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Avoid travel sickness

Motion sickness, is common in children during car trips. Make it less likely with these tips:

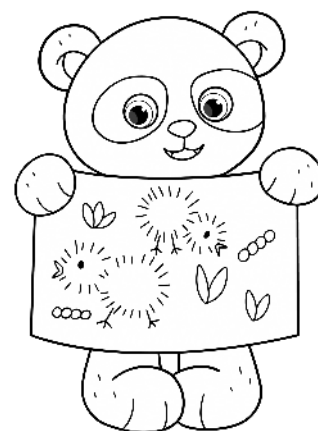
- Ensure kids eat a light meal well before traveling. Avoid heavy, greasy, or spicy foods.
- Keep them well-hydrated with sips of water, not large gulps.

- Dress them comfortably. Keep the car temperature pleasant.
- Positioning: Seat your child in the front seat or middle of the back seat where they can look straight forward and see the horizon. Looking at distant objects can help maintain balance.

(more tips in next travel newsletter)

TIP

Remember to bring plain paper and pencils at a minimum. Colouring pens or crayons, scissors, puzzle and colouring books are also useful.



TIP

Play I Spy – items **MUST** be outside the vehicle - good for looking out to the horizon.

Battleships - rules next page

	A	B	C	D	E	F	G	H	I	J
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

	A	B	C	D	E	F	G	H	I	J
1										
2										
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6										
7										
8										
9										
10										

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PuzzlesnPix

Leisure time puzzles, colouring pictures and journals for all ages. Enjoy your leisure time, relax reduce anxiety and let kids improve their fine muscle skills.

Puzzles keep your brain active. Colouring allows you to focus and relax, reducing anxiety. For children, colouring enables them to master fine muscle movements.

How to play Battleships

You and your opponent will each need 2 copies of the battleships template and each gets 5 ships

- Aircraft carrier – 5 squares
- Battleship – 4 squares
- Cruiser – 3 squares
- Submarine – 3 squares
- Destroyer – 2 squares

Draw your ships out on one of the templates by shading in the correct number of squares. All squares belonging to one ship must either all be horizontal or vertical – you cannot have a ship that is bent in the middle.

The other template is for marking down your shots at your opponent and whether it was a hit or a miss.

You and your opponent take it in turns to call out a square, e.g. A1 or G5. If it hits part of a ship, the owner of the ship calls “hit”. If it misses, they call “miss”.

Mark the hits and misses at your opponent on your second template. Use this to decide where your next shot will be aimed. Mark the shots your opponent makes on your ships. Winner is first to .destroy all their opponent’s ships

My ships

	A	B	C	D	E	F	G	H	I	J
1										
2				■				■	■	■
3				■						
4				X		O	O			
5										
6				X					■	■
7									■	■
8	■	■	■					O		
9	■	■	■						■	■
10					■	■	■			

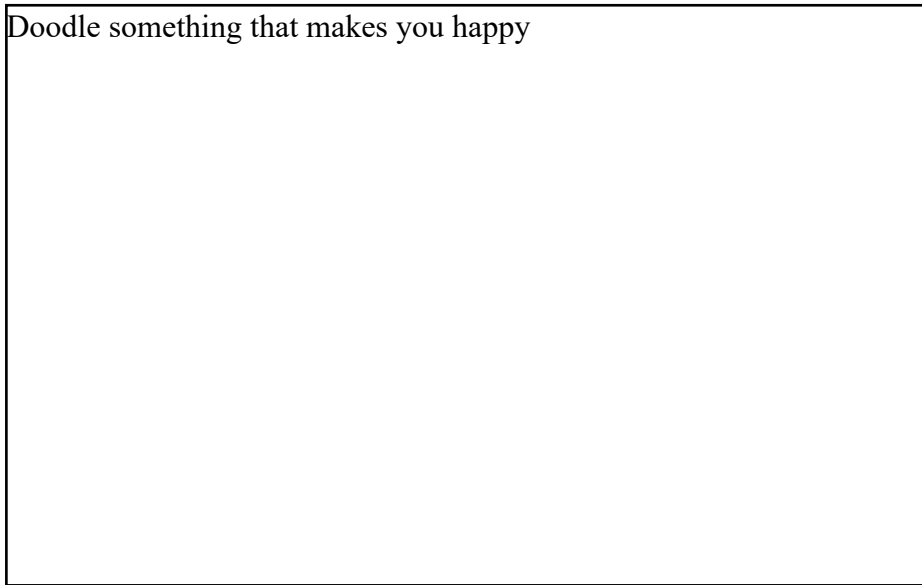
Shots at my opponent

	A	B	C	D	E	F	G	H	I	J
1										
2										
3			X	X	X					
4							O	O		
5										
6										
7										
8										
9										
10										



Doodle Corner

Doodle something that makes you happy



Taking Games and Books

If you are going to be staying in one place for a while and you have the space to carry some extra items, think about taking some board games, activity books or even reading books with you.

Many kids enjoy colouring or doing mazes or puzzles, as do many adults.

Board games like Ludo or card games like Happy Families are useful for younger children, while Scrabble and Monopoly may well be favourites with older children and adults.

The card game “snap” can be played with many different card packs and you can make it extra educational, if you wish, with specialised packs.

What do you like colouring in best?

Find colouring and puzzle books and journals from Meg Learner on Amazon, both USA and UK.

UK

<https://www.amazon.co.uk/stores/Meg-Learner/author/B07T9TT9Y3>

USA

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Some titles you may be interested in:

Children

Mixed Mazes for Kids

Children’s Rainy Day Activity Book

Colour and Count for Kids

Adults

Adult Animal and Quotes Coloring Book

Jungles and Giraffes Adult Colouring

Affirmations and Questions

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