



Essentials

Keep 'em busy

**HOLIDAY
ACTIVITY
eBOOK**

HELLO...

At last, they've arrived: the holidays we've been waiting for all year. At *Essentials* we love kids, but we also know that the end-of-year break can feel like a loooong time when you're trying to entertain little ones. That's why we've put together this brilliant activity eBook designed to keep 'em busy with quick and easy crafts, boredom-busting puzzles, and colouring-in pages. Enjoy!

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Essentials At the beach

Enjoy the magic of the
seaside with these sizzling
summer holiday makes

FLOAT YOUR BOAT

YOUR OWN AQUARIUM COMPLETE WITH LITTLE CORK SAILING BOATS

- * Corks * Twine * Scraps of fabric * Scissors
- * Cocktail sticks * Large clean jam jar
- * Blue marker * Small stones * Small shells

- 1 Wind twine around the middle of two corks, keeping them together. Tie the ends into a knot to secure.
- 2 To make the sail, neatly cut out a small triangular piece of fabric. Carefully push a cocktail stick through the fabric and poke the sail into the middle of the corks.
- 3 Draw some fish around the bottom third of the jar with a blue permanent marker. Place some small white stones and shells inside the jar, then add water and float the cork boat inside.

Easy
10-min
make



Eek... this might get messy!



SEASIDE STONEWARE

SPEND A CRAFTERNOON TURNING PEBBLES INTO CUTE SEA CREATURES

- * Stones * Bright acrylic paints
- * Paintbrushes * Feathers * Pom-poms
- * Self-adhesive foam sheets * Washi tape
- * Pipe cleaners * Bobble eyes * Glue

1 First, clean and dry the stones, then paint with different colours. Leave to dry completely; apply a second coat.

2 Get creative and decorate the stones with feathers, pom-poms, foam, washi tape, pipe cleaners and eyes.

3 To make an octopus, paint a stone, then dip a cork in paint, print spots over the stone and leave to dry. Turn it over, stick on pipe cleaner 'tentacles' and curl the ends. Glue on a pair of eyes.



FLYING FISH

LITTLE ONES WILL LOVE MAKING THESE COLOURFUL MOBILES

- * Paper plate * Pencil * Ruler
- * Scissors * Glue * Celery sticks or an onion * Knife * Paper towel
- * Poster paint * Hole punch
- * Clear beading string or fish gut

1 Draw a large triangle on one edge of the paper plate with a pencil and ruler and cut out. Glue the triangular section to the opposite side of the plate to create the fish 'tail'.

2 Cut the celery sticks into 5cm lengths and blot the moist ends with paper towel. Dip the end of a piece of celery into the black paint and print an 'eye' on the fish. Then, use the other pieces of celery to print rows of 'scales' in different colours across the body and tail of the fish. Alternatively, cut an onion into four – no need to peel it first – and use these to create larger scales.

3 Make a small hole at the top of the fish; thread a length of clear beading string through to hang it up.

GO FISHIN'

CAST YOUR EYE OVER OUR COLOURFUL HANGING MOBILE

- * Fabric offcuts in various patterns * White cardboard
- * PVA glue * Pencil * Scissors
- * Hole punch * String * Stick

1 Stick different patterned fabric offcuts to each side of the sheets of white cardboard with PVA glue and leave to dry

completely. Draw lots of simple fish shapes on the fabric-covered card, then carefully cut them out.

2 Make a hole at the top of each fish with a hole punch. Cut varying lengths of string and thread through the fish heads. Tie them side by side along the stick and let little ones 'go fishing'.



MEMORY JARS

THIS IS THE PERFECT WAY TO REMEMBER A SEASIDE HOLIDAY

* Screw-top jar * Ribbon * Coloured paper * Scissors * Glue * Family photos * Sea sand * Shells

- 1 Wash and dry your jar then fill the bottom with a little sea sand.
- 2 Cut printed photos to size, or print digital snaps out on computer paper then stick to colourful cardboard to make them sturdy.
- 3 Arrange your photos in the jar and place the shells around them. Seal the jar and attach a ribbon with the date of the holiday.

Such a clever idea!





JOLLY JELLY FISH

LITTLE ONES WILL HAVE FUN WITH THESE FUNKY SEA FRIENDS

- * Tissue paper * Paper bowls
- * PVA glue * Paintbrush * Selection of different coloured organza ribbons
- * Googly eyes * Skewer * String

1 Tear the tissue paper into small pieces. Cover the base and sides of a paper bowl with glue and stick the tissue pieces all over the surface. Leave to dry completely.

2 Turn the bowl over. Cut the coloured ribbons into different lengths and glue the ends to the middle of the bowl.

3 When dry, turn the bowl back over and stick a pair of eyes on the side.

4 Make a hole in the middle of the bowl with a skewer then thread a length of string through the hole and tie a knot under the bowl ready to hang it up.

