conversation starters or talks over afternoon tea or on the phone to a friend.

For some it could be a good time to write a letter to a friend or Grandparent. How excited a grandparent would be to get a letter. Or write to a nursing home and talk about the fun things you are doing in your home.

There are literacy tips on the website if you are helping someone who is a bit challenged.

Everyone loves competition

Board games

Colours of the Earth is a great game for all families to have as it has nine possible scenarios. Some of the games can be played solo as well as those who want to play together. The games are fun, challenging and have optional extras online.

Go to the website www.brainasize.com to purchase and it will be posted the next day.

Mancala is another great game if you are looking for something different

Draughts

Cards

Physical Games:

Smarty Pants: Each contestant is given a straw and a plastic bowl with 6 smarties or counters in.

A second bowl is placed at a determined distance away from the contestant. The contestant must pick up the smartie/counter by sucking it up on to the end of the straw and transferring to the 2nd bowl. The first to transfer all six smarties/counters wins.

The cracker bite: Balance a rice cracker or like on your forehead. Hands behind back and move the biscuit down your face to your mouth. First one to take a bite. This will slow down the biscuit consumption. Any small round biscuit can be used

Hula hoop toss. Use the hula hoops for free play or for tossing over an object as a competition. Throw juggling bags into the hoops . 10

Hop scotch: . 9

Draw a traditional hopscotch diagram

Throw a small stone, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. 8 7

Hop on one foot into the second empty square, Be sure to hop over the one your marker is on or you will lose a turn. 6

At the pairs (4-5 and 7-8), jump with both feet. 5 4

At 10, hop with both feet, turn around, and head back toward the start.

When you reach the marked square again, pick up the marker -- still on one foot! -- and complete the course. 3

If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number. 2

If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins. 1

Ball dexterity:

Draw a circle on a concrete pad. Each person has to bounce a ball in the circle as many times as they can with out getting it out side the circle.

Create a circuit:

Older children can help set up a circuit of any of these activities, where they each go from one activity to the next, leaving an activity when a timer goes off. See page 6

If you have off cuts and a man shed older children might be able to create a toy for a younger child preferably with permission and supervision using hand tools.

Activity circuits

These are fun and can be set up by older siblings, carers or even younger children. Even for someone living on their own it can brighten the day.

If you have a back yard or a large space you can set up several activities and participants move on as a specified time. It can even be inside if the activities are not too physical. Each group can decide how long they will spend at an activity and what signal they will have to move on.

Out-side circuits can consist of a ball activity, then maybe skipping, move to hula hoop, etc etc. Crawling under a table is also a very good activity for the brain. The circuit can be as small or as elaborate as the person setting it up.

Inside circuits could involve, a jigsaw puzzle, a colouring in, a story to write, a computer activity, rock painting, listening to a story, doing dishes, making cookies. Someone may get stuck with putting the rubbish out or washing some of the dishes, unpacking the dishwasher, vacuuming. So many possibilities, but making it fun.

It is always interesting to see the finished product when someone starts a colouring in or writing a story and a new participant takes over especially if the ages are different.

When confined these activities should involve everyone so everyone is getting the benefits of fun, laughter, fresh air and novelty. Our health is much improved by all these energies.

Television and computer time

Today's generation love their TV and Computer time and this should be added to the daily itinerary if it is important in your household. My advice is to restrict the time to a sensible amount and not have TV on all day as background. There is enough stress at the moment without subjecting people to more with news broadcasts, violent movies and games and the nastiness on some of the "reality" shows. At a team meeting, a sensible schedule can be decided with everyone having a say.

Free time and unwind time is important too. All these activities I have suggested should only take up part of the day as long as everyone gets to work, exercise, play and rest every day.

It is not the role of parents or carers to entertain all day. Young people need to take responsibility in case the parents need their own down time or become ill them selves. I cant stress enough "this everybody's responsibility".

It is important to keep the body and mind healthy with good food, (including treats), exercise and brain gym.

