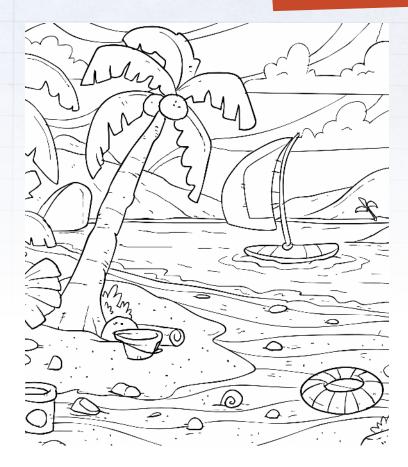
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Newsletter 2 - Travel part 2

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- Don't let them use screens or books while travelling.
- Encourage them to play activities that do not require looking down, such as listening to audiobooks or music or to play games like "I Spy" or "21" which require looking outside.
- Alternatively, encourage them to focus on stable objects outside the car.
- Keep fresh air circulating in the car by opening windows or using air conditioning.
- Take regular breaks to them get fresh air and stretch their legs.
- Provide a pillow or neck support to keep their head still.



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TIP

The game of 21 takes the numbers on vehicle registration plates and tries to make "21" from these – full rules behind.

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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.

Puzzle Instructions. Check here to see how to play the puzzles

How To Play the Game "21"

Most vehicle registration plates contain numbers, sometimes 2 numbers, sometimes 3 numbers, sometimes 4, 5 or even more.

The idea behind the game of "21" is to try and make the numbers on vehicle registration plates reach 21. You can add, subtract, multiply or divide the numbers to reach 21. All numbers must be used and each number can only be used once.

For example, a registration plate contains the numbers 3 and 7. When multiplied, these make 21. These are the only two numbers that will make 21 on a two-number plate.

For example, a 3 number registration plate contains the numbers 9, 8 and 4. These can be added to make 21. Another plate contains the numbers 5, 4 and 1. The numbers 5 and 4 can be multiplied to give 20. Add the number 1 to make 21.

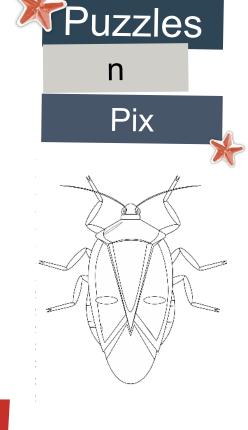
For example, a 4 number plate contains the numbers 9, 6, 2 and 6. The number 6 can be divided by 2 to make 3, which is then multiplied by 9 to make 27. Subtract the other 6 to make 21.

Remember, all numbers must be used. Each number is used only once.

Remember you can multiply by 1 to keep the number the same. You can add or subtract zero to keep the number the same.

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What do you like colouring in best?

Outdoor Challenge

Pebble Tower Challenge – this can be single player or multi player. The objective is to build the tallest tower using only pebbles.

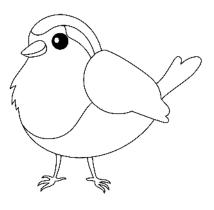
Materials: Pebbles found locally

Rules:

Multi-Player

Players take turns adding one pebble at a time to the tower. The person who causes the tower to fall loses. Single-Player

Build the tallest tower using only the pebbles you find.





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Puzzles, colouring pages and journals by Meg Learner are all available for Amazon and can be bought in the UK or the US. They will also be available in other country versions of Amazon, however, most of the books are in English.

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Doodle Corner

Doodle something here to make you happy

Existing without WiFi

If you want to be able to play games without a phone or tablet, here are some games for different ages:

- Snap. You can find many packs for playing this from transport themes to birds to kids' toys.
- Happy Families is another simple card game. Both are good for kids to develop memory skills and how to take turns, etc.
- Concentration card game is a matching game suitable for older children and adults.
- In the car, you could play "I
 packed my bag" a memory game
 where players add an item to a
 list, remembering all the
 previous items.

TIP

If you bring child-safe scissors as well as colouring pencils this will allow for more crafting activities when camping or if rainy.

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Facebook Group UK

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