

## **The Importance of Getting Your Kids Involved in School Holiday Activities**

So the school holidays are rolling around again and you're getting yourself all in a flutter thinking what to do and when to do it and all that. But have you ever stopped to think, why? Sure, there are the obvious reasons, keeping the kids entertained and your sanity intact, but there are other benefits of getting your children involved in school holiday activities.

### **Promoting Health and Fitness**

Yes the school holidays should be a time for the kids to unwind after a busy term at school, time to recharge the batteries. But does this mean we should let them sit in front of the television or video games for two weeks? Or even longer for the Christmas break? Certainly not! We already have a nation of blossoming overweight children and teenagers so the more active we encourage our children to be, the better off they will be. This fact is no different during the school holidays. Get the kids outdoors and get them active. Not only is keeping active good for their bodies, but it's also good for their minds and their self-confidence.

### **Learning New Skills**

Holiday activities don't just have to be about entertaining the kids and keeping them healthy. They are also a great opportunity to help our children grow as people too. Say for example we encourage them to learn a new sport. This does more than just keep them fit. If it's a team sport, this helps them build on their teamwork skills. It also helps them meet new people and possibly make friends outside of the school dynamic. If they were to take up a new hobby or learn a new skill they could also benefit. They can feel a personal sense of achievement knowing that they have conquered a new skill or having created something. Hobbies can teach them patience and perseverance and encourages them to use their imagination

So whether it's for health improvement or social/personal development, getting your kids to participate in school holiday activities will benefit them all round. And happy healthy kids lead to a happier, stronger family unit. The kids won't fight amongst themselves because they're bored. They won't complain to you constantly that they need something to do and you won't go bald prematurely from pulling out your hair in frustration!

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