Keeping in touch

It is important to keep in touch with the out side world especially if you are alone from peers. This includes older people and parents, especially single parents. Chat to friends on the phone, use social media but try not to become part of the drama. Delete negative comments and monitor children.

Write a letter to a friend or family, make sure you chat to someone of your own age group or social peer every day.

If you live along sing loudly and exercise your voice. Keep those throat muscles working.

Cooking Ideas and hints

This is a time to be resourceful, to work as a team and learn how people survived in much tougher times than today. Since world war two we have lived through very privileged times and a lot of younger people have never had to go without therefore need help to become creative in the kitchen. Thankyou for those who are concerned for the elderly, but for those of us who are not frail, we have very good coping skills. Hopefully you will find things on these next two pages helpful.

In a crisis everyone in the house must share the load including feeding everyone. It is a great time to renew forgotten skills or learn new ones. Learning something new is not only good for the brain but good for morale.

If you are gluten and dairy free I have a wonderful family friendly cookbook with over 200 recipes, ideas for parties, snacks and school lunches on the website. It is \$10 to download or \$20 for a subscription which includes the book as well as lots of continuous updates. The recipes can also be adapted for non-gluten free recipes as they mostly quote milk/flour of choice

First to answer some questions I have seen pop up on facebook.

No self raising flour? Use 1 cup plain flour with two level teaspoons baking powder.

Brown rice simmered for 45 mins gives a nice nutty alternative to white rice.

Mix flours to make enough. Adding flours like almond meal, rice flour etc for muffins will need an extra boost of baking powder (1 tspn per cup)

1 tablespoon of golden syrup will replace an egg in a cake

Cut back on sugar by adding cinnamon, sultanas, stewed dates or cooked and mashed apple or banana.

Use milk powder and equivalent water or soda water for scones and pikelets if you are short of fresh milk

Keep small amounts of bacon in freezer for emergencies. It flavours so many things.

No Bread. Savoury Scones, pumpkin scones, sweet scones, pikelets or pancakes, waffles (if you have a waffle maker,) damper,

Cheap and Easy rissoles: These can be cooked and frozen for hamburgers. Kids can make these with some help from older siblings or parents. Add your own flavours and experiment.

1/2 kilo any mince, 1/2 cup oats (quinoa flakes or Psyllium for GF) 1 onion, 1 grated carrot, 1 grated zucchini, 1 egg, (opt). 1 tablespoon sauce of choice Salt and Pepper.

Bacon, cheese and zucchini fritters. 2 rashers bacon chopped, 1 shallot or 1/2 an onion chopped. 1 large zucchini grated, 1 large sweet potato or 2 white potatoes grated, 1 cup self raising flour, 1/2 cup grated cheese (optional), 2 eggs, milk to mix to a thick batter (about 1/2 cup). Salt and pepper. Fry in small lots.

Fish fritters. Any cooked fish. Tinned, smoked or fresh cooked. A pot of mixed mash. What ever you can get. Pumpkin, potato, sweet potato, parsnip, carrot. Clean the fridge and make a mash. Depending on the size of your mash use about 1/2 cup fish to cup of mash. Cooked peas and corn or other greens. You can use semi dried tomatoes, artichokes or capsicum if you have them in the cupboard. 2 tablespoons fresh herbs or 1 teaspoons dried herbs of choice. 1 egg, Salt and pepper. Mix all together. Form into cakes and fry in a little oil. Serve with greens, salad or sauerkraut.

Corn fritters are a great favourite too. This and more recipes in my book.

Soup is a great stretcher. Make plenty for a small price. Blend and pour over pasta for little ones or break bread into the soup to make it easier and more child friendly.

1 Turkey leg, 1/2 cup lentils and a selection of veges makes a huge pot. Swap the veges for chicken with bone in (legs, Maryland, whole chook.....) Simmer until meat falls off the bone. Lift out the chicken or turkey, blend, whizz or mash the stock, flake the meat and add back to to soup. Season to taste. Perfect if anyone is unwell.

Tomato and lentil soup, mushroom and leek, pea and ham hock, pumpkin and sweet potato, chicken and corn. Heaps of recipes in my cookbook for gluten free or not.

