Switch off…and switch on! Summer Edition

Here comes the sun…

'Switch off and switch on!' for the Summer

The summer is an amazing opportunity to step away from screens, get busy outdoors and get to know the local area. Money doesn't grow on trees, so we have shared lots of activities that are completely FREE!

July 22nd	**World Brain Day**

Playing games is a brilliant way to exercise your brain. It doesn't have to cost anything and the whole family can get involved. Play boardgames, complete a jigsaw (charity shops often have these in stock) or try one of the ideas below. You can find the rules online:

- Charades. Instead of acting out the title, you could try drawing it
- Alphabet game (decide on a category and name something in that category for each letter of the alphabet)
- Twenty questions – one person thinks of an object or person: the others have twenty questions between them to help guess. The questions can only be answered yes or no.

July 30th	**International Day of Friendship**

Get in touch with a friend. This could be a friend from school or a friend you haven't seen for a while. You could call them, send them a picture or write a note.

August 12th	**Perseids**

This is the best night to look out for the Perseid meteorite showers. You will need to be away from light pollution and have a lot of patience, but it will be worth it!

Other Ideas

Picnic

Keep it simple – a sandwich or leftovers is so much more exciting in the fresh air. Take a blanket and enjoy! Here are some more simple food ideas to try (most of them can be made at home):

soup salad quiche scones fruit skewers

hot dogs in a flask with bread rolls dips with breadsticks or carrots

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pasta salad pastries wraps cookies

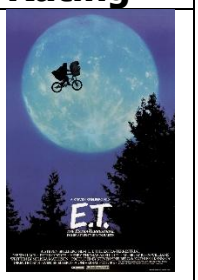
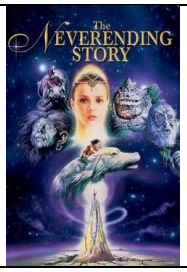
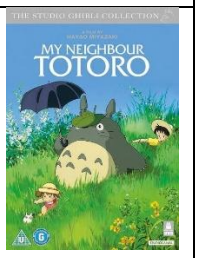
Preparing for September

Encourage your child to switch off and relax over the summer as much as you can. When they are ready, talking to them about going back to school will reassure them and help them to feel excited about their return. Here are some themes you could talk about:

- What are you looking forward to when you go back to school?
- Are you worried about anything?
- Is there anything that you would like to know more about?
- What will you tell your friends or teachers about your summer?

Home movie night

The summer is a great time to catch up on some classics. Here are some classic movie recommendations:

Title	Rating	Title	Rating
Mary Poppins (if you enjoy this, check out the sequel) Rating: PG		ET Rating: PG	
Neverending Story Rating: PG		My Neighbour Totoro Rating: U	

What did your family think of the film? Did you agree?

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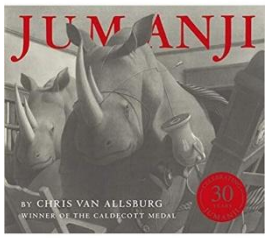
Read the book and watch the film – did you spot any differences? How does the remake of the film compare to the original?

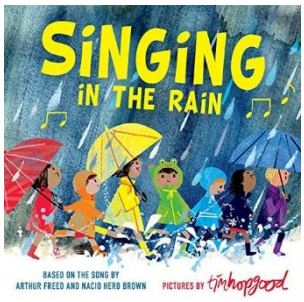
Jumanji



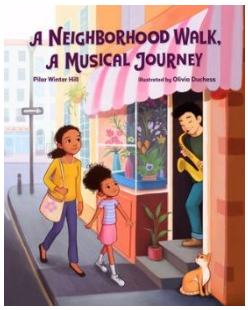
Book Club

Head to the library and take part in the Summer Reading Challenge. The theme is 'read to the beat' so why not read some books with a musical theme?

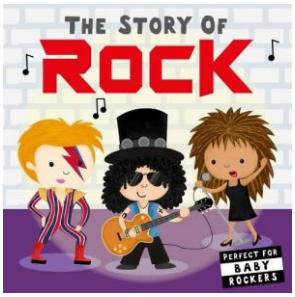
https://salfordcommunityleisure.co.uk/summer-reading-challenge-2026/



Tim Hopgood



Pilar Winter Hill



Caterpillar Books

Playlist:

Title	Artist
Summertime	DJ Jazzy Jeff & the Fresh Prince
School's Out	Alice Cooper
Summer of 69	Bryan Adams
Summer Breeze	Isley Brothers
Good day sunshine	The Beatles
Jammin	Bob Marley

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What's in the Local Area?

See below for some ideas to keep you entertained

Salford Museum & Art Gallery has so much going on from arts and crafts to writing and even making a mini museum!

https://salfordmuseum.com/whats-on/summer-holidays/

Ordsall Hall – step back in time and experience the past or get busy in the garden, including hunting for bugs.

https://ordsallhall.com/whats-on/summer-holidays/

Lowry:

Little imaginations can run wild at the 'Wild Things' exhibition, showing animals in some of your favourite books.

https://www.thelowry.com/wild-things-bp6d

Peel Park has a 'Tree Trail' for you to get active and it is celebrating it's 180th birthday on August 22nd – you are all invited and you might even see some art work from our very own pupils! The fun starts at 11 am and carries on until 3 pm.

https://www.salford.gov.uk/parks-and-open-spaces/salford-parks/peel-park-salford/things-to-see-and-do/

Can you think of any other activities? Please share your ideas!