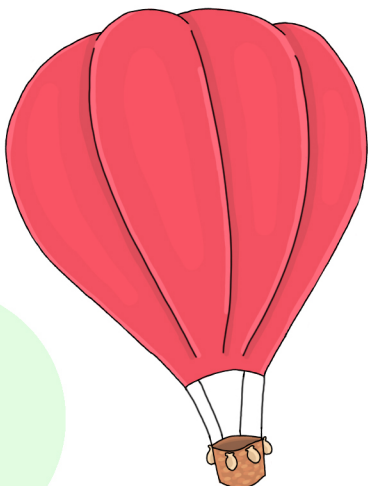
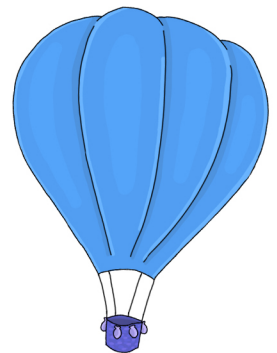




Get cooking. Get making.  
Get outside. Get adventuring.  
Get EPIC!





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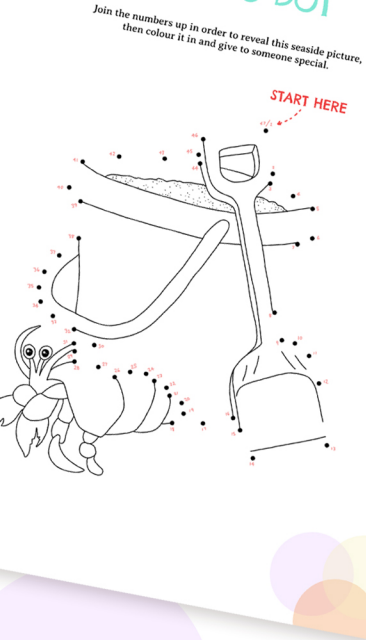
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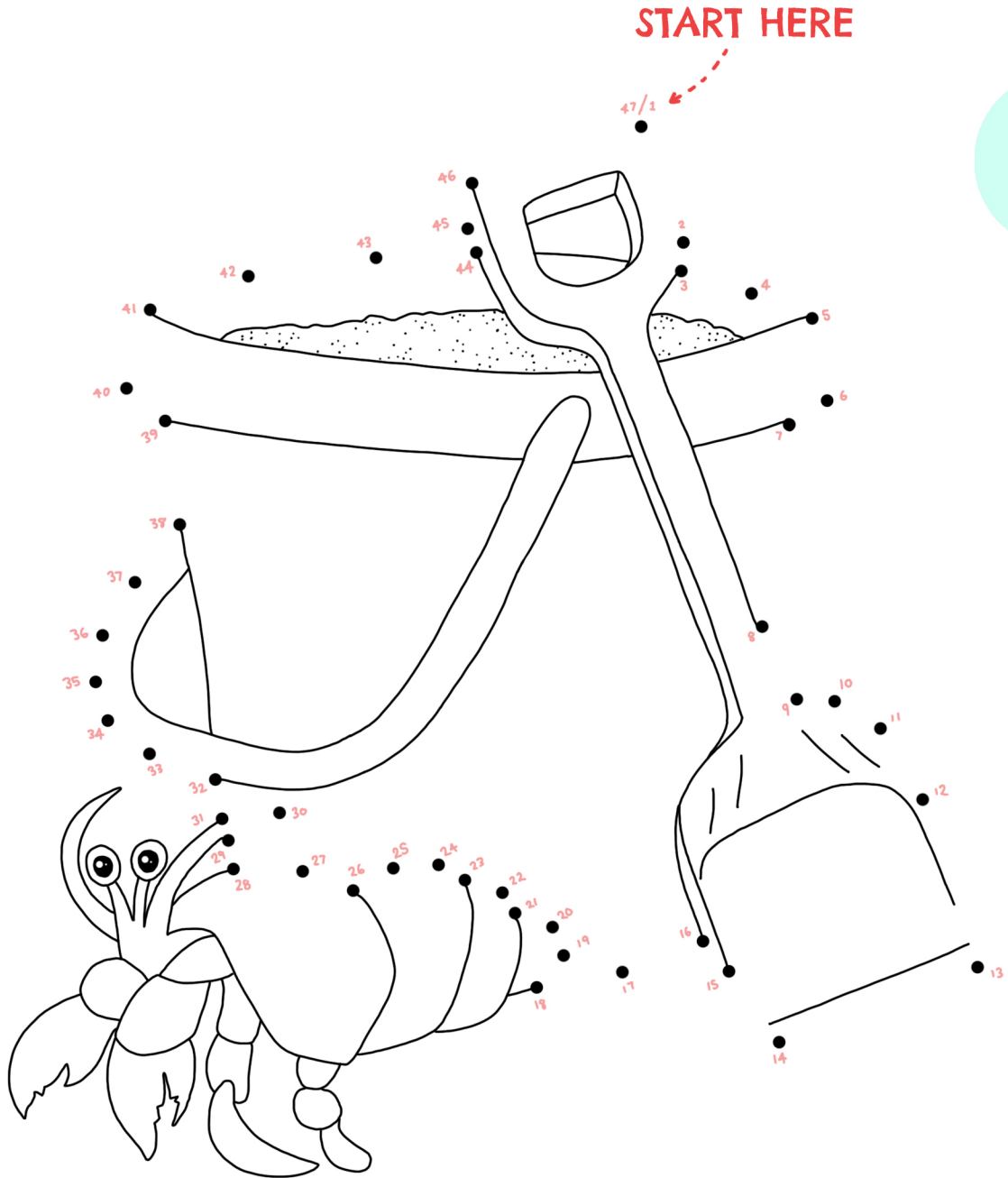
# FUN ON THE RUN

