

# Arable kids

## Activities for wintery days!

Don't let staying inside on winter days drive you to despair, there are loads of fun indoor activities to keep you entertained! If you find yourself with nothing to do, pick something from the list below and kick that boredom to the curb!

### Family movie night

On a cold winter evening, turn the family room into your own personal theater. Find a movie the whole family will enjoy, pop some popcorn, grab a blanket, settle in, and enjoy the show!

### Fort fun

The next rainy day that comes around, build your own super fort out of furniture, blankets, and cushions.

### Break out the board games

Whether you are snapping up real estate in Monopoly or sliding down a snake in snakes and ladders, playing board games is a great way to spend a leisurely day at home.

### Dance party

Release pent up energy with some energetic music and slick moves. Turn your room into a disco hall, put on your favourite tunes and dance the day away!

### Read a book

Whether it's a re-read of a favourite or a trip to the library or on-line store for a new book, reading is a great way to transport yourself to another world for a few hours!

### Hide and seek

There are so many fabulous hiding places around the house, why not test your stealth with this classic game.

### Charades

Charades is a great family game for a rainy day. To begin, split into two teams and move into separate rooms. Each team should write down words, names, places, books, movies, etc. on pieces of paper. These are then exchanged with the other team's. Teams take turns picking a piece of paper and silently acting out what's on the paper. Each time a player takes a turn, use a stopwatch to track the time. The team with the shortest overall time is the winner.

## Kids cooking

A warm breakfast on a cold morning is always good! Impress your family by learning how to make this healthy and yummy breakfast yourself!

### Porridge

- 160 g rolled oats
- 600 ml milk, soya milk or water
- Salt

Place the oats and the milk or water in a large pan over a medium heat.

Add a tiny pinch of salt and stir with a wooden spoon.

Bring to a steady simmer for 5 to 6 minutes, stirring as often as you can to give you a smooth creamy porridge – if you like your porridge runnier, simply add a splash more milk or water until you've got the consistency you like.

### Stewed fruit

- 500g seasonal fruit, such as rhubarb, apples or pears
- Caster sugar, to taste

When stewing fruit, it's best to decide for yourself how much sugar to add – if your fruit is really ripe and sweet, you'll need less. Just have a taste as you go along and add more if you think you need to. Be careful when tasting as it gets really hot!

Chop up all the fruit, discarding any stones.

Place the fruit in a pan. Add the sugar – start with approximately 2-3 heaped teaspoons. Add 2 tablespoons of water and cook on a medium heat with the lid on.

Once the fruit has softened, remove the lid and let the liquid reduce – you want to end up with a fairly thick consistency.

Remember stewed fruit doesn't just go with porridge! Add it to cereal, pancakes, ice-cream, yoghurt or eat it by itself.