Smart idea for 3- to 5-year-olds



SOLVE THE MAZE

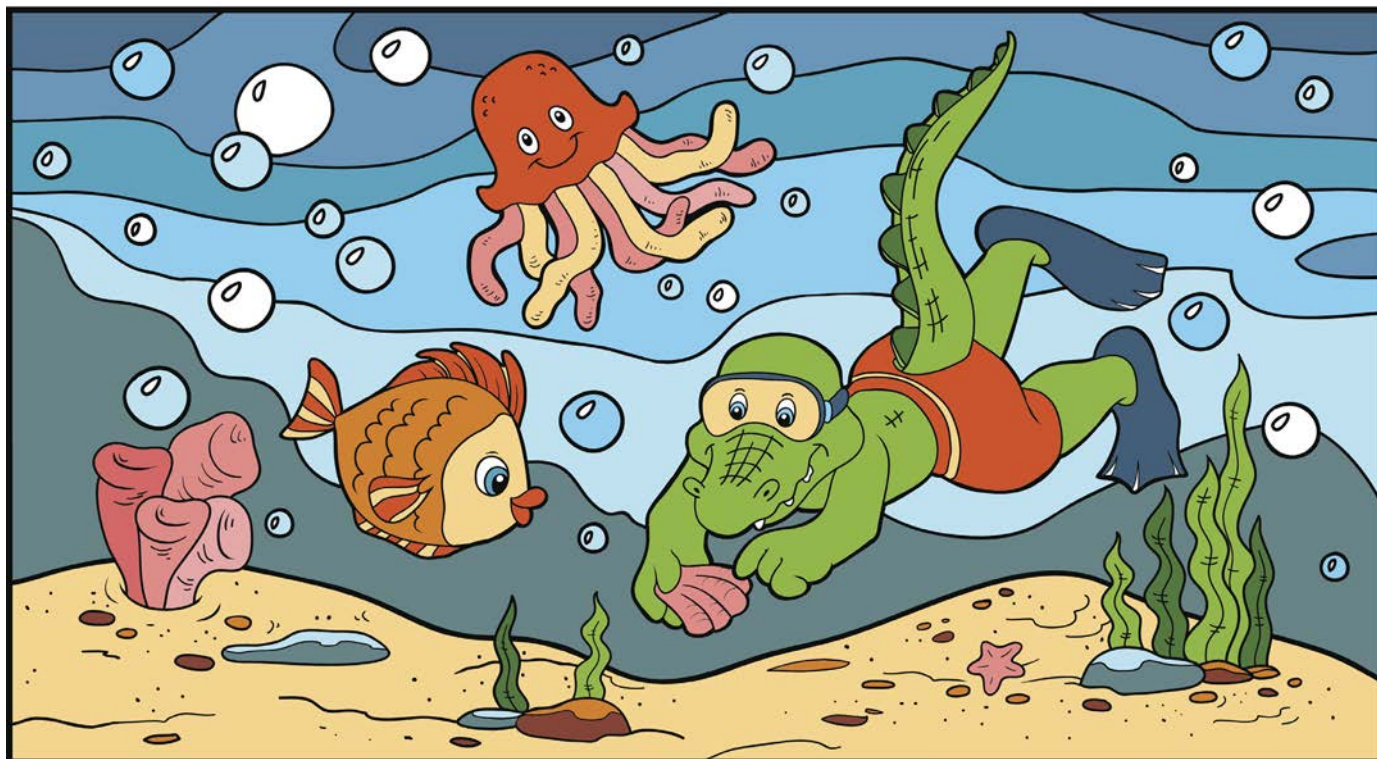
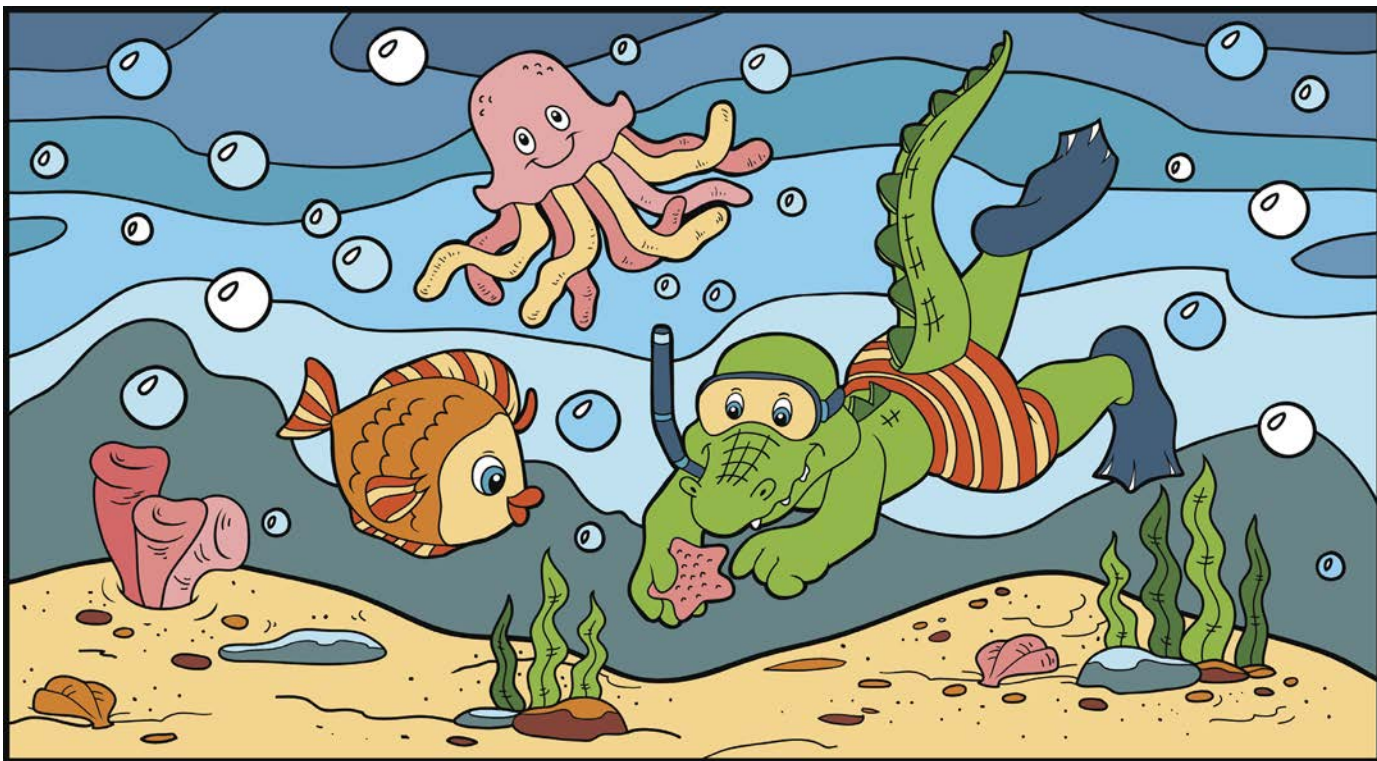


