

SWHP Summer Holiday Planner 2026

Free and costed ideas for families across
Three Rivers, Watford, Hertsmere and beyond

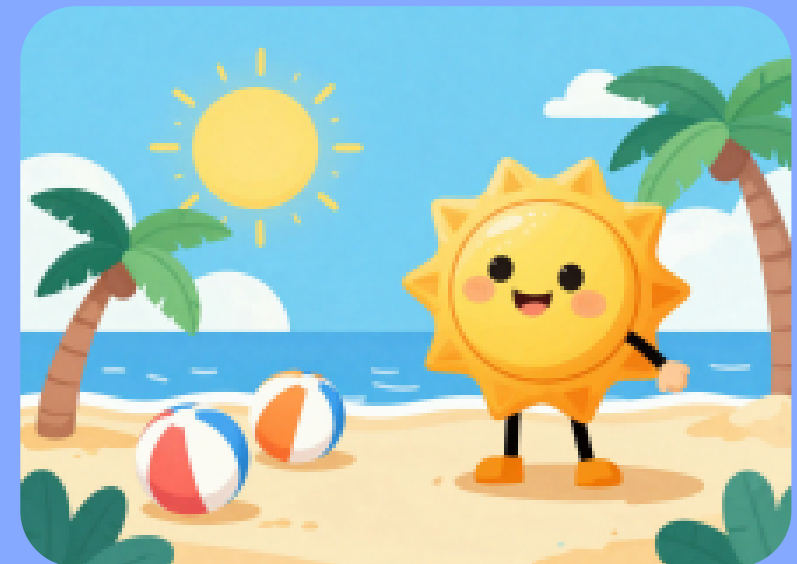
How to Use

Use the planner to note down days or activities of interest.

Check your nearest area – Three Rivers, Watford and Hertsmere – for an inclusive and wide-ranging guide. Other ideas for around the county and beyond are listed underneath.

There are some activities to keep the kids busy at home on quiet or rainy days, and some ideas to help save the pennies at this expensive time.

If you are struggling with your mental health, please refer to the resources below to support you – and remember, if you feel we can be of service, speak to your child's school about a referral.



Summer Holiday Planner

WK	DAY	DATE	ACTIVITY / IDEAS
1	Mon	Jul 20	
	Tue	Jul 21	
	Wed	Jul 22	
	Thu	Jul 23	
	Fri	Jul 24	
	Sat	Jul 25	
	Sun	Jul 26	
2	Mon	Jul 27	
	Tue	Jul 28	
	Wed	Jul 29	
	Thu	Jul 30	
	Fri	Jul 31	
	Sat	Aug 1	
	Sun	Aug 2	
3	Mon	Aug 3	
	Tue	Aug 4	
	Wed	Aug 5	
	Thu	Aug 6	

WK	DAY	DATE	ACTIVITY / IDEAS
3	Fri	Aug 7	
	Sat	Aug 8	
	Sun	Aug 9	
4	Mon	Aug 10	
	Tue	Aug 11	
	Wed	Aug 12	
	Thu	Aug 13	
	Fri	Aug 14	
	Sat	Aug 15	
	Sun	Aug 16	
5	Mon	Aug 17	
	Tue	Aug 18	
	Wed	Aug 19	
	Thu	Aug 20	
	Fri	Aug 21	
	Sat	Aug 22	
	Sun	Aug 23	
6	Mon	Aug 24	
	Tue	Aug 25	



WK	DAY	DATE	ACTIVITY / IDEAS
6	Wed	Aug 26	
	Thu	Aug 27	
	Fri	Aug 28	
	Sat	Aug 29	
	Sun	Aug 30	
7	Mon	Aug 31	
	Tue	Sep 1	
	Wed	Sep 2	
	Thu	Sep 3	
	Fri	Sep 4	



SWHP'S Low Cost Summer Ideas



- ☆ Skate park
- ☆ Bike or scooter ride
- ☆ Go on a nature walk
- ☆ Have a picnic
- ☆ Fly a kite on a windy day
- ☆ Play frisbee
- ☆ Visit a playground
- ☆ Go on a bug hunt with a notebook
- ☆ Create pavement chalk art
- ☆ Have a water balloon toss
- ☆ Play football in the park
- ☆ Build a den using sticks and branches
- ☆ Go cloud watching
- ☆ Have a scavenger hunt
- ☆ Collect leaves, stones, or pinecones
- ☆ Skip stones across a pond or lake



