
Summer Activities list 2024

Cardiff Rugby Community Foundation are running a disability rugby camp on the following date. If you would like to sign up please provide the requested information as listed below to Craig
- Craig.Enticott@cardiffrugby.wales

Date: Thursday 8th August

Time: 10-2

Venue: Cardiff and Vale College Dome (Same place as last summers camp)

Postcode: City Centre Campus, Dumballs Rd, Cardiff CF10 5FE

Please fetch your own Lunch

If you would like to sign up for this event please send me an email with following details:

Parents Name
Contact Email
Contact Number
Childs Name
Childs Age



Llanedeyrn and Pentwyn SUMMER FUN



Free Under 16s Swimming

Llanishen Leisure Centre

Monday-Friday 12-2pm
Saturday's 3-5pm

Summer Open Day
Saturday 20th July

Eastern Leisure Centre

Monday - Friday 12 - 3pm
Saturday 2.30pm-4.30pm
Sunday 2.30pm- 3.30pm

Summer Open Days
Saturday 20th July
Sunday 21st July



Powerhouse Hyb

What's on?



Lego Clwb

Saturday 10am-12pm

Rhyme Time

Under 5's
Tuesdays 2.00pm-2.30pm

Puzzles and Games

Wednesdays 11:00-12:00pm
Saturdays 2:00-3:00pm

Summer Reading Challenge

Thursdays 1:30-2:30pm

Junior Book Club (7-10 years)

Thursdays 3:30-4:30

Powerhouse Youth Club

The Powerhouse Youth Club provides support and services to young people aged 11-25, including activities such as music, arts and craft, cookery and sport.

Mondays 5.15pm-7.45pm

Tuesdays 6.15pm-8.45pm

Thursdays 6.15pm-8.45pm

Fridays 6.15pm-8.45pm

For more information, contact:
samuel.dannett@cardiff.gov.uk

Heath Park Miniature Railway

The Heath Park Miniature Railways and Tramway are situated in the beautiful Heath Park, slightly north of the NHS University Hospital of Wales (Heath Hospital). One visitor to the facility said to us this is the 'Hidden Jewel of Cardiff', so peaceful and safe. We open from March though to October 1pm to 5pm to enjoy and relax for an inexpensive day out riding the trains and trams in an enclosed safe environment. Refreshments being available from our (Hygiene Rating 5) BBQ, Pullman Buffet and Ice Cream cabin. A wide range of toys and souvenirs are available from our Station Gift Shop where cold drinks and confectionary are also available, giving our younger visitors an opportunity to experience 'shopping' for sweets costing pence.

We invite visits from school and various children's charities along with Scouts, Cubs and Beavers to attend private running days, they are all regular visitors to the society and all we ask for is donation to help with the up keep of the society.

2024 Public Open Days

We are only open to the public on the days listed below

Opening times are 1pm to 5pm, please note No advanced tickets or bookings required for any of our open days.

Entry is just £2.80 person, and all rides are just £2.80 each (Card payment only).

All children 3 and under get in and ride for free. For rides children 3 and under must be accompanied by an adult with a valid ticket.

Strictly no ball games also no dogs apart from service dogs allowed on site.

Times: 1-5pm

Sunday Jul 21st - 2024

Sunday Aug 25th - 2024

Monday Aug 26th - 2024

Sunday Sep 22nd - 2024

Sunday Oct 13th - 2024



Become a member of our charity today for access to our inclusive, exclusive activities for neurodivergent children, young people and their families!

We also offer a wide range of support for parents and carers, which you can learn more about on our website. Find out more and register today: APCymru.org.uk/families!



INCLUSIVE, EXCLUSIVE
FAMILY FUN

www.APCymru.org.uk/families



This pack includes ideas for musical themes and general music activities to inspire you to explore music and sounds with your child during the summer break.

Music-making can be a great way for people to create connections, regulate emotions and have fun. This includes you as well as your child!

Feel free to be creative with the activities, they are only suggestions.

Using themes for structure

What is a theme?

- A theme can be anything. For example; under the sea, space, nature, colours, weather, sport or animals. You can be creative!



Why use a theme?



- A theme can create structure for children (or adults!). They allow meaningful connections to be made; giving direction and focus whilst learning and exploring. These benefits can be achieved in several ways. For example; creating art based on a specific theme and then singing songs or making music about the same theme. This could then be further developed through using the theme in other areas of life throughout the day. For example; cooking, clothing, reading, exercise, technology-use and play (i.e. toys).



