



Heartlands
High School

Nine more holiday activities for students & families



1. Keep active



Tennis & basketball are now allowed. Or start running with [Couch to 5k](#)

2. Get rhythmic

Why not learn the [Cup Song](#) with [this](#) tutorial. You won't be able to stop!



3. Spread kindness



Buy some chalk and write messages on pavements or paths to spread messages of hope and positivity.

(The rain will eventually wash it off.)

4. Grow



Grow a herb garden on your window sill with supermarket herbs or a sunflower in a cup. Find other growing ideas [here](#).

5. Family games

Have you ever played the [hat game](#)? You just need paper and pen and to know some famous people. Or the sticky paper on your head [game](#)!



6. Get cooking



Why not offer to cook a meal for your family? You could swap a recipe with a friend. Or try out this fab [recipe for scones](#) from Ms Marshall.

7. Learn First Aid



Why not learn the extremely valuable skill of [First Aid](#) with the Red Cross.

8. Get arty



Use [this tutorial](#) from Ms Louka to draw beautiful patterns like these.

Or look out for faces in unexpected places and take photos.



9. Fresh air

It's the holidays! Make sure you get lots of fresh air. Why not draw a map of your area. Have a look at [these](#).



Haringey also has lots of [holiday activities](#) on offer.