WORD SEARCH

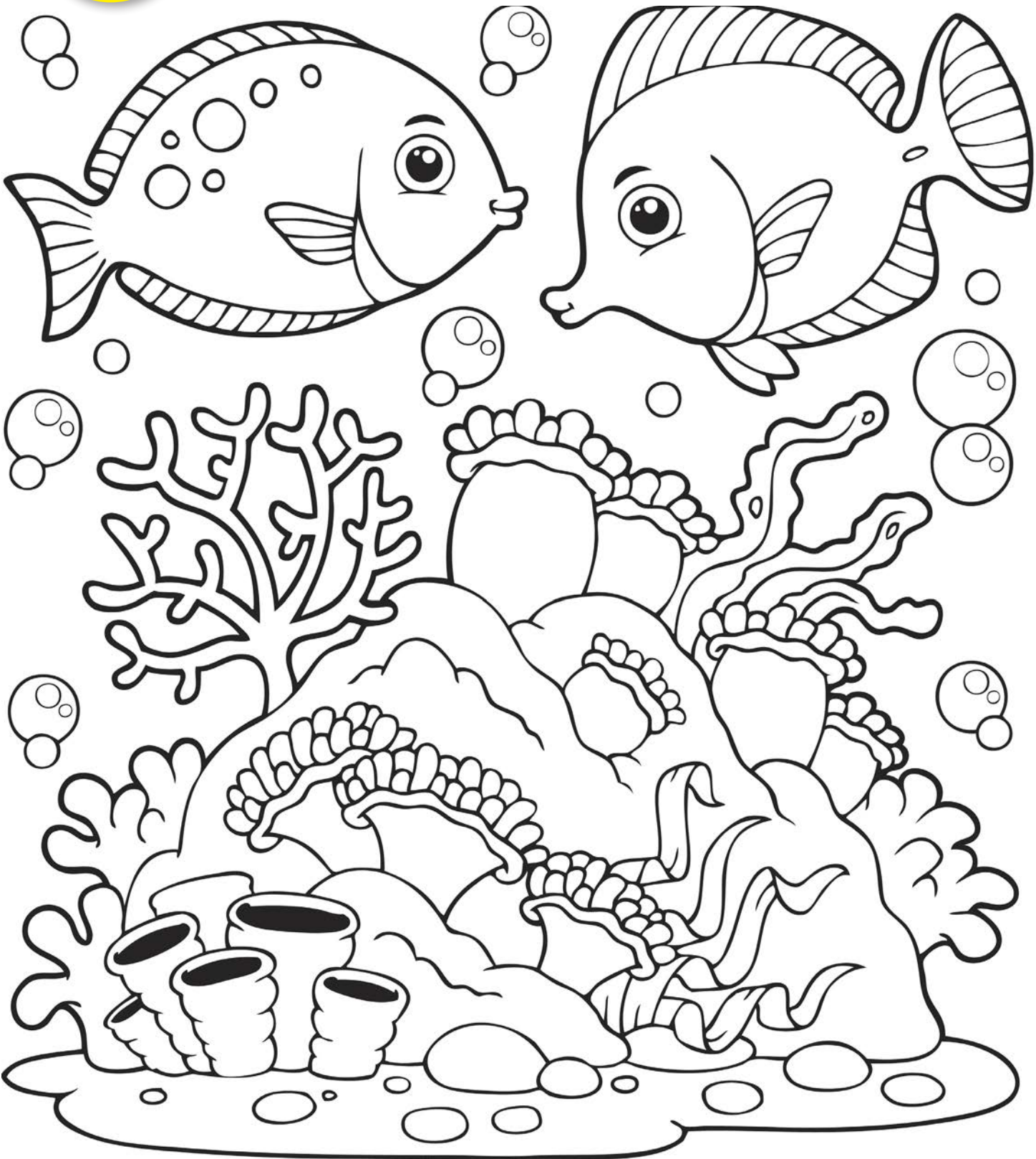
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 X Z N B K F A L F N U F F S K O O B R T
 X A Z V E B V R Q V D U F W R C Y K J T
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 E M U T S O C E F J E I H N W E G C H A
 X W E D A P S H T L B V G M B U A O N G

- SAND
- BEACH
- FUN
- HAMBURGER
- FISH
- KITE
- FRIENDS
- SHELLS
- BUCKET
- BOOKS
- SPADE
- WATER
- ICE CREAM
- JUICE
- WAVES
- SWIMMING
- SNORKEL
- COSTUME
- SUNSCREEN
- GAMES