A collection of awesome activities guaranteed to keep you busy on a long journey.



# SUMMER BEACH DOT TO DOT

Join the numbers up in order to reveal this seaside picture,  
then colour it in and give to someone special.



# FENCE ME IN



Players take it in turns to draw one horizontal or vertical line on the grid, joining two dots that are side-by-side. If the line you draw finishes off a square, you write your initials in the square and take another go.

The player with the most squares when the grid is full is the winner.

**NOTE:** You MUST draw a line each time it's your turn - no skipping!

# FIND THE WORDS

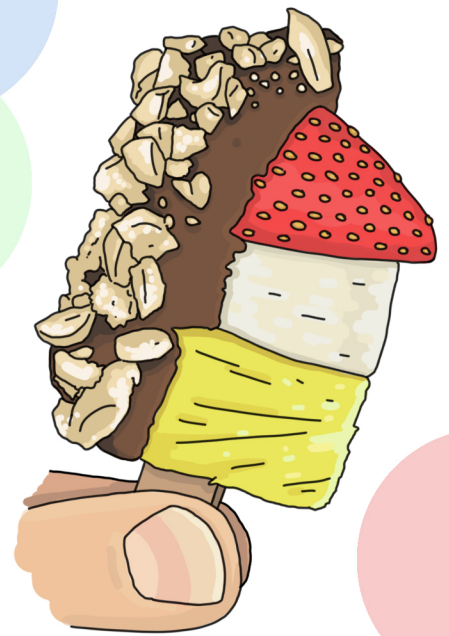
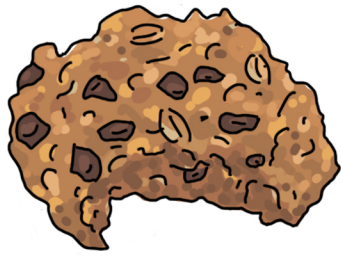
R F L S U M M E R J E E J P I  
D E I A M T S P Y A D I L O H  
N H U L C Q X I D C A P M F S  
Q T L S S Z Q C U O P S P P T  
A E R O P L A N E M S W Y E E  
S W T D S Y D I G E D I X N K  
K U N R J A C C L Y N M J E C  
X A N P A E R B A E A M X P I  
S A L S C V A A D R T I D J T  
G R L R C T E I P B E N T D X  
J L E E A R S L E V K G A U Z  
A A B L R A E A R Z C L O T S  
M P F O E Y C E Z S U N B O R  
V N X S I H Z F N E B Q X B V  
I E W O O T E A H I L E W O T

AEROPLANE  
BUCKET AND SPADE  
ICE CREAM  
PICNIC  
SEASIDE

SUN SCREEN  
TOWEL  
BEACH  
CAR  
INFLATABLE

RELAX  
SUMMER  
SWIMMING  
TRAVEL  
BOAT

HOLIDAY  
PARASOL  
SAND  
SUN  
TICKETS



# THE TASTES OF SUMMER

Hungry? Here are some super tasty treat ideas, perfect for when you're winding down in the garden or making it through a road trip.



**NOTE:** Our recipes may not be suitable for children suffering from certain allergies and intolerances. Please check the ingredient list before making and serving.

# MAKE BANANA SPLIT BITES



Nuts



Banana

Strawberries



Pineapple



Chocolate



1

Cut your fruit and assemble into stacks - strawberry, banana, pineapple.

2

Press a lolly stick through the fruit and freeze until solid.

3

Melt chocolate and dip the frozen fruit lollies into it.

4

Dip the chocolate-covered side immediately in chopped nuts.

5

Place the lollies on a baking sheet to harden.