Potato and sweet potato wedges. Dry, peel and cut potatoes into wedges. Place in a bowl with a little oil, mix Cajun seasoning or curry powder with salt, paprika and dried parsley. Coat the wedges with the oil and seasoning. Bake on a tray lined with baking paper for about 30—40 mins or until cooked (depending on the size). Great as dippers for poached/boiled/fried eggs, for snacks, with soup or as a side dish.

More cooking ideas

Leftovers:

Its is hard to find ideas for left overs when there is not enough to feed the every one.

Cold meat, left over chicken or fish makes a great curry. Just add a few vegetables, pop over rice and you are done.

Left over chicken or tuna, make great rice paper rolls.

Left over rice can be quickly made into a dessert by adding milk (any type), vanilla, nutmeg, sugar and raisins and thickening with some custard powder mixed first in a little cold milk.

Stale bread makes a delicious bread and butter pudding

Stale cake soaked in sherry/port/wine/ginger beer makes a great simple trifle by adding some cooked fruit and custard. Chill and serve.

Not much cabbage left. Try frying it with a grated green apple and a little ginger. A fabulous accompaniment to pork.

Changing old ideas and habits:

Breakfast is not always about cereal and toast. We eat what ever is in the fridge. There is nothing wrong with a bowl of that awesome chicken soup for breakfast and a brilliant immune boost to the day.

Buy a bag of odd sized green apples or pears, peel , slice and stew in a little water until soft. Great for breakfast with cereal, or for a dessert with icecream or yoghurt

Rice pudding is a great dessert. I love a few sultanas thrown in mine and the left overs for breakfast.

If there is a food you don't like and its plentiful, find a way to like it. I don't like egg plant, but by replacing a pasta layer in lasagne I am happy to eat it. Same with boiled Brussel sprouts , but sliced in a stir fry and I happily eat it up.

Add tinned black beans or lentils to make mince go further.

Snacks

See my recipe book for more ideas. Rusks for all ages (Cut old bread into fingers, spread with a wee bit of Vegemite for flavour and a sprinkle of cheese (opt) bake in a warm but not hot oven and til dry and crispy.) Great with soup or in school lunches.

Chop fruit into small pieces. Kids will eat these quicker than whole fruit with no waste. Carrot sticks, cherry tomatoes. Easy finger food. Grilled cheese on toast cut into fingers, Pastry spread with vegemite and cheese or tomato paste and cheese and rolled can be made into pin wheels. Can also melt butter, cinnamon and sugar together. Spread over pastry for a sweet pin wheel.

Help the kids make biscuits. popcorn. bliss balls . Home made biscuits are more filling and satisfying and add an activity for house bound kids.

Remember it is important to balance exercise with eating so Corona Virus doesn't add to the obesity crisis in Australia.

More fun ideas

Craft: What can we make?

Juggling balls to juggle out of balloons and wheat or bird seed. Juggling is great brain gym.

Cards. These could be happy cards sent to nursing homes, grand parents or aunts and uncles. Even pop one in a neighbours letter box.

Paint some rocks or shells and drop them around the neighbourhood.

Make some paper characters or puppets and write a play for them

Draw your own colouring in picture , then colour it.

Down load a colouring in of something you really like

Google origami and learn to fold some amazing creations

Put your favourite music on and dance like no one is looking

Create a comic book. joke book or a story with pictures and words. You might like to create one for someone else so be age appropriate

Try you tubing body percussion and learn some great patterns

Prepare a garden bed to plant healing healthy herbs. Research the ones you want and make it a project. Find out all their properties, how to dry them, how to make delicious oils and more.

Camp in the back yard, or make a cubby under the table

Plan a high tea and invite the rest of the family. Plan the menu from the stock in your cupboard, decorate invitations, set the table with an amazing centre piece

Plan a very merry unbirthday or themed lunch or dinner, with party games for everyone.