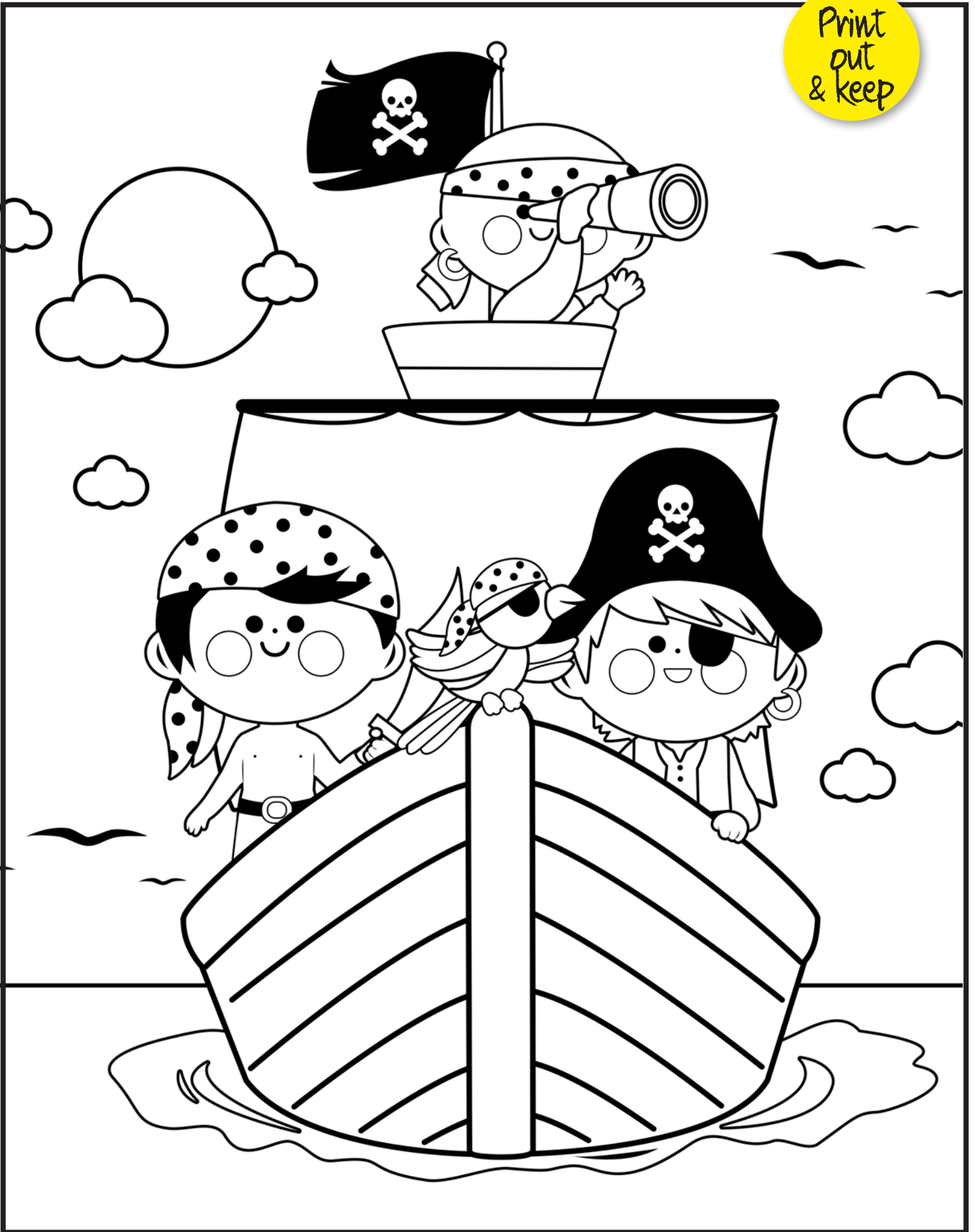
SPOT THE 15 DIFFERENCES

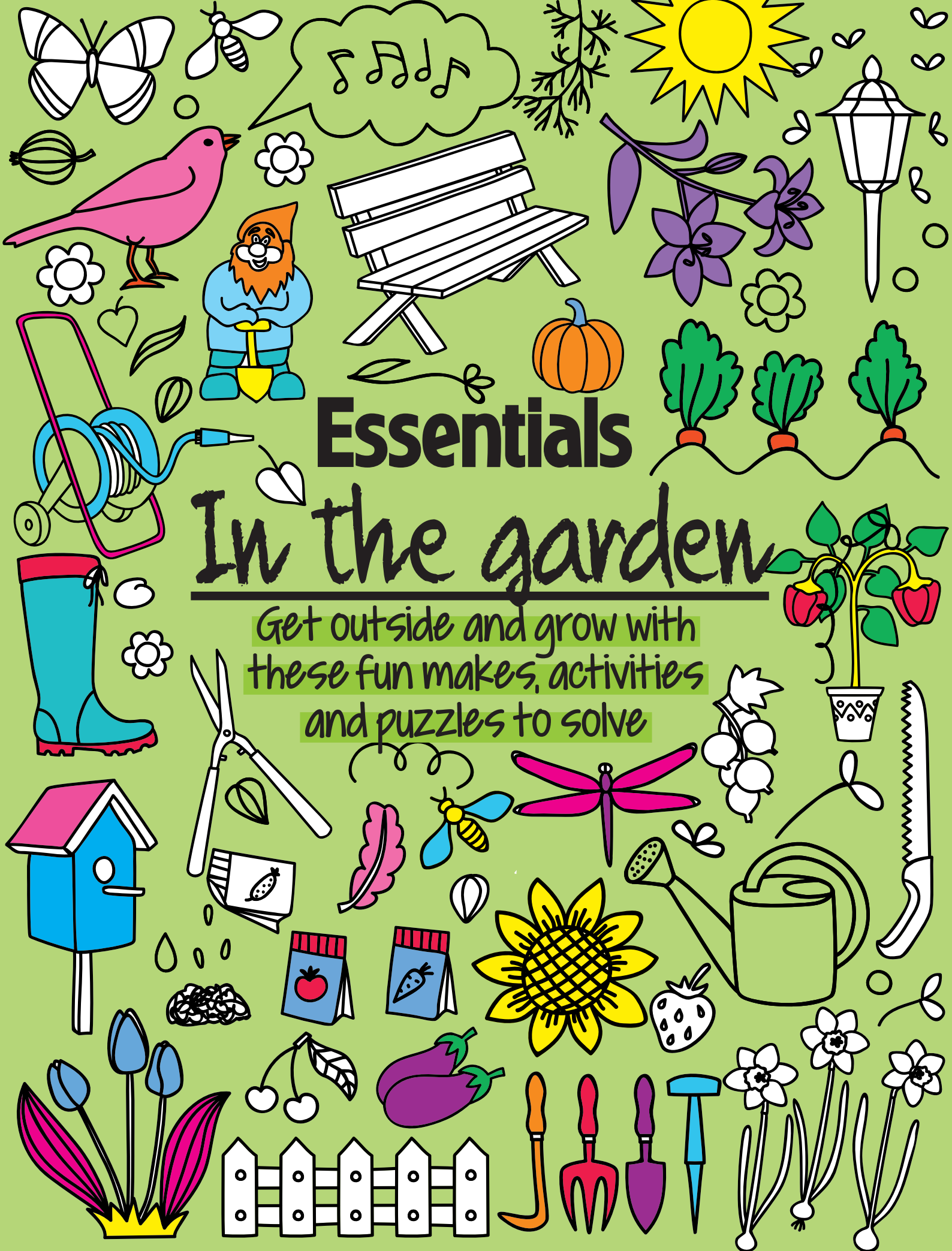


Print
out
& keep



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& keep





Essentials

In the garden

Get outside and grow with these fun makes, activities and puzzles to solve

10 ways to get KIDS GARDENING

Get your children to have fun outdoors, and we promise, they'll be hooked on gardening for life!

1. Go for colour

Azarias, pansies and marigolds come in cheerful colours, flower for ages and look great in pots – buy seedlings or young plants at garden centres. Kids who are old enough to handle a trowel can plant them: show them how to tell if the plants need watering or dead-heading (this will prolong the flowering period), then put them in charge of those little jobs.

2. Start them off young

Stick a pair of wellies on a toddler, give them a spade and watering can and encourage them to 'help' you in the garden. If that means digging holes in the border and making mud pies, then at least they're having fun. Get them hunting for snails, while they're at it (just make sure they don't try to eat them!). Teach them to identify one or two weeds and lighten your gardening load. Children older than four can help with bigger tasks, such as cutting flowers for the house or pruning shrubs with long-handled shears that extend like bionic arms.

3. Start them on succulents

They come in all shapes and sizes and don't need much looking after: just a warm, sunny place inside (such as a windowsill), well-drained soil, and the occasional drink of water.

4. Make it a competition

Competitive siblings? Set the youngsters a challenge such as who can grow the



tallest sunflower or the biggest pumpkin. Choose sunny positions for both teams, then set a date when the judging will take place.