**TOP TIP:** Make sure the bananas aren't too ripe, as they will become mushy when they thaw.



# MAKE PEANUT BUTTER COOKIES

2 Tablespoons  
Peanut Butter



1 Cup  
Oats

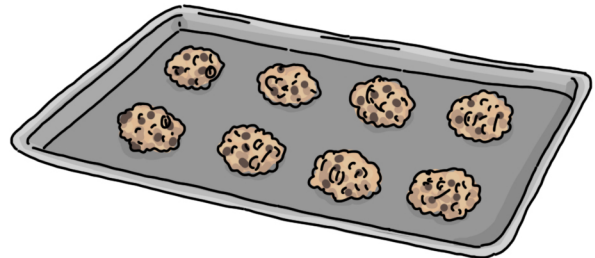
2 Bananas  
(Mashed)



1/4 Cup  
Chocolate Chips

①

Grease an baking sheet and preheat the oven to 190°C/ 170° Fan/Gas Mark 5.



②

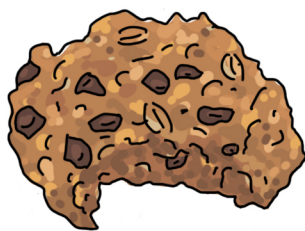
Mix together the bananas, oats and peanut butter and chocolate chips.

③

Scoop dough onto the baking sheet and bake for 15 minutes.

**YUM!**

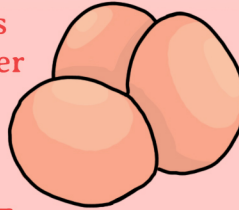
**YUM!**



# MAKE A BREAKFAST BURRITO

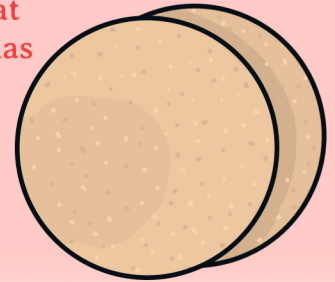


3 Tablespoons  
Chopped Pepper



3 Eggs  
(Whipped)

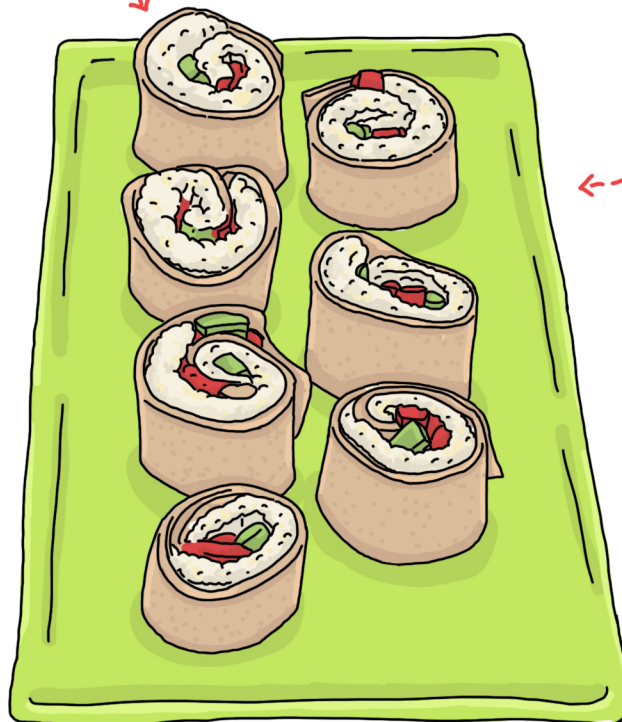
Wheat  
Tortillas



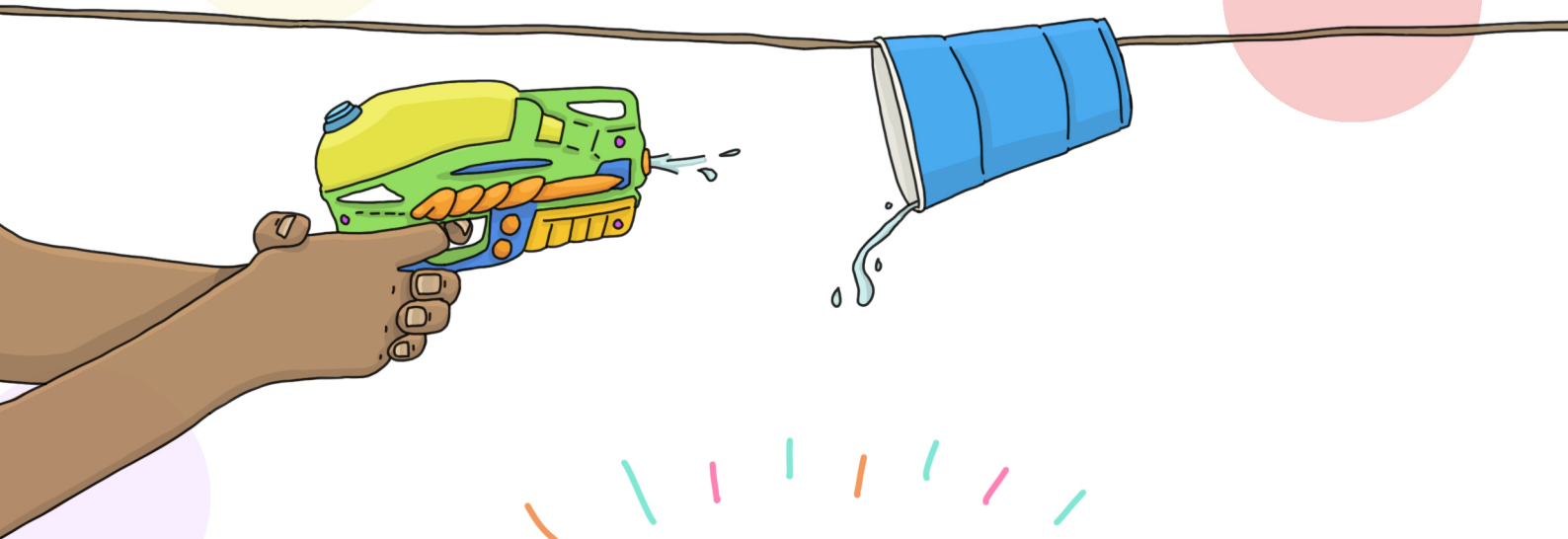
Saute your  
chopped peppers  
in a pan.

