

To kick off our 2022 Summer Holiday Club ...

# Well-Being Week



# WILD about PLAY



## Summer Holiday Club Programme

July	Friday 22 <sup>nd</sup>	Monday 25 <sup>th</sup>	Tuesday 26 <sup>th</sup>	Wednesday 27 <sup>th</sup>	Thursday 28 <sup>th</sup>	Friday 29 <sup>th</sup>
Open 8am	<b>Emoji Face Painting</b> 	<b>Nature Walk</b> 	<b>Parachute Games</b> 	<b>Lavender Bag Making</b> 	<b>Giant Dot to Dot Art</b> 	<b>Sports Collages</b> 
9:30am			<i>Healthy packed lunch with ice pack for 12pm dinner each day please!</i> 			
12:00pm	<b>Music &amp; Dance Workshop</b> 	<b>Meditation Time</b> 	<b>mental health MATTERS</b> 	<b>Indoor Hockey</b> 	<b>Kid's Yoga</b> 	<b>Park Play Picnic in the park!</b> 
1:00pm					<b>Gymnastics</b> 	
2:30pm	<b>Penalty Shoot Out</b> 	<b>Hungry Caterpillar</b> 		<b>Hand Painting</b> 		
4:00pm	<b>Oral Hygiene</b> 	<b>Balloon Tennis</b> 	<b>The Key Game</b> 	<b>Healthy Eating</b> 	<b>Fast Tag</b> 	<b>Sleeping Lions Wind Down Game</b> 
Close 6pm						

Website: [www.wildaboutplayridgewood.co.uk](http://www.wildaboutplayridgewood.co.uk)



Don't miss out! ...




The booking deadline is Friday 8<sup>th</sup> July

# Summer Holiday Club Programme

## Express Yourself



This week we are going to be focusing on dance, music, instruments, singing, arts and crafts along with free expression & creativity

August	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
Open 8am	<b>"Feel the Beat"</b>  Dance Off	<b>Karaoke Time</b> 	<b>Animation Workshop</b> 	<b>Self Portraits</b> 	<b>Pom-Pom Characters</b> 
9:30am					
12:00pm	<b>Foot Printing Session</b> 	<b>Healthy packed lunch with ice pack for 12pm dinner each day please!</b> 		<b>Game Creations</b> 	<b>Splatter Painting</b> 
1:00pm		<b>Free Painting Fun</b> Printing, marbling, bubbles, you name it - we'll do it! 	<b>African Drumming Time</b> 		
2:30pm	<b>Park Play</b> 		<b>Playground Games</b> 	<b>Jewellery Making</b> 	<b>Hopscotch &amp; Other Games</b> 
4:00pm	<b>Create Your Own Gift Wrap</b> 	<b>British Bulldog Fun</b> 		<b>Dynamic Dens</b> 	
Close 6pm					

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# Summer Holiday Club Programme



## Stay Active



This week the focus will be on having fun whilst staying active. Research shows that children are spending less time being active and more time on technology so we aim to help find something that each child can fall in love with doing that keeps them happy and healthy!

August	Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>
Open 8am	<p>Nature Walk</p>	<p>Kerplunk</p> 	<p>BINGO</p> 	<p>Monopoly Junior</p> 	<p>Sports Injury Body Painting</p> 
9:30am					
12:00pm	<p>12pm Lunch - HEALTHY LUNCH BOX with ICE PACK please!</p>	<p><b><i>DON'T FORGET: Sun hat, cream, coat &amp; lunch box!</i></b></p>		<p>Indoor Hockey</p> 	<p>Circus Skills</p> 
1:00pm		<p>Darts</p> 	<p>Jelly Play</p> <p><b>Top Tip for anxiety:</b> Therapeutic sensory play, using items such as light up toys and therapy balls, can <b>help calm an anxious or restless child</b></p> 		
2:30pm	<p>Yummy Fruit Smoothies</p> <p>Choose from a rainbow selection of fresh fruit!</p> 	<p>Nature Collages</p> 	<p>Air Hockey</p> 	<p>Finger Knitting</p> 	<p>Tennis &amp; Badminton</p> 
4:00pm					
Close 6pm					

Please bring a healthy lunch box, sun hat, cream, waterproof coat & a change of clothes - thank you!



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# Summer Holiday Club Programme

## Multicultural Mayhem

This week we shall be focusing on our communities, the local area and our diverse city of Bristol. Looking at the differences and similarities between children around the globe, we are looking forward to helping the children to understand and accept all cultures.