5. Go for quick results

Children will love learning about the connection between planting a seed and seeing the result. Choose plants that give quick results, such as cosmos, sunflowers, Californian poppies, and nasturtiums – they're all annuals, so they grow from seeds to flowers in one season and start coming up in a matter of weeks. Almost instant gratification!

6. Give them their own area of the garden

Have a small garden? A window trough to look after works just as well – choose a sunny spot with good soil. If you've got room, add a bench or chair to turn it into somewhere older kids will want to hang out, especially if it has some privacy.

7. Choose big seeds

Seeds like beans, sunflowers and nasturtiums are easy for little hands to handle, so even a toddler can have a go at planting them. In the autumn, get kids (six years and older) to plant bulbs that flower in spring – these can cause skin irritation, so make them wear gloves or wash their hands thoroughly afterwards.

8. Grow fruit and vegetables

This is a great way for children to learn where food comes from. Climbing French beans and runner beans will give you pretty flowers, lots of shoots you can train up a wigwam of poles, then beans to pick later. Radishes, beetroot, Swiss chard, potatoes and carrots are all relatively easy to grow. Cherry tomatoes and strawberries can be grown in pots and don't need much care, and it's always fun searching for them among the leaves.



9. Involve older kids

Use the veggies grown by kids aged 10 and older to get them interested in cooking. They can add herbs or edible flowers, such as chive flowers, nasturtiums or pansies, to salads; or they could experiment with mint and basil to make refreshing drinks. Make pies and crumbles using soft fruits and apples. And let them dig up potatoes for supper – just make sure they're careful with the garden fork!

10. Attract butterflies

All you need are flowering plants, like lavender, felicias and indigenous geraniums. Get the kids to keep a notebook of all the insects they spot and help them research the ones that interest them most. They could build a birdhouse out of wood and paint it with a lead-free, non-toxic acrylic craft paint or a wood stain. Natural colours are usually better than bright colours, which can attract predators.



BIRD SEED HEARTS

THEY'RE A GREAT WAY TO ATTRACT BIRDS INTO THE GARDEN

- * Lard (try a butcher) * Mixed bird seed * Heart-shaped cookie cutter (the deeper the better)
- * Skewer * Ribbon

- 1 Gently melt 100g lard in a saucepan. Add 250g mixed bird seed, ensuring that all the seeds are coated in the fat.
- 2 Place the cookie cutter on a tray or flat plate, fill it with

- the seed mix and press down with the back of a spoon so it's really packed in tightly.
- 3 Use a skewer to make a hole through the heart – as shown in the picture. Put in the fridge and leave to set overnight.
 - 4 Ease the heart out of the cutter, thread with ribbon and hang (nice and high so it's out of reach of dogs!) in a tree.

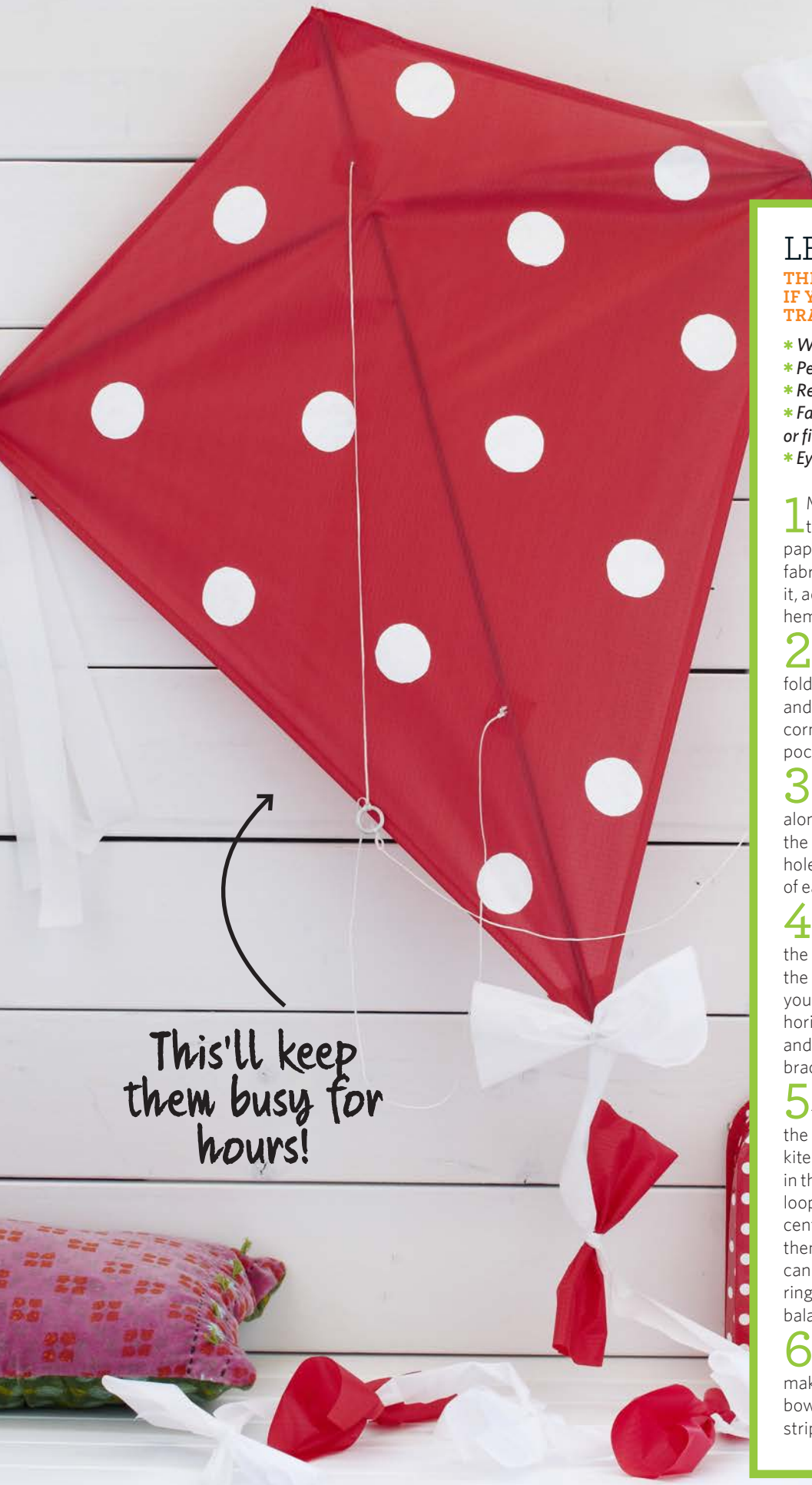


DRAW STRAWS

MAKE SOME OF THESE PRETTY FLOWER STRAWS, PERFECT FOR A KIDS' PARTY

- * Pencil * Paper * Scissors * White card * Okra (or similar root veg)
- * Knife * Paper towel * Pink, orange and yellow acrylic paint * Saucers
- * Prestik * Green straws