Whisk eggs then  
pour onto a hot  
skillet or pan and fry.

Place an egg in  
each tortilla, add  
peppers in the  
centre and roll.

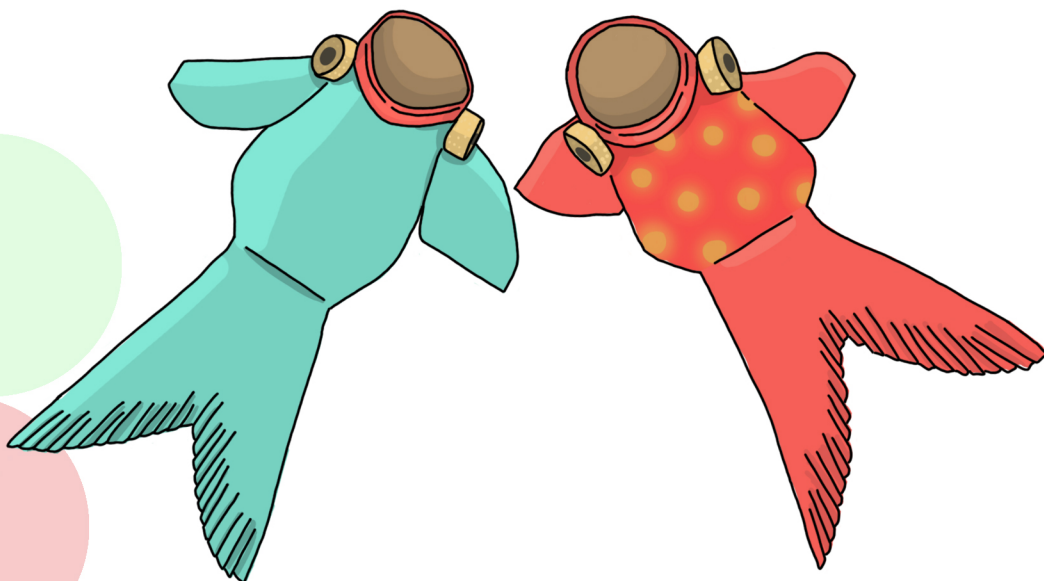


Slice up into  
bitesize snacks.