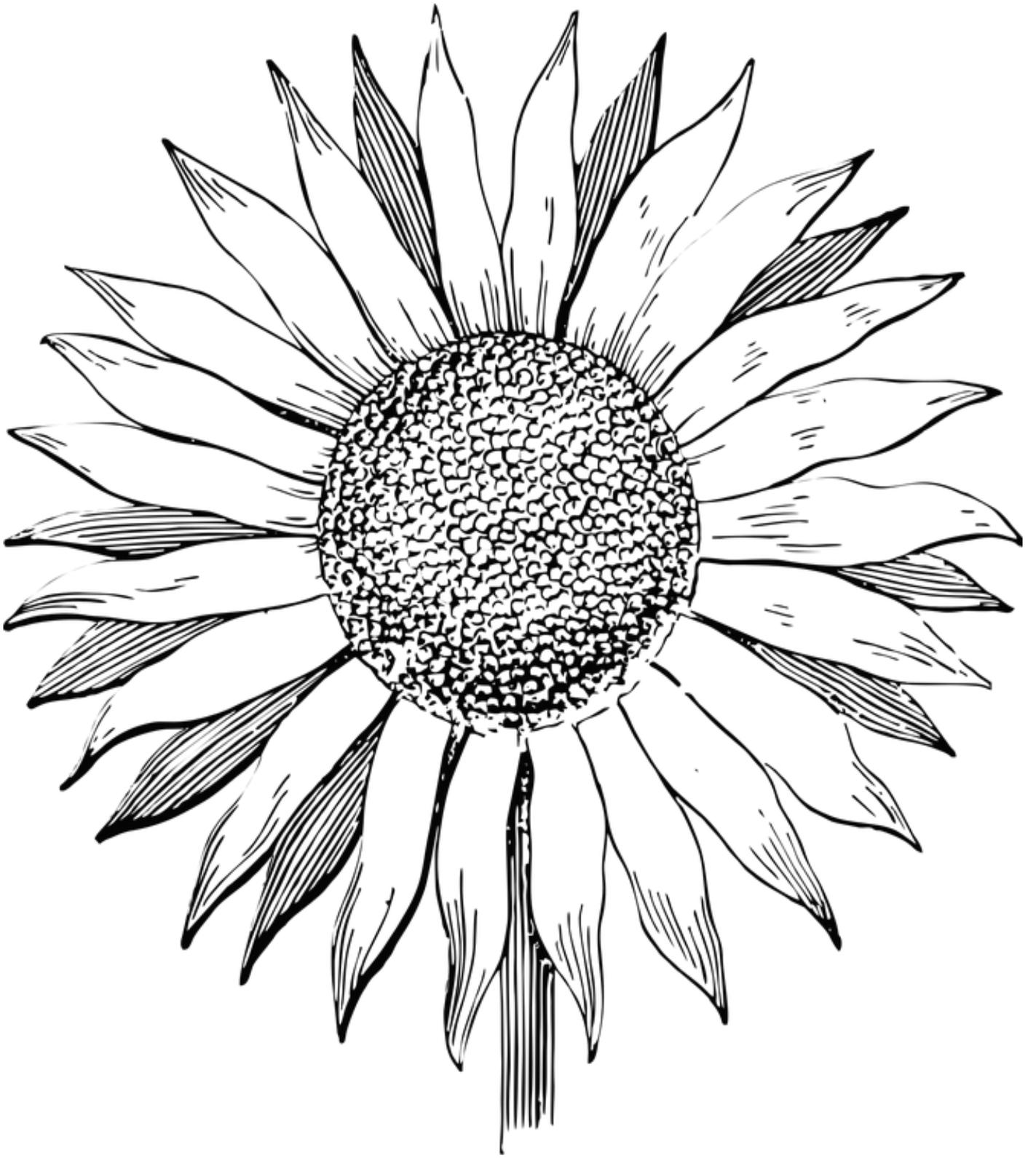
Plan to pamper a carer or each other depending on age. A nice massage. Paint the toe nails, brush the hair one hundred times, cool the eyes with cucumber slices and massage the feet. For girls , brush and do each others hair.