- 1 Draw a flower shape onto paper. Cut it out. Trace around it onto white card; cut out the white card.
- 2 Cut the okra (or whatever veggies you're using) into three pieces, then blot the ends with paper towel to dry off.
- 3 Pour all the paints onto saucers. Printing with one colour at a time, dip the end of the okra in the paint and stamp onto the card flower. Continue all over the flower and leave to dry before printing on the reverse side.
- 4 Put a blob of Prestik in the centre of the flower and carefully make a hole through it with a sharp pencil. Remove the Prestik and pop a green straw through the hole.



This'll keep them busy for hours!

LET'S GO FLY A KITE

THE KIDS WILL LOVE YOU FOREVER IF YOU HELP THEM MAKE THIS TRADITIONAL KITE

- * White and red nylon fabric
- * Ruler
- * Pencil
- * Scissors
- * Sewing machine
- * Red and white thread
- * Strong needle
- * Fabric glue
- * Small hacksaw
- * Bamboo or fibreglass rods
- * Strong thread
- * Eyelet ring (2cm)
- * White round stickers

1 Make a kite-shape template with paper. Put it on the fabric and draw round it, adding 5cm for a hem. Sew all round.

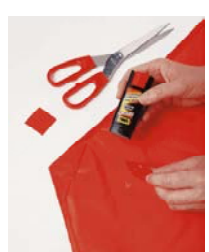
2 Cut 4 small squares of fabric, fold them diagonally and sew onto all corners to make pockets for the rods.

3 Stick two more squares of fabric along the length of the kite. Pierce small holes in the middle of each.

4 Saw three rods or bamboo poles to the same length as the distance between your vertical and horizontal pockets and slip them in to brace the kite.

5 Pull a strong thread through the small holes in the kite and through a ring in the middle. Pull the loop through the centre of the ring and then around it. You can later adjust the ring to find the perfect balance for your kite.

6 Stick on the round white stickers to make dots, and add bows made out of strips of the fabric.



FUNNY FACE FLOWER POTS

SOMETHING FOR EVERYONE TO ENJOY – PICK A POT AND START PAINTING

- * Flower pots
- * White paint
- * Pencil
- * Black paint pen

1 Paint the outside, and inside rim, of a flower pot with white (or any colour you like) paint. Leave to dry, then apply a second coat.

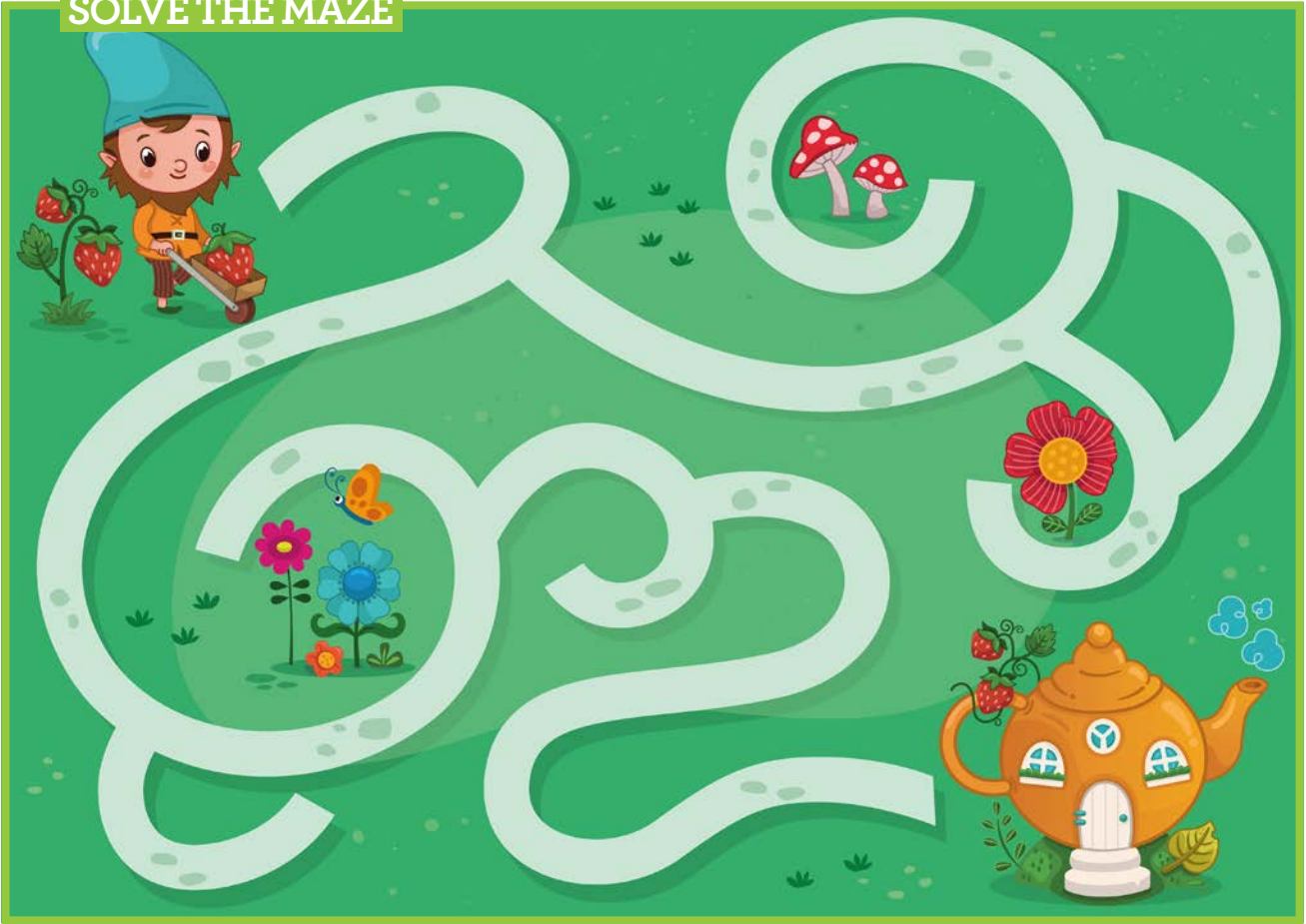
2 Draw a face onto the side of the pot with a pencil. When you're happy with the design, fill it in with a black paint pen. Leave to dry before popping a plant inside.