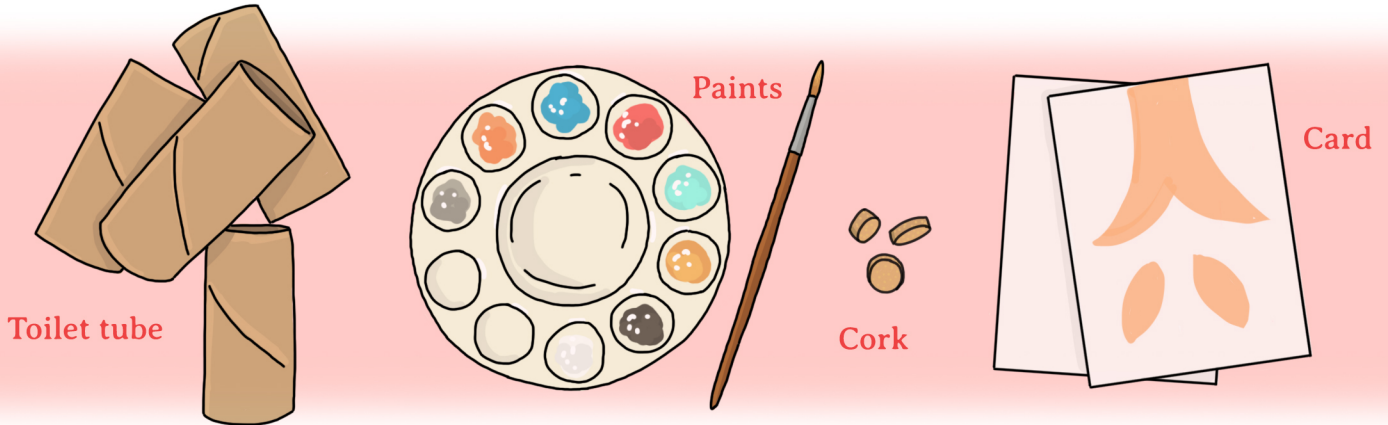


# CRAFT HOUR

If you're feeling a little crafty we've got some awesome ideas for things that'll get you thinking nature.



# MAKE A PAPER TUBE KOI CARP



Paint your toilet tube - this will be the fish's body.

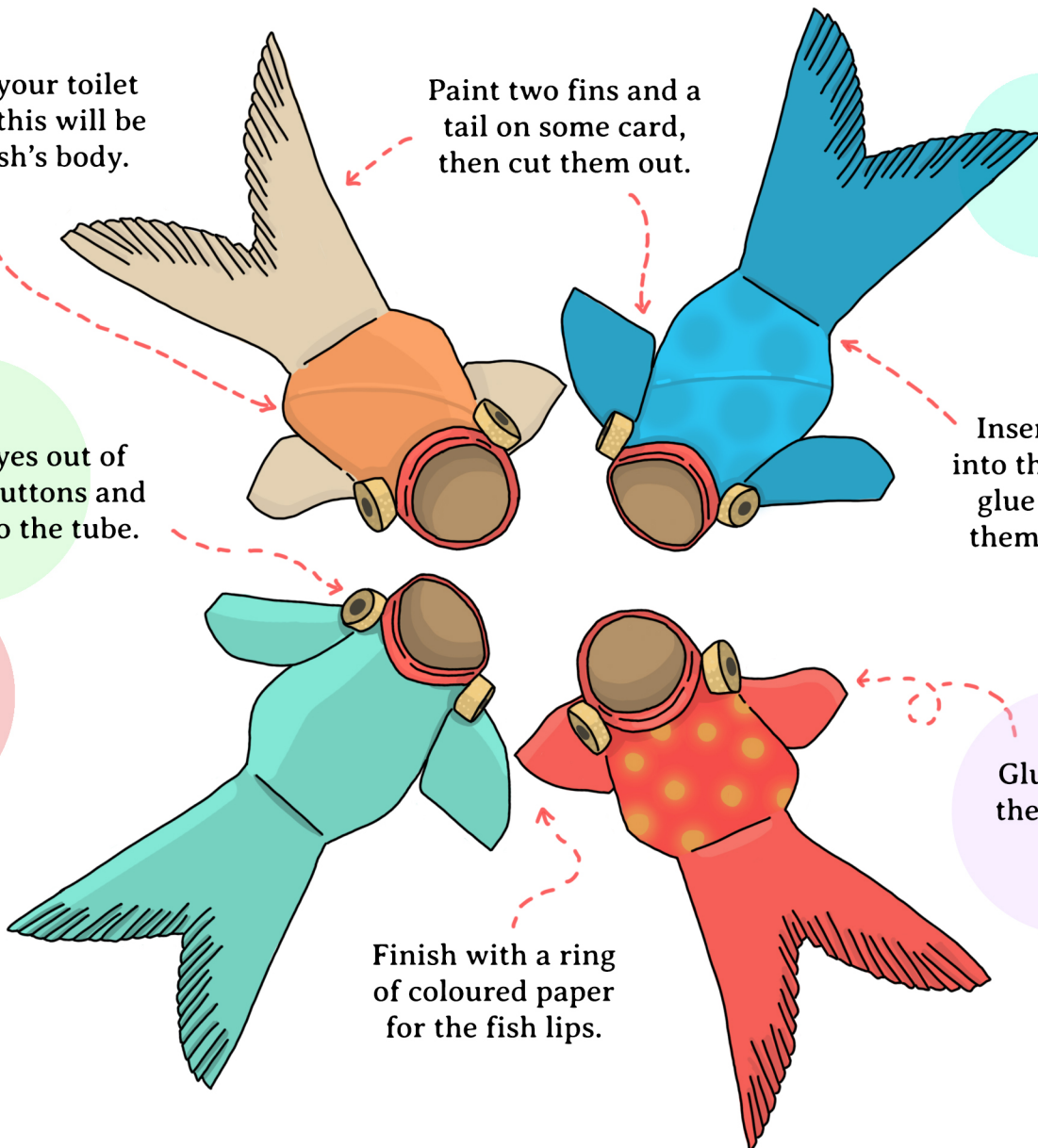
Paint two fins and a tail on some card, then cut them out.