- ☆ Watch the sunset
- ☆ Go stargazing
- ☆ Take photographs of nature
- ☆ Organise a family sports day
- ☆ Plant flowers or vegetables
- ☆ Play hide-and-seek
- ☆ Explore somewhere new on a walk
- ☆ Read books outdoors under a tree
- ☆ Create a mini obstacle course
- ☆ Visit a local nature reserve
- ☆ Paddling pool fun
- ☆ Visit a museum
- ☆ Have a play date
- ☆ Geocaching
- ☆ Eye spy
- ☆ Board games
- ☆ Card games



Cost more days out...££



1. Theme parks
2. Cinema trips
3. Bowling
4. Swimming pools
5. Soft play centres
6. Zoo or farm visits
7. Mini golf
8. Trampoline parks
9. Go-karting
10. Escape rooms

11. Ice skating
12. Pottery painting
13. Climbing walls
14. Boat trips
15. Theatre shows
16. Aquariums
17. Adventure playgrounds
18. Cooking classes
19. Laser tag
20. Water parks



SWHP's Summer LEGO Challenge

Week 1: Beach Adventures

Day 1: Build a sandcastle
Day 2: Create a beach hut
Day 3: Build a surfboard and surfer
Day 4: Make a beach picnic scene
Day 5: Build a lighthouse
Day 6: Create a treasure chest buried in the sand
Day 7: Design a seaside town

Week 2: Nature Explorers

Day 8: Build a colorful butterfly
Day 9: Create a giant flower garden
Day 10: Make a buzzing bee
Day 11: Build a treehouse
Day 12: Create a forest animal habitat
Day 13: Design a pond with ducks and frogs
Day 14: Build a camping scene



Week 3: Summer Fun

Day 15: Build an ice cream shop
Day 16: Create your dream playground
Day 17: Build a water park
Day 18: Design a bicycle adventure
Day 19: Make a lemonade stand
Day 20: Build a summer fair ride
Day 21: Create a backyard barbecue

Week 4: Travel & Adventure

Day 22: Build a hot air balloon
Day 23: Create a holiday caravan or camper van
Day 24: Design a jungle adventure scene
Day 25: Build a pirate ship
Day 26: Create a tropical island
Day 27: Build a mountain cabin
Day 28: Design an airport and airplane



Final Challenge Days

Day 29: Build your dream summer holiday destination
Day 30: Create the biggest summer scene you can!

Bonus Challenges

Build something using only one colour
Build with your eyes closed for one minute

Create an animal that doesn't exist
Build the tallest tower you can
Design a LEGO trophy for completing the challenge

Extra Fun

Take a photo of each day's build and make a "Summer LEGO Challenge" album! Vote for:

- Most Creative Build
- Funniest Build
- Tallest Build
- Best Use of Colour
- Best Summer Theme



Adapt to whatever LEGO pieces you have!

Send photos of your finished designs to admin@swhp.org.uk to feature on Instagram

SWHP's 100 Indoor Summer Ideas



Creative Activities

Draw a self-portrait
Paint a landscape from imagination
Create a comic strip
Make friendship bracelets
Learn origami
Design your own board game
Build a cardboard castle
Decorate a journal
Make a scrapbook
Create a vision board
Try calligraphy
Paint rocks
Make homemade greeting cards
Learn basic knitting
Create a paper-mache sculpture
Design a family coat of arms
Build a miniature model
Make a stop-motion animation
Create digital art
Write and illustrate a children's book

Reading & Writing

Read a novel
Start a book club
Write a short story
Keep a daily journal
Write poetry
Create a fictional world

Write a mystery story
Read a biography
Start a reading challenge
Write letters to friends or family

Science & Learning

Conduct simple science experiments
Learn about space
Build a baking-soda volcano
Watch educational documentaries
Learn a new language
Take an online course
Practice coding
Research family history
Learn about famous inventors
Create a weather chart

Cooking & Baking

Bake cookies
Make homemade pizza
Learn cake decorating
Create your own smoothie recipes
Make ice cream
Cook a meal from another country
Try bread making
Learn basic kitchen skills
Host a family bake-off
Make healthy snacks