How many themes should I use?

- This is dependent on your child's needs. You may choose to have one theme that covers the whole summer holiday or you may choose to have a different theme every week. You may even decide to have a daily theme.

The following pages give examples of how to use themes with music. These musical activities are suggestions of how to explore themes. However, you can be creative with what you do and adapt the ideas to suit your child's needs. Ideas include how to make instruments, sensory sound exploration and suitable songs. Three themes will be detailed:

 Under the Sea 

 Nature 

 Weather 

'Under the Sea' Music Activities



Making instruments

- Instruments that sound like water could represent 'under the sea'. For example; rain makers (P.22.), cardboard maracas (P.21) and ocean drums (P.24).
- When decorating your instruments, draw/paint common under the sea objects on them. For example; fish, sea waves, seaweed and starfish.
- Whilst making the instruments, you could put on a sensory soundscape of underwater noises. Search for 'underwater sounds' or 'ocean soundscape' on YouTube, Spotify or Apple Music.

Sensory sound exploration

Sensory sound box

Materials: box or bin with a sealed lid and different objects that can create sounds related to 'under the sea'. For example; shells, sand, bottle with half filled with water, bubble wrap, toy fish or boats, pebbles and coloured paper (blue, white or green).

- Put some objects in a box and put the lid on.
- Sing the words and tap on the box when you say the word tap:
Tap tap box, Tap tap box,
What's in the box? Tap tap box.
- Encourage your child to pick something from the box and then shut the lid quickly.
- Explore the sound together. Move the sound around their body. Make the sounds loud/quiet and fast/slow. They may be apprehensive with new sounds. If so, gently encourage them to listen and touch.
- Repeat this activity to explore the different sounds.
- After you have explored using the sounds separately, try using some together.

Sensory tray and sensory soundscape

Materials: large tray or large mat to put on the floor and objects that can create sounds related to 'under the sea'. For example; shells, sand, bottle with half filled with water, bubble wrap, toy fish or boats, pebbles, bubbles and coloured paper (blue, white or green).

- Place objects that can create under the sea sounds on a large tray or mat.
- Encourage your child to explore the sounds independently. They may need help with this.
- Pick an object and sing to the tune of Frère Jacques:
Listen to the sound of **water**,
Can you hear? Can you hear?
Listen to the **water**,
Listen to the **water**,
Can you hear? Can you hear?
- Change the object you sing to whatever you are exploring.
- Move the sound around your child's body. Make the sounds loud/quiet and fast/slow. They may be apprehensive with new sounds. If so, gently encourage them to listen and touch.

- At the end of this activity, you could put on a sensory soundscape of underwater noises. Search for 'underwater sounds' or 'ocean soundscape' into YouTube, Spotify or Apple Music.
- Continue to play your 'under the sea' sounds to make an under the sea sensory soundscape.

Example songs representing 'Under the Sea'

- Bonnie Lies Over the Ocean
- Under the Sea from the Little Mermaid
- Finding Nemo or Finding Dory film soundtrack
- Yellow Submarine – The Beatles
- BBC Blue Planet soundtrack
- Aquarium – Camille Saint-Saëns '*Carnival of the Animals*'
- I Do Like to be Beside the Seaside
- Sailor's Hornpipe
- Whale or dolphin sounds
- Ocean wave sounds
- Row Row Row Your Boat
- A Sailor Went to Sea, Sea, Sea
- 1, 2, 3, 4, 5, Once I Caught a Fish Alive
- Baby Shark
- Under the Sea songs: <https://childhood101.com/ocean-sea-rhymes-finger-plays-action-songs/>

Using a song with your child

- Adapting songs to suit your child can be fun and engaging for them.
- Often children like hearing their own names and some may even be learning how to say them.
- Take an existing song and add their names. For example; in Bonnie Lies Over the Ocean, you can change My Bonnie to your child's name.

My Bonnie lies over the ocean,
My Bonnie lies over the sea,
My Bonnie lies over the ocean,
O bring back **my Bonnie** to me.

Bring back, bring back, O bring back **my Bonnie** to me, to me.

Bring back, bring back, O bring back **my Bonnie** to me.

- In this song, you could also develop pulse. Try tapping along the beat whilst singing. If your child finds this challenging, tap the pulse on their body (e.g. shoulders or arms).
- For an activity extension, you could also use your 'under the sea' homemade instruments to tap or shake to the beat.