Insert the tail into the tube and glue or staple them together.

Make eyes out of cork or buttons and glue onto the tube.

Glue on the fins.

Finish with a ring of coloured paper for the fish lips.



# HAVE A SQUIRT GUN RACE

Plastic cup



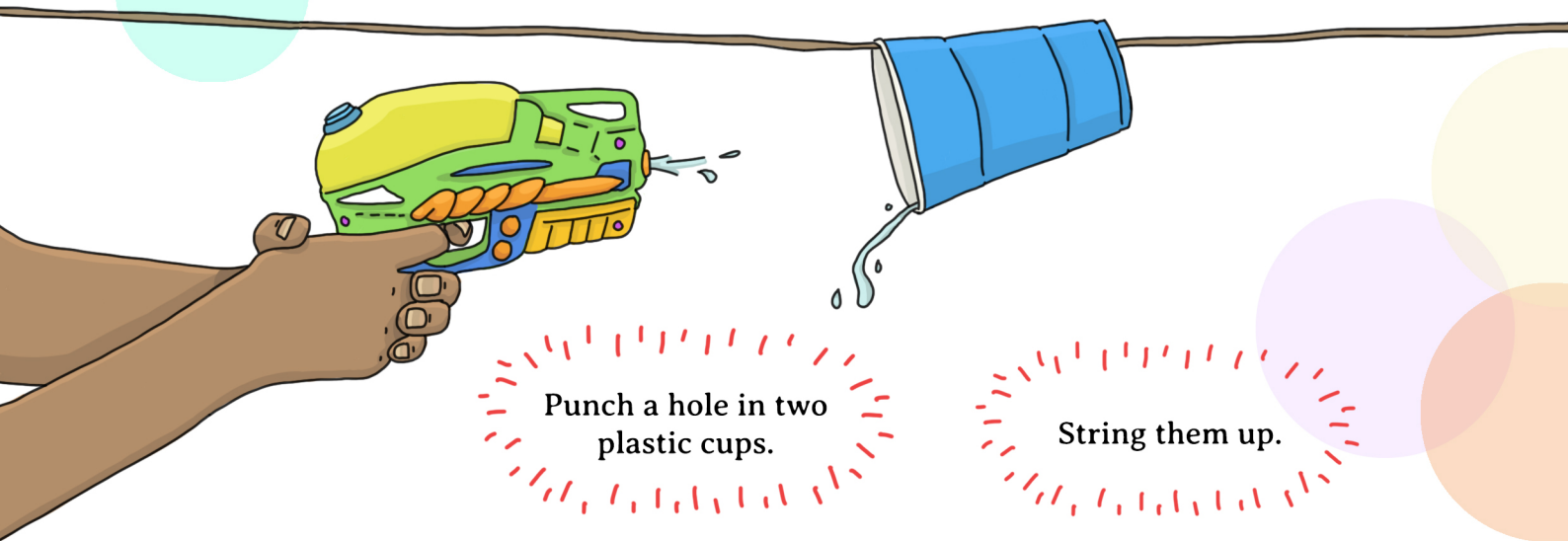
String



Water pistol

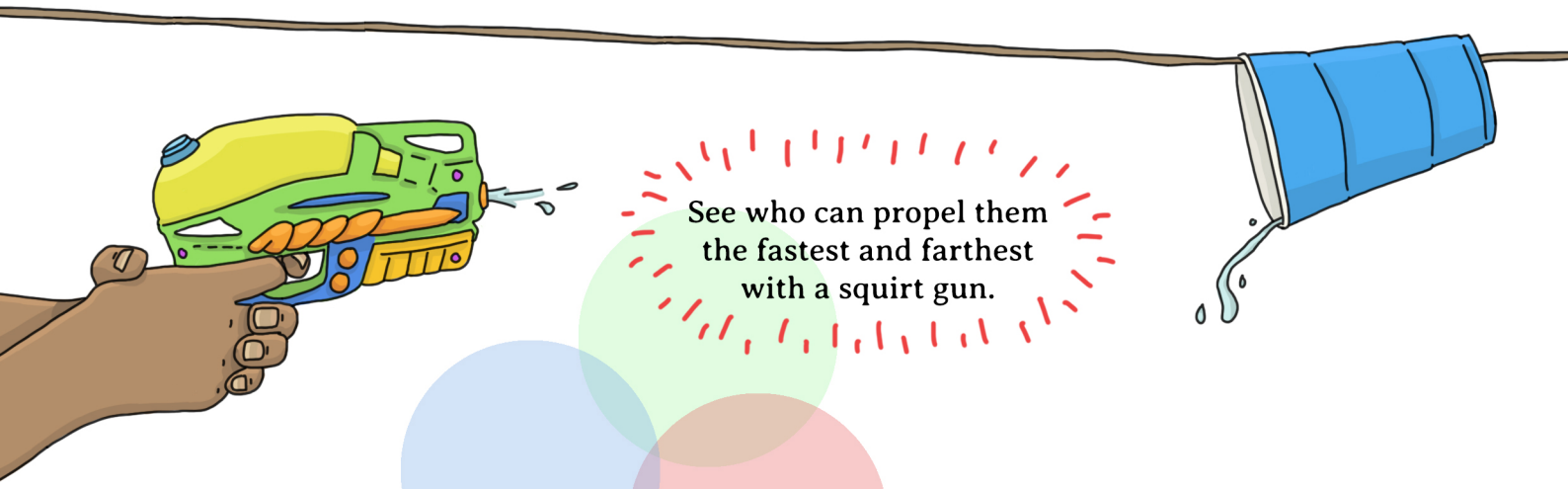


## READY. SET. GO!



Punch a hole in two  
plastic cups.

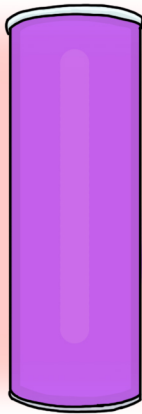
String them up.



See who can propel them  
the fastest and farthest  
with a squirt gun.

# MAKE A SUMMER KALEIDOSCOPE

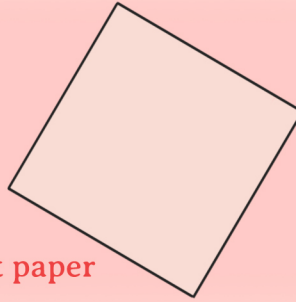
Pringles can



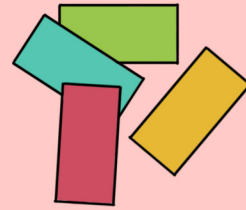
Sequins



Contact paper



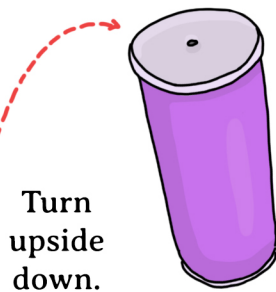
Coloured tissue paper