August	Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Thursday 18 <sup>th</sup>	Friday 19 <sup>th</sup>
Open 8am	Diversity Crafts 	Indian Experience 	Day of The Dead 	Trying out Mexican Foods 	Dressing Up Time 
9:30am				Yummy Snack Treat	
12:00pm	All About Citizenship 	12pm Lunch - HEALTHY LUNCH BOX with ICE PACK please!			
1:00pm		"Hello Friend!"  (Learn to say hello in different languages)	<b>BREAKING STEREOTYPES</b>	Aboriginal Art 	Multicultural Apples Snack time Activity 
2:30pm	Cultural Bristol 	Anti-Racism Posters  Design your own anti-racism poster after a chat about discrimination	Dance from Around the World 	English Cricket 	Music from Around the World Quiz 
4:00pm					
Close 6pm					

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**WILD about PLAY**



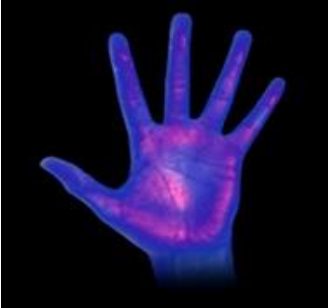










Mobile @ Club: 07938 170 184 (texts preferred)

# Summer Holiday Club Programme

## Healthy Lifestyles



How often do we preach exercise & good food choices without really explaining 'why'? Here we will educate the children about how every day decisions can affect their bodies & minds.

August	Monday 22 <sup>nd</sup>	Tuesday 23 <sup>rd</sup>	Wednesday 24 <sup>th</sup>	Thursday 25 <sup>th</sup>	Friday 26 <sup>th</sup>
Open 8am	<b>Meditation Sessions</b>  Learn why it is good to meditate, how to do so & fed back to your friends what it felt like	<b>Sensory Circle</b>  <b>Fruit Sand Art</b> 	<b>UV Germ Experiments</b>  See how easily germs can really spread!	<b>Kids Yoga</b>  <b>Stress Balloon Making</b> 	<b>Friendship Selfie Wall</b>  After 12pm Lunch: <b>Listening to the Wonderful Sound of Rain - Friday Wind Down</b>  <b>Food Choices - Why Healthy Eating is Worthwhile!</b>  <b>Taste the Rainbow</b>
9:30am					
12:00pm					
1:00pm		<b>Dance Workshop</b> Choose your favourite artists to dance to! 	<b>Hopscotch</b> 		
2:30pm	<b>The Importance of Exercise</b> 		<b>CONSENT for KIDS</b> 	<b>Get Creative Session</b> 	
4:00pm	<b>HEALTHY FRIENDSHIPS</b>				
Close 6pm					

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# Summer Holiday Club Programme

## ICT Week



So, tech is the new childhood right?! Wrong! We are going old school with radio shows and polaroid photography but also mixing up this ICT week with remote control goodies and UV parties as well as the usual exercise and creative activities!

Website: [www.wildaboutplayridgewood.co.uk](http://www.wildaboutplayridgewood.co.uk)



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### Summer Holiday Club 2022 Booking Form

<u>Date</u> <b>PLEASE TICK YOUR SELECTED SESSIONS</b>	<u>Morning Session</u> (8am-1pm) £15.15	<u>Afternoon Session</u> (1pm-6m) £15.15	<u>All Day Care</u> (8am-6pm) £23.10
Fri 22 <sup>nd</sup>			
Mon 25 <sup>th</sup>			
Tues 26 <sup>th</sup>			
Weds 27 <sup>th</sup>			
Thurs 28 <sup>th</sup>			
Fri 29 <sup>th</sup>			
Mon 1 <sup>st</sup>			
Tues 2 <sup>nd</sup>			
Weds 3 <sup>rd</sup>			
Thurs 4 <sup>th</sup>			
Fri 5 <sup>th</sup>			
Mon 8 <sup>th</sup> August			
Tues 9 <sup>th</sup>			
Weds 10 <sup>th</sup>			
Thurs 11 <sup>th</sup>			
Fri 12 <sup>th</sup>			
Mon 15 <sup>th</sup>			
Tues 16 <sup>th</sup>			
Weds 17 <sup>th</sup>			
Thurs 18 <sup>th</sup>			
Fri 19 <sup>th</sup>			
Mon 22 <sup>nd</sup>			
Tues 23 <sup>rd</sup>			
Weds 24 <sup>th</sup>			
Thurs 25 <sup>th</sup>			
Fri 26 <sup>th</sup>			
Mon 29 <sup>th</sup>	BANK HOLIDAY - CLUB CLOSED		
Tues 30 <sup>th</sup>			
Weds 31 <sup>st</sup>			
Sept Thurs 1 <sup>st</sup>			
Fri 2 <sup>nd</sup>			



**Summer Holiday Club 2022 Booking Form**

Name/s of Children:		Age/s during the Summer Holidays:	
Name of parent/carer:		Telephone number:	
<b>Home Address:</b> (House number & Post-code)			
Email address:		School:	
<b>Please circle payment type:</b>	BACS	Childcare Vouchers: (Scheme name)	Cash not accepted Cheques not accepted
Signature:		Date:	

By booking certain dates, you are giving your consent for Wild About Play staff to take your child/children off Club premises, to travel by Club vehicle, bus/coach, to the stated trip destination or take part in local play opportunities.

We welcome suggestions for competitively priced trips and visitors to continue to keep fees low.

Please note that trips are compulsory and there will not be an option of staying at Club.

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