'Nature' Music Activities



Making instruments

- Instruments that sound like stones or water could represent 'nature'. For example; rain makers (P.22.), cardboard maracas (P.21) and ocean drums (P.24).
- When decorating your instruments, draw/paint common 'nature' objects on them. For example; trees, flowers, bees or birds.
- Whilst making the instruments, you could put on a sensory soundscape of nature noises. Search for 'nature soundscapes' on YouTube, Spotify or Apple Music.
- To extend this activity, you could use things from nature to build and decorate your instruments. For example; sticks, stones, grass and flowers.

Sensory sound exploration

Sensory sound box

Materials: box or bin with a sealed lid and different objects related to 'nature'. For example; rocks, leaves, sticks, grass in a little bag, water in a bottle, mud in a little tub and small stones in a bottle.

- Put some objects in a box and put the lid on.
- Sing the words:
Tap tap box, Tap tap box,
What's in the box? Tap tap box.
- Encourage your child to pick something from the box and then shut the lid quickly.
- Explore the sound together. Move the sound around their body. Make the sounds loud/quiet and fast/slow.
- Repeat this activity to explore the different sounds.
- After you have explored using the sounds separately, try using some together.

Nature Sensory Sound Trail

- Go out into nature and explore the sounds you can find. This could be, for example, in your garden, local park or a forest.
- Pick up parts of nature and listen/feel the sounds they can make.
- Encourage your child to explore the sounds independently. They may need help with this.
- Pick an object and sing to the tune of Frère Jacques:
Listen to the sound of **sticks**,
Can you hear? Can you hear?
Listen to the **sticks**,
Listen to the **sticks**,
Can you hear? Can you hear?
- Change the object you sing to whatever you are exploring.
- Move the sound around your child's body. Make the sounds loud/quiet and fast/slow. They may be apprehensive with new sounds. If so, gently encourage them to listen and touch.
- At the end of this of your nature trail, you could take the objects home with you to explore further at home throughout the day.

Sensory tray and sensory soundscape

Materials: large tray or large mat to put on the floor and objects that can create sounds related to 'nature'. For example; shells, sand, bottle with half filled with water, bubble wrap, toy fish or boats, pebbles, bubbles and coloured paper (blue, white or green).

- If physically getting out into nature is a challenge for you, bring it indoors!
- Place objects that can create nature sounds on a large tray or mat.
- Encourage your child to explore the sounds independently. They may need help with this.
- Pick an object and sing to the tune of Frère Jacques:
- Listen to the sound of **sticks**,
- Can you hear? Can you hear?
- Listen to the **sticks**,
- Listen to the **sticks**,
- Can you hear? Can you hear?
- Change the object you sing to whatever you are exploring.
- Move the sound around your child's body. Make the sounds loud/quiet and fast/slow. They may be apprehensive with new sounds. If so, gently encourage them to listen and touch.
- At the end of this activity, you could put on a sensory soundscape of nature noises. Search for 'relaxing nature or soundscape' on YouTube, Spotify or Apple Music.
- Continue to play your nature sounds to make a nature sensory soundscape.

Example songs representing 'Nature'

- BBC Planet Earth soundtrack
- Teddy Bears Picnic
- Little Peter Rabbit
- Five Little Ducks Went Swimming One Day

- Here We Go Round the Mulberry Bush
- Old MacDonald Had A Farm
- What a Wonderful World – Louis Armstrong
- Rain, Rain Go Away
- Garden songs - <https://preschooleducation.com/songs/25-fun-and-educational-songs-about-gardens-plants-and-seeds/>

Using a song with your child

- Adapting songs to suit your child can be fun and engaging for them.
- Often children like hearing their own names and some may even be learning how to say them.
- Take an existing song and add their names. For example; in Old MacDonald, you can change Old MacDonald to your child's name.

Old MacDonald had a farm, E-I-E-I-O
 And on that farm he had a pig, E-I-E-I-O
 With a oink-oink here and a oink-oink there
 Here a oink, there a oink, everywhere a oink-oink
Old MacDonald had a farm, E-I-E-I-O

- In this song, you could also develop pulse. Try tapping along the beat whilst singing. If your child finds this challenging, tap the pulse on their body (e.g. shoulders).
- For an activity extension, you could also use your 'nature' homemade instruments to tap or shake to the beat.
- Another activity extension can be to use a tap, tap box. You can fill the box with different toy animals and encourage your child to pick one. Before each verse sing:
Tap tap box, Tap tap box,
What's in the box? Tap tap box.
- Each time you pick a new animal out, change the animal in the song.

