



We hope the school holidays will allow many sunny-day adventures and all batteries to be recharged ready for September.

We have put together a list of resources that parents might find useful during the holidays. Even with many Covid restrictions being lifted we know there will be many children who are less active during the holidays and hope the list will help parents to find local or on-line activities to engage their young people.

*Active Devon*



1

[Youth Sport Trust: Help children and young people to boost their health and wellbeing by promoting being active](#)

2

[The NHS have teamed up with Disney, Pixar and Marvel to bring you brand new play-along games inspired by your favourite characters.](#)

3

[National Trust: Want your kids to run free in the fresh air and try new exciting activities?](#)

4

[National Trust: Great ideas for families – Build the best ever den with these tips and tricks – all you need are some sturdy sticks, leaves that you've found on wild adventures and some mud to secure it all together!](#)

5

[Although designed for teachers and some elements are for a paid subscription, there are lots of ideas for games that parents might want to try out this summer.](#)

6

[Free to access. The Boing PlayUp Club is a six week video series full of new games and loads of different ways to play. It also includes tips, advice and ideas for children and parents/guardians on how to power up their play this summer.](#)

7

[A brilliant free resource for the summer break – screen free activity to keep families happy, healthy and connected.](#)

8

Active Devon is excited to announce our cycling festivals across Exeter during the summer break. Have a go opportunities, free tea and coffee and goodie bags for participants (limited availability):

- [Wonford Cycle Festival](#)
- [Cowick Barton Cycle Festival](#)
- [Exeter arena Cycle festival](#)
- [Cranbrook Cycle Festival](#)

9

[The walk to school campaign materials have some excellent ideas for engaging children in activities en route to school that will work equally well on other walks – have fun and enjoy that walk!](#)

10

[Active Devon: Lots of other ideas for getting active in Devon.](#)