Roll a piece of shimmery paper and put inside the can.

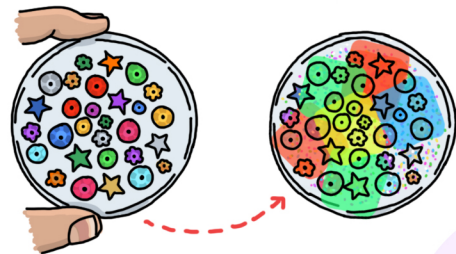


Use a hammer and nail to punch an eye hole in the sealed end of the can.



Turn upside down.

Decorate the lid with sequins, tissue paper shapes and glitter.



Create a second lens with contact paper. Stick more sequins, paper and glitter to it, but leave some gaps.



Cut the paper to fit your can and glue it on.

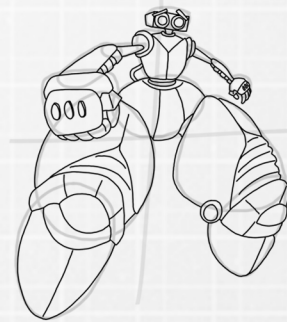


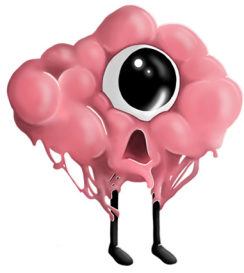
Place the lid on the can, hold it up to the light and look through the eye hole. Twist the lid to see different shapes.



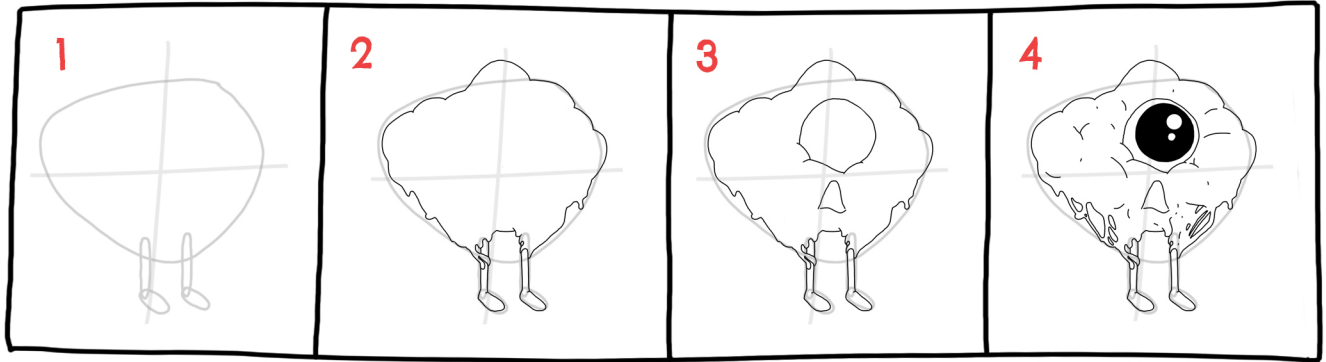
# DRAWING GUIDE

Want to learn how to draw an EPIC  
character? Our easy-to-follow  
guides make it a piece of cake...