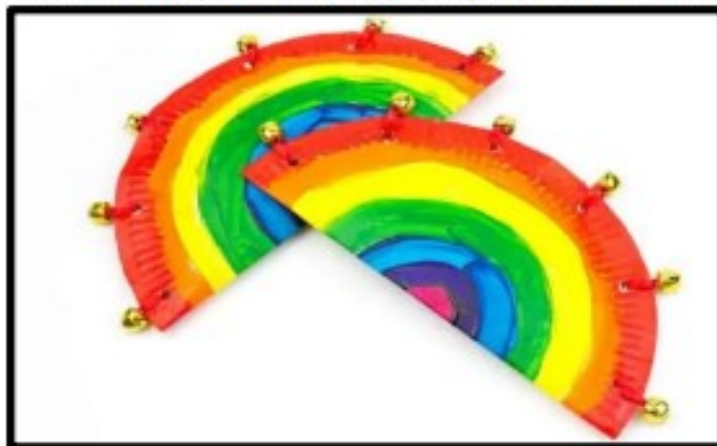
'Weather' Musical Activities



Making instruments

- Instruments that sound can sound like rain, wind or thunder could represent 'weather'. For example; rain makers (P.22), cardboard maracas (P.21) and ocean drums (P.24).
- When decorating your instruments, draw/paint common weather. For example; sun, rain, thunder, lightning, rainbows or snow.
- Whilst making the instruments, you could put on a sensory soundscape of weather noises. Search for 'weather soundscapes' on YouTube, Spotify or Apple Music.

Picture: Example of rainbow paper plate tambourines



Sensory sound exploration

Sensory sound box

Materials: box or bin with a sealed lid and different objects related to 'weather'. For example; straws, spray bottle with water, coloured paper, cotton wool pads, small drum, xylophone and rainmakers.

- Put some objects in a box and put the lid on.
- Sing the words:
Tap tap box, Tap tap box,
What's in the box? Tap tap box.
- Encourage your child to pick something from the box and then shut the lid quickly.
- Explore the sound together. Move the sound around their body. Make the sounds loud/quiet and fast/slow.
- Repeat this activity to explore the different sounds.
- After you have explored using the sounds separately, try using some together.
- At the end of this activity, you could put on a sensory soundscape of weather noises. Search for 'weather sounds' on YouTube, Spotify or Apple Music.
- Continue to play your weather sounds to make a weather sensory soundscape.

Rainbow Water Xylophone

Materials: cups/bottles, food colouring (rainbow colours) and something to tap with.

- Place cups on the table.
- Put different amounts of water into cups – go from high to low (see picture). If possible, you could try and tune this to an actual xylophone – C, D, E, F, G, A, B and C. Don't worry if this isn't possible – you can still explore different pitches!
- Put food colouring into the water.

- Encourage your child to explore sounds. They may need help with this.
- If you tune the notes correctly, you may be able to play well-known songs. For example, Twinkle Twinkle Little Star or Mary Had a Little Lamb.

Picture: Example of rainbow water xylophone



Example songs representing 'Weather'

You are my Sunshine

Here Comes the Sun – The Beatles

Bring Me Sunshine

Sun is Shining – Bob Marley

I Can Sing A Rainbow

Somewhere Over the Rainbow – Eva Cassidy

Rainbow songs - <https://empoweredparents.co/rainbow-songs/>

General weather songs - <https://www.kidsparkz.com/preschool-sings-weather.html>

Frozen film soundtrack

I Hear Thunder

Using a song with your child

- Adapting well-known songs to suit your child can be fun and engaging for them.
- Take an existing song, for example; Baa Baa Black Sheep and change the colour black to different colours. This can help children to learn more about the colours found in the rainbow.
- Encourage your child to pick out a different colour object each time to choose a new colour. For example; you could use coloured scarves in a bag or you could put coloured objects in a box.
- Often children also like hearing their own names and some may even be learning how to say them. You could change 'the little boy' to your child's name.

Baa, baa, **black** sheep, have you any wool?

Yes, sir, yes, sir, three bags full

One for the master, one for the dame

One for **the little boy** who lives down the lane

- In this song, you could also develop pulse. Try tapping along the beat whilst singing. If your child finds this challenging, tap the pulse on their body (e.g. shoulders).
- For an activity extension, you could also use your 'weather' homemade instruments to tap or shake to the beat.