Plan a movie night with popcorn and home made snacks

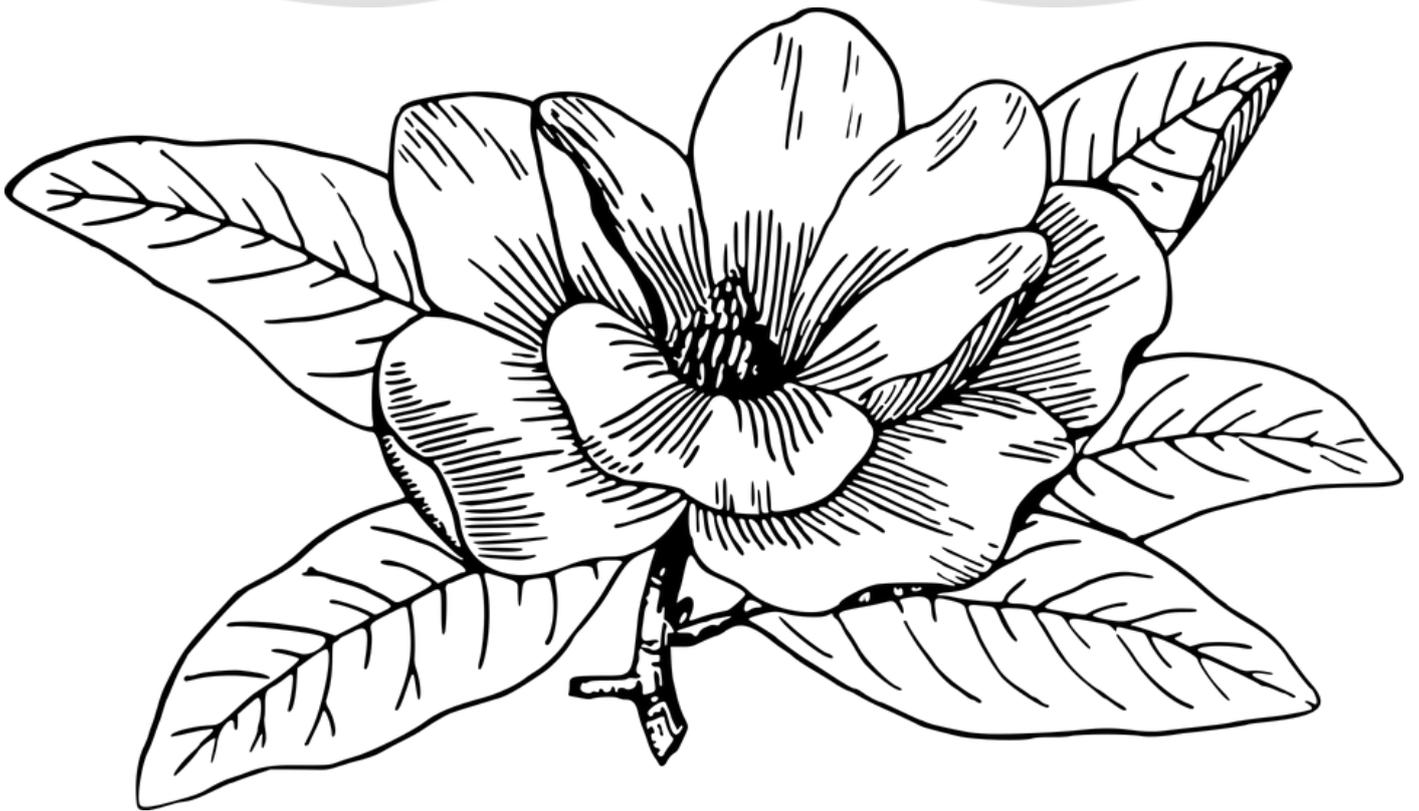
Write a play and include all members of your team. Perform it together as an activity.

Organise a concert with your team, everyone bringing an act of their choice.

Have lively conversations and create memory games.