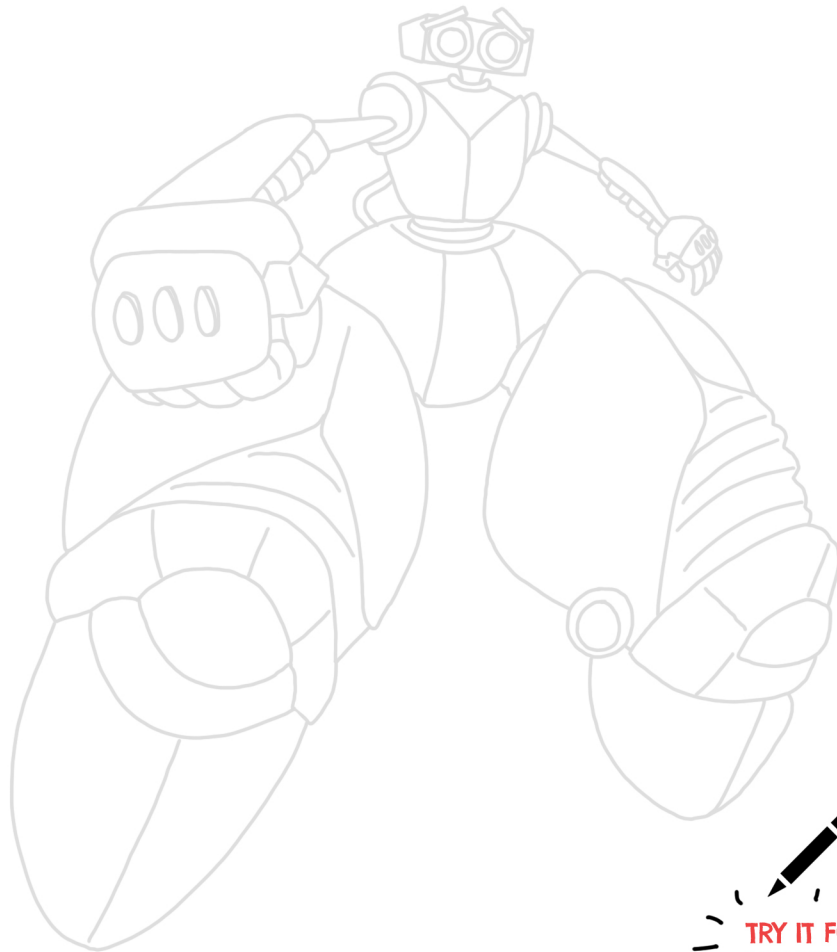
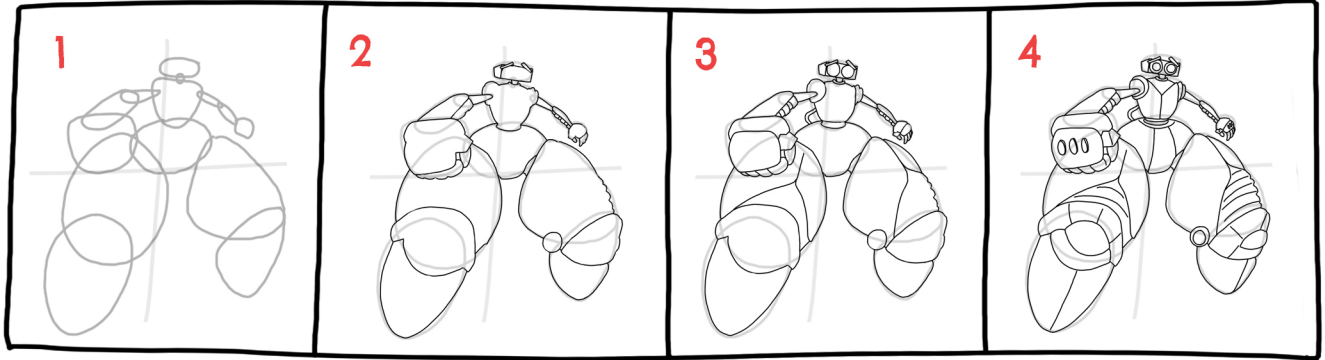
# HOW TO DRAW... BUBBLY BOB



  
**TRY IT FOR  
YOURSELF**



# HOW TO DRAW A... ROBOT



  
**TRY IT FOR  
YOURSELF**



# HOW TO DRAW A... MANGROLL