**General Music
Activities**

Paint or colour to music

Materials: newspaper, plain paper, pens/pencils/crayons/paint and a device to play music on.

- Lay out some newspaper on the floor or table.
- Place some plain paper on top.
- Put out a selection of pens/pencils/crayons/paint.
- Put on some music in the background. If possible, ask your child to pick a song.
- Allow your child to create art freely to the music. They may need prompting with this. If so, draw/paint alongside them to demonstrate or physically help them to do it.
- You may want to explore using different body parts. For example; using fingers or toes for painting.
- If suitable, you could discuss what the music sounds like with your child (e.g. fast or slow, loud or quiet, high or low) and draw/paint pictures or shapes that represent the sounds. For example; something fast may look like a messy squiggle whereas something slow may just be a straight line.
- This activity is based on the artist Wassily Kandinsky (1866 – 1944). His paintings were inspired by the effects music had on him during his life (see picture).

Picture: Example of Kandinsky painting



Drum painting

Materials: newspaper, plain paper, wooden sticks, paint and a device to play music on.

- Lay out some newspaper on the floor or table.
- Place some plain paper on top.
- Put out a selection of paint.
- Put on some music in the background. If possible, something with a strong drumbeat in the background (e.g. rock or pop music).
- Give your child the wooden sticks. Explore the different ways of painting with them on the paper (e.g. scrapping them against each other or drawing different shapes).
- Gradually, encourage them to tap the sticks to the beat of the song. If they find this challenging, model it and say the word 'tap, tap, tap'. This is a challenging skill so even them hearing you do it will be beneficial.
- If your child prefers painting, tap the beat on their body whilst they paint. This will allow them to still 'feel' the beat.
- Your child may prefer to use their hands instead of sticks. This is ok!
- As an added extra, you could show a drum symbol or YouTube videos of people playing drums to extend this activity. You may even have a drum at home that you could also physically play together.

Picture: Example of drum painting



Handprint piano

Materials: newspaper, plain paper, paper, pens (black marker), paint and a device to play music on.

- Lay out some newspaper on the floor or table.
- Place some plain paper on top.
- Put on some music in the background. If possible, some solo piano music.
- If suitable show your child a picture of a piano and help them to draw it independently. If this is not suitable, give them a printed out copy of a piano (see picture for example).
- Next, get some paint. Paint your child's hands and ask them to print it on the piano. They may need help with this.
- You could print them several times in different colours.
- Your child may want to do more colouring on the sheet (e.g. colouring the keys). If your child can read and write, they may also want to label the keys correctly with musical note names (see picture for example).
- As an added extra, you could show a piano symbol or YouTube videos of people playing the piano to extend this activity. You may even have a small keyboard or piano at home that you could also physically play together.
- Whilst watching these videos or listening to piano music, encourage your child to tap their hands or fingers on the piano. Demonstrate this and encourage them to copy you.