Smart home-made gift idea





SOLVE THE MAZE



WORD SEARCH

R S P G G T X D B S E V A E L D I M H H
 S M D N S E A Y Q L V E G E T A B L E S
 O Y J I Y N S W G C S E E D S P H J P D
 I D R W P P E F P R A E K S L A Q N U U
 L U F O V S Y E H D G O G A S H S T E M
 W D S R J A O U R X Q E N R M F T P P O
 C J I G M J V S T G Y T A P X F O R K A
 P N A G I D K T R N I K W N Z K B Z A T
 I Z E P G X K O I N E N I X B N Y S K E
 W N U D M I A O G W D J G F I L M T M D
 U P U S R A N R E L R R W R J D W W Z T
 D M S V B A G G B O A O T U V G J K S Q
 E S E N I V G B N E X C K I R Z F H J H
 A N R D N E S J T J C K V T U J G V B O
 H Y R E A W H E E L B A R R O W Z Z U F
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 Z M B A J O S W Y O K B F A F U N E P K
 A P P R N Z L I T X L Z N U E R W T L G
 F D I H Q T D F X T K G G W S Z E L W S
 Z P J F S S Z X W W Y N S S Z A N N C F

- DIGGING
- SOIL
- SPADE
- EARTH
- GARDEN
- GROWING
- FLOWERS
- LEAVES
- GREEN
- VINE
- PLANTING
- SEEDS
- VEGETABLES
- FRUIT
- STEM
- ROOTS
- FORK
- GLOVES
- RAKE
- WHEELBARROW

SPOT THE 10 DIFFERENCES



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out
& keep



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out
& keep





Essentials In the kitchen

The whole family can help to make these yummy treats



ICED VANILLA BISCUITS

MAKE THESE BISCUITS IN ANY SHAPE YOU LIKE. SMALL HANDS WILL LOVE DECORATING THEM

MAKES 30 READY IN 30 MIN
+ CHILLING

- * 100g butter, softened
- * 100g castor sugar
- * 1 tsp vanilla extract
- * 1 egg, lightly beaten
- * 275g flour

1 Cream together the butter, sugar and vanilla. Gradually add the egg and stir through the flour until smooth. Roll out the dough to ½ cm thick and, using shaped cutters, stamp out about 30 biscuits, re-rolling the mixture as you go. Lay out the biscuits on baking trays lined with baking paper and keep in the fridge until ready to bake.

2 Heat the oven to 190°C. Bake the biscuits for 10-15 min, or until pale golden (not browned) and they feel sandy to the touch. Cool completely on a wire rack before decorating.

TO DECORATE

1 Mix the fondant icing with just enough water to reach the desired consistency, then add food colouring of your choice (we used blue, pink and green).

2 Pipe around the biscuit edges using writing icing, then use your wet fondant icing to fill in the colour. Add marshmallows, hundreds and thousands, etc., and leave to set.

This'll keep 'em busy for hours!



Adult help needed

RAINBOW LOLLIPOPS

MIX AND MATCH FOR CRAZY PATTERNS
- ANY COLOUR OF THE RAINBOW WILL DO

MAKES 25 READY IN 10 MIN + COOLING

- * 225g clear boiled sweets
- * 25 lollipop sticks

1 Heat the oven to 200°C. Divide the sweets, by colour, into separate bowls. Unwrap and use a rolling pin to crush them into small chunks.

2 Space the lolly sticks out onto a tray lined with baking paper - you will need to do this in batches. Sprinkle crushed sweets over the top of the sticks in fun patterns.

3 Bake for 2-3 min, until almost melted, and remove from the oven. If the melted sweet has come away from the stick, twist it gently and carefully to coat in the lolly mix. Cool thoroughly before licking.



MARBLED HONEYCOMB CHOCCHOY MOUSSE

WOW! THIS IS SCRUMPTIOUS AND SO EASY. YOU DON'T EVEN NEED TO CHILL IT BEFORE SERVING

MAKES 6 READY IN 15 MIN

- * 200g Belgian milk chocolate
- * 280ml cream
- * 250ml mascarpone
- * 2 tbsp golden castor sugar
- * 2 tsp vanilla bean paste or extract
- * 2 x 40g Cadbury Crunchie bars

- 1 Break up the Belgian milk chocolate and melt in a heatproof bowl over a pan of simmering water.
- 2 Meanwhile, whip the cream, using an electric mixer, until it is softly peaking (this won't take long - stop as soon as it's thicker!), then stir in the mascarpone, sugar and vanilla paste.
- 3 Remove the melted chocolate from the heat, roughly chop up the two Crunchie bars, adding most of it to the creamy mixture with the chocolate. Stir 3 times, to swirl everything together.
- 4 Spoon into 6 ramekins and scatter over the rest of the Crunchie pieces. Best enjoyed straight away!

HOME-MADE ICE LOLLIES

MAKES 6-8 READY IN 30 MIN + FREEZING

- * 150g strawberries
- * 90g castor sugar
- * 1 tsp vanilla extract
- * 500g low-fat plain yoghurt
- * 100g white chocolate, melted
- * 60g sprinkles

1 Put the berries, sugar and vanilla extract in a bowl. Use a fork to crush the fruit until it's

broken up and the sugar has dissolved. Mix in the yoghurt.

2 Pour the mix into a jug, then pour into 6 or 8 ice-lolly moulds (depending on their size) and freeze overnight.

3 Once frozen, ease the lollies out of the moulds, dip in melted chocolate, then quickly dip into some sprinkles. Serve as soon as they are set.

Better than store bought!





EASY-PEASY ROCKY ROAD

IT'S GOT CHOCOLATE, BISCUITS, FUDGE, MARSHMALLOWS AND MINI-EGGS – THAT SHOULD KEEP EVERYONE HAPPY!