Games & Puzzles

Complete a jigsaw puzzle
Play chess
Learn a card game
Solve crossword puzzles
Play charades
Organize a board game tournament
Try escape-room puzzles
Play trivia games
Build a domino chain reaction
Solve a Rubik's Cube

Physical Activities

Do a yoga session
Learn a dance routine
Follow a fitness workout video
Create an indoor obstacle course
Practice balance exercises
Learn juggling
Try Pilates
Do a stretching challenge
Have an indoor scavenger hunt
Practice martial arts basics

Music & Performance

Learn to play an instrument
Write a song
Sing karaoke
Create a family talent show
Learn beatboxing

Record a podcast

Put on a puppet show
Perform a magic show
Learn music production software
Act out scenes from a favorite story

Technology & Digital Projects

Create a website
Learn photo editing
Make a short film
Design a video game concept
Create digital presentations
Learn animation basics
Start a blog
Organize digital photos
Explore virtual museum tours
Learn touch typing
Relaxation & Mindfulness
Meditate
Listen to audiobooks
Do mindfulness exercises
Create a gratitude journal
Build a cozy reading fort
Have a spa day at home
Practice deep breathing exercises
Watch classic movies
Complete a coloring book
Plan goals for the next school year

Holiday Activities By Area

Fun things to do across all SWHP areas

Game On Sports Coaching
Holiday Courses

Junior Adventures Group
JAG Activity Clubs

Xtra Time
Holiday Camps

Camp Beaumont
Hertfordshire Day Camps

Services for Young People
Check by area

Sport in Herts
Summer Parks Programme



Summer Activities in Three Rivers

Click the links below for activities over the summer holidays. All subject to change

Three Rivers ACE

threeivers.gov.uk/services/leisure-parks-culture/play/three-rivers-ace

Check eligibility for reduced rate activities

GetSet4Tennis

clubspark.lta.org.uk/getset4tennis

Not for profit, inclusive club in Maple Cross

Play Ranger Holiday Sessions

threeivers.gov.uk/news/play-ranger-holiday-sessions-return-summer-2026

Free outdoor play sessions

Park Play

threeivers.gov.uk/.../park-play

2 hours free outdoor play

Watersmeet

watersmeet.co.uk

Films and shows in Rickmansworth

Woodoak Farm

woodoaksfarm.com

Family friendly events across the summer

Parks & Leisure Info

threeivers.gov.uk/services/leisure-parks-culture

Parks, open spaces, activities and more

Playscheme

threeivers.gov.uk/.../playscheme

Based at York Mead School

Youth Projects

servicesforyoungpeople.org

Youth Projects in Three Rivers area

Get Active

threeivers.gov.uk/.../active-parks

Tai chi, Pilates, yoga and moving mums

Wild Play!

threeivers.gov.uk/.../nature/wildplay

FREE! Scavenger hunts, bug hunting, arts & crafts



Summer Activities in Watford

Check out these links for activities taking place over the summer holidays!



Watford Actually www.watfordactually.com
Events & activities

Wat Fringe watfringe.co.uk
Suitable for ALL ages

Big Events watford.gov.uk/news
Watford's big events dates

Big Screen Town watfordactually.com
Big screen in town centre

Big Beach watfordactually.com
Big Beach event

Colourscape watfordactually.com
Colourscape event

Herts Pride watfordactually.com
Herts Pride event

Family Fun Day watfordcommunityfamilyfunday.org
Community fun day

Watford Carnival Mojofusion.org
2nd August

Watford Market watfordmarket.co.uk
Market Lates

Cassiobury Park Watford.gov.uk
Splash pools, cafes, railway

Oxhey Activity Park watford.gov.uk
Learn to skate, eat & play

Eventbrite eventbrite.co.uk
Local events listings

Random Cafe randomcafewatford.com
Cafe activities

Harlequin Theatre harlequinwatford.com
What's on

Woodside Leisure lets-play.org.uk
Woodside Leisure Centre

Summer Activities in Hertsmere

Here are some links to activities taking place over the summer holidays. These are all subject to change.