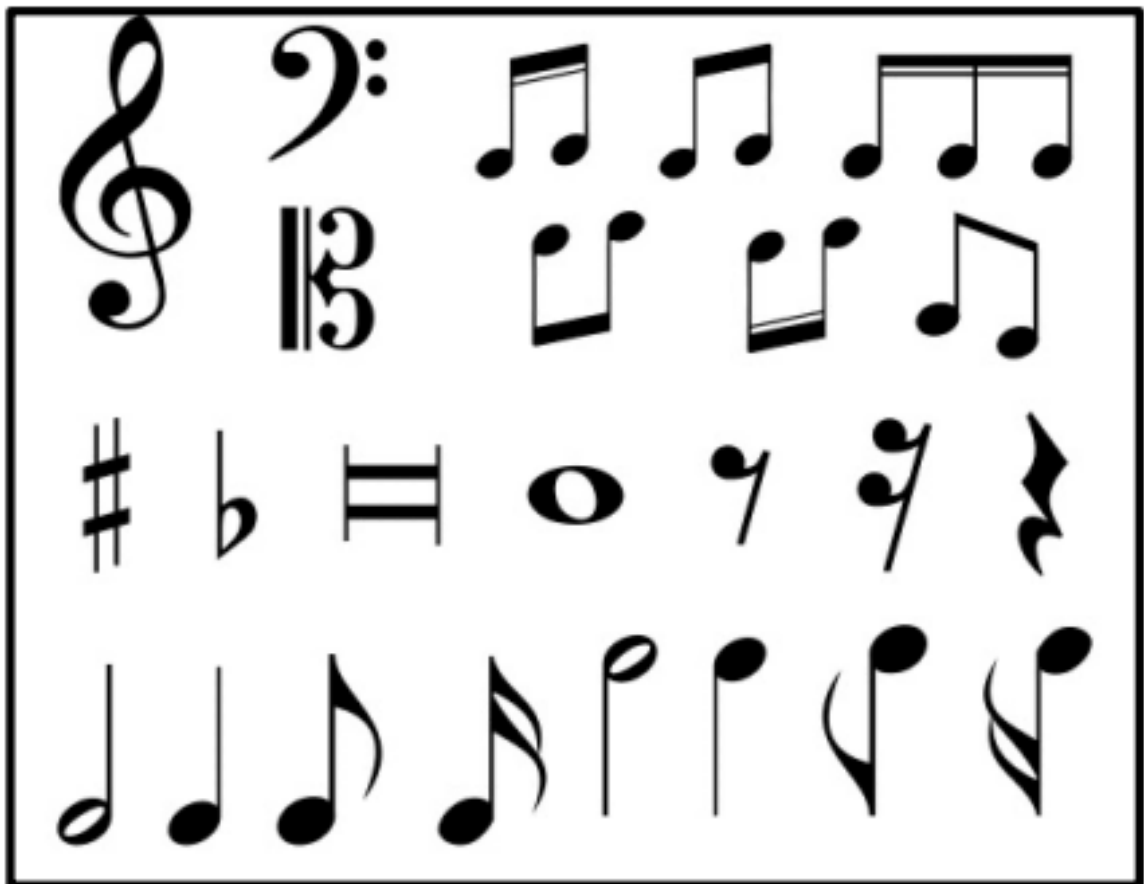
Picture: Example of handprint piano



Picture: Example of music notation on piano keyboard



Picture: Example of music notes to draw around the piano



Paper plate tambourines

Materials: newspaper, plain paper plates or thick cardboard, pens/paint/crayons, string, beads/bells/pasta, wooden sticks, glue/sellotape, scissors and a device to play music on.

- Lay out some newspaper on the floor or table.
- Put on some music in the background. If possible, ask your child to pick a song.
- Encourage your child to decorate a paper plate with pens/paint/crayons. They may need help with this. If so, demonstrate how to do this or physically help them.
- If you have a wooden stick, attach the paper plates on the stick using glue/sellotape.
- Attach beads/bells/pasta to small pieces of string.
- Attach the string to the paper plates with either glue/sellotape.
- Encourage your child to shake the paper plate tambourines. This could be a sensory activity to explore different sounds. It could also be extended to encourage shaking 'high' and 'low' or 'fast' and 'slow'.
- You could sing something simple – 'Shake up high, shake down low, shake really fast and shake very slow'.
- As an added extra, you could show a shake symbol or watch YouTube videos of people playing tambourines to extend this activity.

Picture: Example of paper plate tambourines



Cardboard roll maracas

Materials: newspaper, cardboard rolls, pens/paint/crayons, string, dry rice, sellotape, scissors and a device to play music on.

- Lay out some newspaper on the floor or table.
- Put on some music in the background. If possible, ask your child to pick a song.
- Use the pens/paint/crayons to decorate the cardboard rolls.
- Sellotape one end of the cardboard roll.
- Put the dry rice in the cardboard roll. Whilst doing this, your child could explore the texture of the rice.
- Sellotape the other end of the cardboard roll.
- Encourage your child to shake the cardboard roll maracas. This could be a sensory activity to explore different sounds. It could also be extended to encourage shaking 'high' and 'low' or 'fast' and 'slow'.
- You could sing something simple – 'Shake up high, shake down low, shake really fast and shake very slow'.
- As an added extra, you could show a shake symbol or watch YouTube videos of people playing maracas to extend this activity.

Picture: Example of cardboard roll maracas



Sensory rainmakers

Materials: newspaper, paper, cardboard rolls or empty plastic bottles, pens/paint/crayons, dry rice/beads, sellotape scissors and a device to play music on.

