

Fun activities to do with your kids

Ice world – freeze small plastic toys such as lego figures or animals by popping them in ice cube trays or empty yoghurt pots, fill with water, freeze overnight then let children play with them as they defrost (use a tray or do this in the bath!)

Star gazing – head outside on a clear night before bedtime to see some stars. If you have a smart phone you can download a free app to help identify what stars, constellations and planets you can see!

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