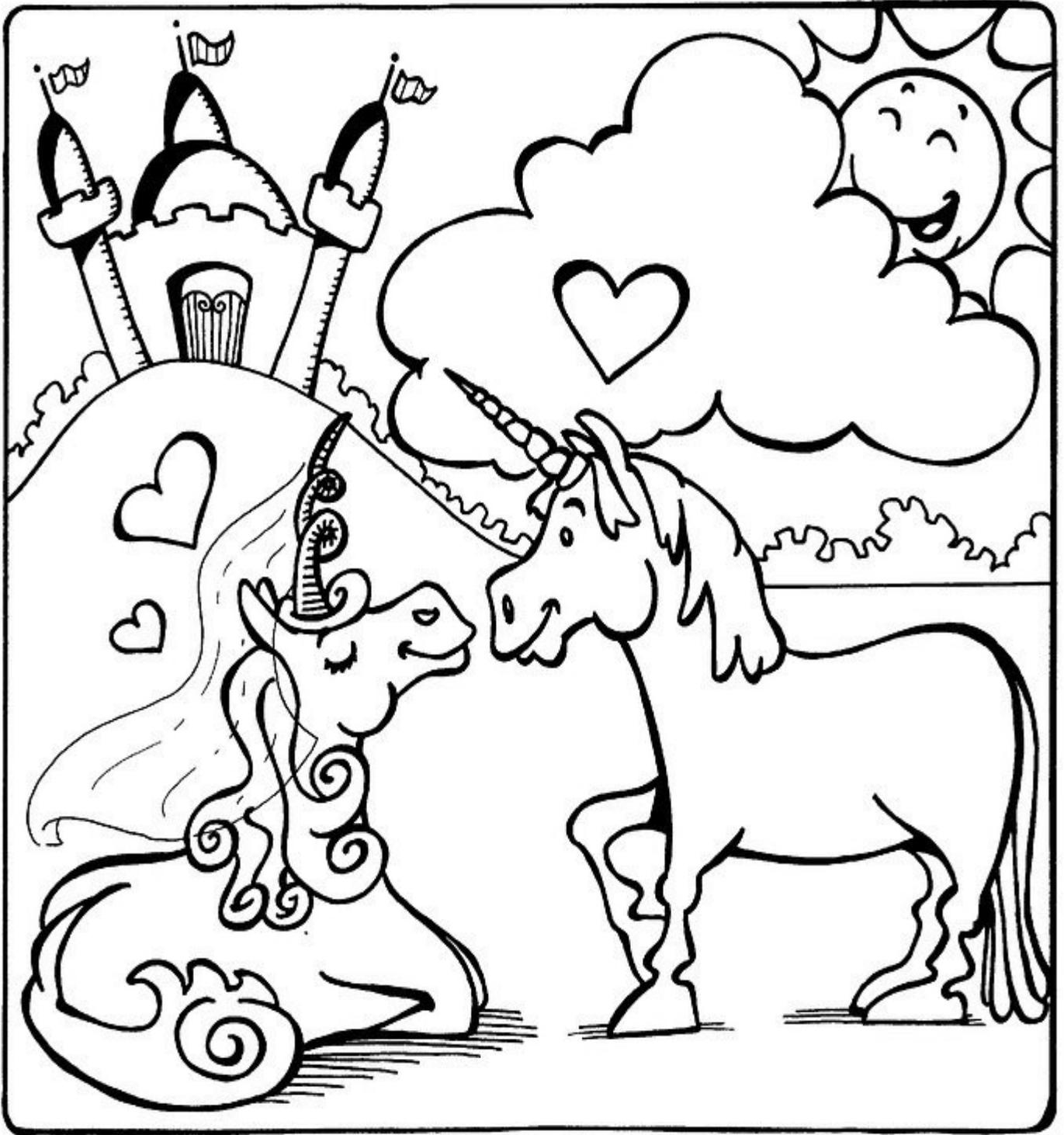
Breathe in the
Sunshine



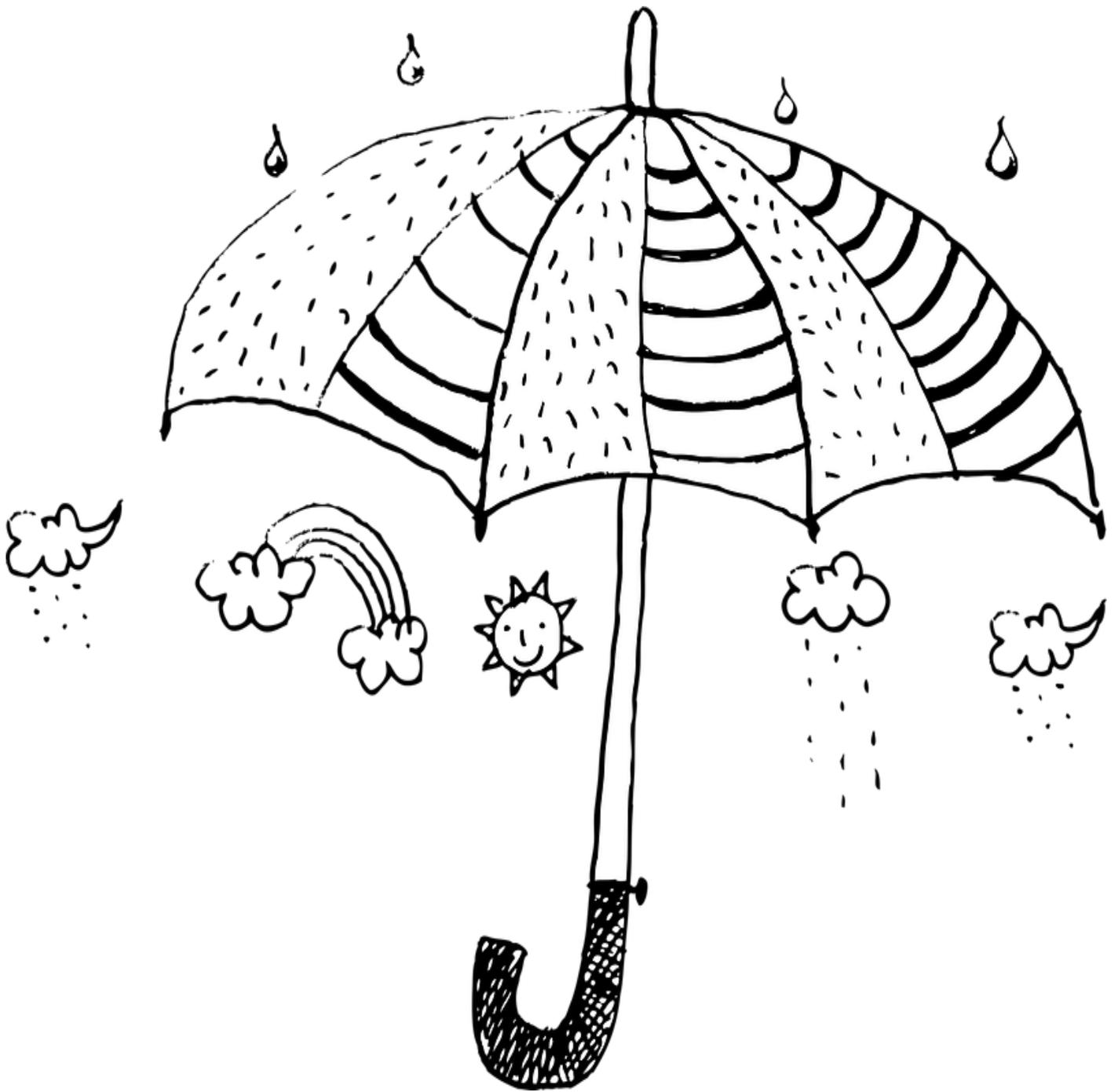
Meditate



Gratitude



Believe in the
Magic



Be your own
Rainbow

The End

The positives of our crazy world right now include:

Learning to reconnect with loved ones
The recovery of the environment with less pollution
A time to learn new ways of doing things
Reconnecting older forgotten skills
A time to breathe

May you all find time for yourselves, care for yourselves and care for others.

This publication is created with love and healing to all those who use it.

More information can be found on our web site
www.brainasize.com