- Lay out some newspaper on the floor or table.
- Put on some music in the background. If possible, ask your child to pick a song.
- Use the pens/paint/crayons to decorate the cardboard rolls or empty plastic bottles.
- If using cardboard rolls, seal one end with paper or sellotape. Pour the dry rice in and seal the other end.
- If using an empty plastic bottle, pour in the dry rice/beads. Tightly seal the lid with the bottle top using sellotape.
- Whilst pouring the rice in, encourage your child to explore the texture of the rice.
- Encourage your child to shake the sensory rainmakers. This could be a sensory activity to explore different sounds. For example; you could shake them on different parts of the body or around the ears.
- It could also be extended to encourage shaking 'high' and 'low' or 'fast' and 'slow'.
- You could sing something simple – 'Shake up high, shake down low, shake really fast and shake very slow'.
- As an added extra, you could show a shake symbol to label the action for using the instrument.

Picture: Example of sensory rainmakers

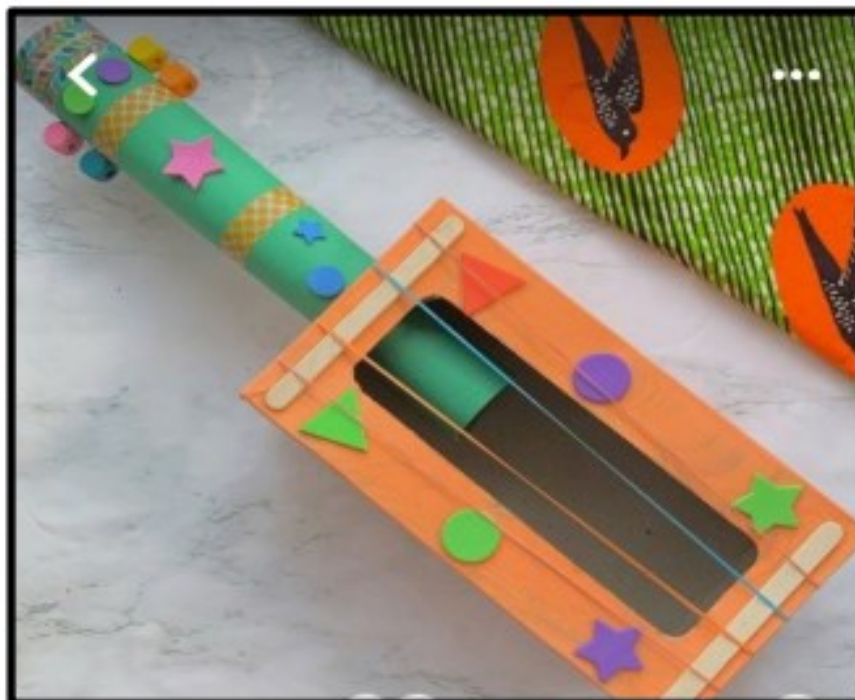


Cardboard guitar

Materials: newspaper, paper, cardboard box (e.g. cereal box), cardboard roll, pens/paint/crayons/stickers, wooden sticks, rubber bands, glue/sellotape scissors and a device to play music on.

- Lay out some newspaper on the floor or table.
- Put on some music in the background. If possible, put some guitar music on.
- Decorate the cereal box and cardboard roll with pens/paint/crayons/stickers.
- Help your child to cut a hole in the front and top of the box (see picture).
- Stick cardboard tube in the top of the box using glue/sellotape.
- Place rubber bands over the front hole (see picture). You may need hold these in place with a high level (see the wooden stick used in the picture)
- Encourage your child to strum the cardboard guitar. This could be a sensory activity to explore different sounds. You could also use it to practise counting the number of strings.
- You could use the cardboard guitar to strum along to a beat in guitar music.
- If learning turn taking, you could use it to develop this skill. For example; 'Bob strum, Mum strum, Bob strum, Mum strum'.

Picture: Example of cardboard guitar



Cardboard Ocean Drum

Materials: newspaper, paper, paper plates, clear plastic plates, pens/paint/crayons/stickers, beads/rice/pasta, glue/sellotape, scissors and a device to play music on.

- Lay out some newspaper on the floor or table.
- Put on some music in the background. If possible, put some calming ocean music.
- Decorate the paper plate with pens/paint/crayons/stickers. You could use ocean objects. For example; fish, sea and seaweed.
- Put beads/rice/pasta on top of the plate and then place another decorated plate or clear plastic plate over it.
- Stick the plates together with glue/sellotape.
- Watch this video for more tips: <https://www.youtube.com/watch?v=iSJ1S9Zk1Jl>

Picture: An example of a real ocean drum

