

get CRAFTY

LEONORA BAMFORD AND NANNY ANITA SHARE THEIR FAVOURITE SUMMER-INSPIRED ACTIVITIES AND DAYS OUT

What a wonderful summer we've had so far – I can't quite believe that I've actually had to put sun cream on the children before the school run in the mornings. Hallelujah! I met the delightful Joanna from Childs Farm recently, who gave me a stack of mini sun creams to stash in the kids' school bags.

I'm sure I'm not the only one who has been driven 'fidget spinner' mad by the children over the last few months? Well, being the genius that she is, Nanny Anita has decided to help the children make their own this summer. We've also been having fun making 'busy bags' – small zip-lock bags filled with activities for your kids to do when you need to kill time.

I love how much time we get to cook with the children over the holidays, and one of my favourite things to do at the moment is have a big fruit-chopping session with them in the kitchen for our make-ahead 'fruituccinos' – check out the recipe to see how you can make your own at home. Happy chopping! **L**



I recently came across this company called Cotton Twist. It sells ready-made crafts perfect for party bags!

MAKE-YOUR-OWN UNICORN WAND £2.45 COTTONTWIST.CO.UK



FIDGET SPINNER

You will need:

- thin cardboard • scissors • pin
- glue • pennies • pencil • toothpick

Method

- To make our templates, we drew around fidget spinners that we already own. If you don't have one to hand, draw a rough one on a piece of paper first.
- On the cardboard, cut out two of your fidget spinners. Then cut out two small circles, slightly smaller than the size of a 1p piece.
- Use the pin to make a small hole in the centre of both your fidget spinners and the circles.
- Next, use the toothpick to make the hole slightly bigger, and finally, use the sharp end of the scissors to make the hole in the fidget spinners even bigger (but not the circles). Make sure the holes are big enough by putting them onto the toothpick and twirling them. If they move freely, then they are perfect.
- Decorate your spinners and glue them together.
- Glue a penny onto each end of your spinner. You can use PVA glue

for this, but we used a hot glue gun.

- Cut off the sharp ends of the toothpick, and push it through first circle piece to the end. Cover the circle (and the top of the toothpick) in glue and let it dry. Push the fidget spinner onto the toothpick and finally add the last circle. Make sure you don't push it all together or it won't spin. You need gaps between the circles and the spinner.
- When you have it in the perfect position, glue around the toothpick where it touches the top of the circle. When that has dried, cut the remainder of the toothpick off.
- Note that they don't spin quite as long as the ball bearing ones, but they are just as satisfying.

LACING ANIMALS BUSY BAGS

You will need:

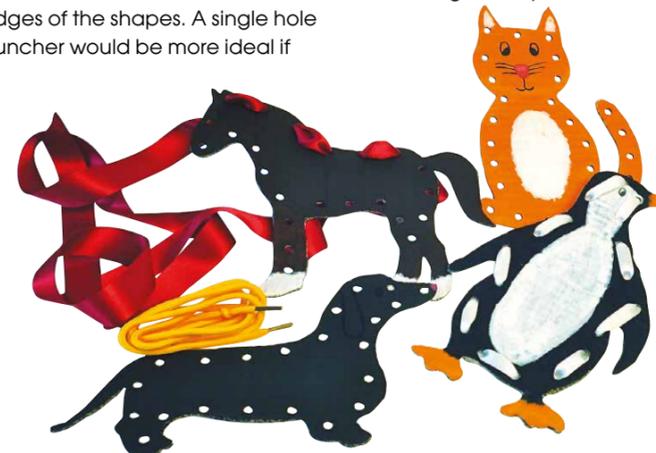
- cardboard • hole punch • ribbons, old shoe lace or wool • stanley knife or scissors • paint

Method

- You can either free-draw your animals or print templates from the internet to trace around onto the cardboard. Then, using a sharp knife or scissors, cut them out.
- Punch holes around the outside edges of the shapes. A single hole puncher would be more ideal if

you have one.

- Decorate your shapes however you like; this is something kids can do.
- Ribbons, old shoe laces or some wool all make excellent materials to lace with. If using ribbons or wool, try painting the ends of them in nail polish to stop them fraying. When everything is ready, place it into a zip bag and pop it into your bag or car for when you need it to keep little fingers busy for a while.



PHOTOGRAPHY: HELENE SANDBERG, ISTOCK



THE BIG FEASTIVAL

The children and I are very excited about the line up for The Big Feastival this August, which takes place just down the road from our Cotswolds home. There's always so much for the whole family to do and see – and I've been dreaming about its street food vendors since last year! Friday 25 to Sunday 27 August, Churchill Heath Farm, Kingham, Oxfordshire. Adult tickets, from £69; children, from £42.25.

uk.thebigfeastival.com

MAKE-AHEAD FRUITUCCINOS

You will need:

- seasonal fruits/berries • spinach
- freezer bags

Method

- Chop all your fruits and vegetables and divide into bowls. Let the children select their own ingredients and store in individual freezer bags. When you come to making the smoothie, pour the bag contents into a blender with milk (my favourite is coconut milk) or water and blitz to taste.