MAKES 16 READY IN 20 MIN + CHILLING

For the base

- * 390g milk chocolate
- * 75g butter
- * 5 tbsp golden syrup
- * 200g shortbread
- * 50g chocolate mini-eggs
- * 125g fudge
- * 100g mini-marshmallows

For the topping

- * 150g milk chocolate
- * 15g butter
- * 50g fudge, chopped
- * 50g chocolate mini-eggs

You'll
all want
seconds!

1 Grease and line an 18 x 28cm tin with baking paper. Put the chocolate, butter and golden syrup into a bowl and heat over a pan of simmering water to melt.

2 Meanwhile, put the shortbread into a large plastic bag, tie a knot to secure and bash with a rolling pin, to crush. Put 50g of the mini-eggs in a plastic bag and bash to crush. Cut the fudge into small pieces.

3 Take the chocolate off the heat, tip in the biscuits, crushed eggs, fudge and the marshmallows. Stir until the mixture is well combined. Tip into the prepared tin and chill.

4 To make the topping, melt the chocolate with the butter. Pour over the chilled mixture, to cover. Scatter over the fudge and mini-eggs, then chill until set. Cut into 16 even squares.



Ready
in just
10 min!

CHOCOLATE DROPS

CREATE THESE CROWD-PLEASING TREATS IN A FEW EASY STEPS. ADD FREEZE-DRIED RASPBERRIES FOR A GROWN-UP VERSION (THEY'RE REALLY GOOD WITH COFFEE)

MAKES ABOUT 30
READY IN 10 MIN

- * 100g white chocolate buttons
- * 100g milk chocolate, chopped
- * 100g dark chocolate, chopped
- * Coloured sprinkles, glitter strands, pearly sprinkles and hundreds and thousands, for decorating

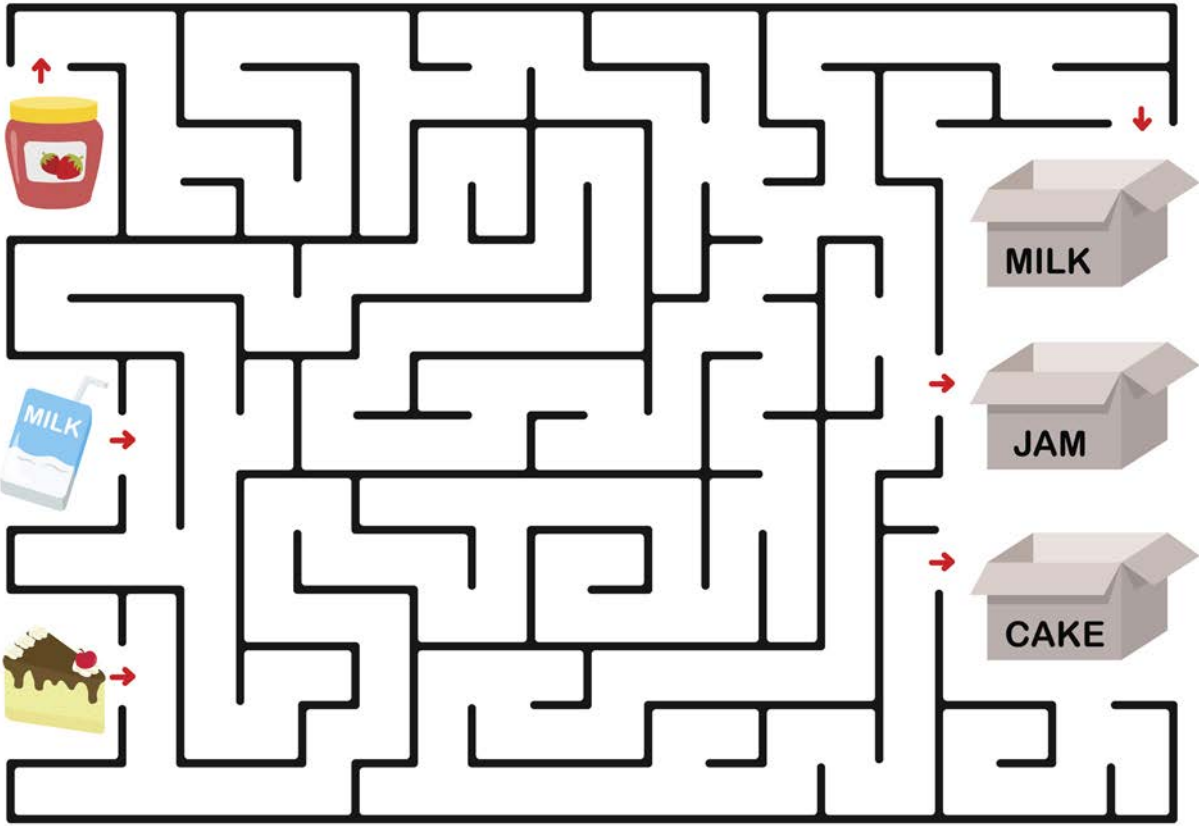
1 Put the chocolate into separate bowls and microwave each for 45 sec, continuing to heat every 15 sec until melted and smooth.

2 Using a teaspoon, make circles of melted chocolate on a baking tray until the chocolate is finished.

3 Sprinkle with decorations and leave to set, before tucking in.



SOLVE THE MAZE



WORD SEARCH

R V M I S C W I Q J S M C Y Q K M X A Y
 Q D F M R Q B G Z R R A S C F B N C Z K
 K C H O C O L A T E S T P V F I W F S H
 B H Q J A B I L S E T I O L V W C W D E
 X E N P P Q P G T C I V O W W T K L O B
 K F D E S R G S I Y D U N H R H K L O G
 S N U Z H E C Y U U R A W F V Z B W I L
 E W X H A W T P C M E P I C E R L D S M
 D U E Z L E U U S M Q H I C I N G O R B
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 C E V X A T F F G I G A P G K R M H P X
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 N D E S S E R T D H D M T C M L N Z N N
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 B I Y O Y V L A E F Z O U K O J R N O W
 X D O U K J F H U N C U H S C B Y G H B

SPOON
 SPATULA
 FLOUR
 CHOCOLATE
 OVEN
 HOT
 BAKING
 CHEF
 SUGAR
 MILK
 EGGS
 SWEET
 COCOA
 YUMMY
 BUTTER
 BOWL
 DESSERT
 BISCUITS
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