

MAKE THE MOST OF SCHOOL HOLIDAYS

Balance work, activities, play and downtime for a fun and revitalising school holiday.



Plan ahead, or not

Look at what activities are on in your area and plan activities with your kids. Don't forget to have plan free days too!

Don't worry about the weather

Don't let the weather determine your holiday. Do activities that allow you to change your environment, like building forts inside or walking in the rain.

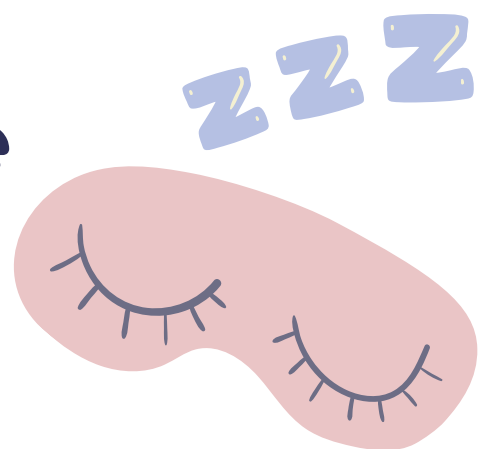


Ask for help

If you are working or trying to balance work and holidays reach out to friends and family for help. Your kids will love the change in routine.

Allow for downtime

Allow for sleep ins, days in pyjamas and time where no activities are planned are what we wish for when life gets busy.



Have fun too

Your kids will love you to play with them or do activities they would not normally see you do. Join in their activities and have fun too!