Radlett Centre

radlettcentre.co.uk

Performances in Radlett

Youth Projects

serviceforyoungpeople.org

Hertsmere youth projects

Family Centres

hertsfamilycentres.org

What's on at your local family centre

Parks & Leisure

hertsmere.gov.uk

Sports and leisure opportunities

Aldenham Events

aldenham-pc.gov.uk

Summertime Radlett, Films in the Park & SEN coffee mornings

The Hertsmere

thehertsmere.co.uk

Junior holiday camps

Hertsmere Mencap

hertsmeremencap.org.uk

Children's holiday club

Park Events Herts

facebook.com/parkeventsherts

Festivals, family days and food markets

Inspire All

inspireall.com

A summer of leisure





Further Afield....

Family friendly walks, trails & days out



Tring Museum - www.nhm.ac.uk/visit/tring.html

Herts Wildlife Trust - www.hertswildlifetrust.org.uk

Heartwood Forest - heartwood.woodlandtrust.org.uk

Henry Moore Studios & Gardens

Shaw's Corner - National Trust

Hitchin Lavender - Hitchenlavender.com

De Havilland Aircraft Museum

Scott's Grotto - Scoots-grotto.org

Ruislip Lido - Woodland walks, railway, cafe & splash park

Knebworth House - Dogfest, Luna Cinema, Classic Motor Show

Aldenham Country Park

Forestry England - find a local forest

Whiteleaf Hill, HP27 0LH (Near Princes Risborough)

Ivinghoe Beacon

Ashridge Estate

Coombs Hill (near Wendover) - National Trust

Find your perfect park! - parksherts.co.uk

AllTrails - family friendly walks

Hertfordshire Zoo - herfordshirezoo.com

English Heritage - enter postcode for ideas

Celtic Harmony - open air museum & stone age trail

Go Ape - various sites

Events in St. Albans - enjoystalbans.com/whats-on

Home Farm Elstress - homefarmglamping.com

Jordans Mill - food heritage attraction

Waddesdon Manor - Summer of Play!

Warner Bros Studio Tour - wbstudiotour.co.uk

Hertford Play Days, Teddy Bear Picnics & Summer Trail

Odds Farm Park - oddsfarm.co.uk

Willows Activity Farm - willowsactivityfarm.com

Whipsnade Zoo - zsl.org/whipsnade

Open Air Cinemas



Everyman at The Grove

<https://www.thegrove.co.uk/everyman-at-the-grove/>

Herts Outdoor Cinema & Theatre

<https://www.visitherts.co.uk/visit-herts-blog/herts-outdoor-cinema-and-theatre/>

Adventure Cinema - Aldenham House & Knebworth

<https://adventurecinema.co.uk/>



LGBTQ+ Events

Herts Pride

<https://www.hertspride.org/>

Proud Watford

<https://www.proudwatford.com/>

Festivals, Music, Comedy & More

Festivals, Music & Food across Herts and Beds



Flamstead Scarecrow Festival

<http://www.flamsteadscarecrowfest.uk.co.uk>

GOAT Fest - Codicote

<https://www.goatfest.co.uk/>

St Albans Comedy Garden

<https://www.stalbanscomedygarden.co.uk/>

Totally 90s Festival

<https://www.eventcreate.com/e/totally-90s>

Buzzstock

<https://buzzstock.co.uk/>

Wild Canvas Festival

<https://wildcanvas.uk/>

Bedford Fringe Festival

<https://www.quarryhistoric.org.uk/bedfringe>

Folk by the Oak - Hatfield

<https://www.folkbytheoak.com/>

Chilli Festival

<https://leesingtonfriendship.co.uk/f3/Chilli-Festival/>

Rock at the Castle

<https://www.hertford.gov.uk/events-listings/rock-at-the-castle-5/>

Battle Proms - Hatfield Park

<https://www.hertford.gov.uk/events-listings/rock-at-the-castle-5/>



Summer Fun for SEND Families



Activities, days out & adventures for the whole family!

NHM Tring - SENDsational Morning 16th Aug

<https://www.nhm.ac.uk/visit/tring.html>

Water Wipe Out!

(Neurodivergent children & siblings)

<https://events.hertfordshire.gov.uk/local-offer/water-wipe-out-for-neurodivergent-children-and-their-siblings-8-please-read-description-before-booking-copy>

Learn to Play Magic: The Gathering (Ages 13-18)

<https://events.hertfordshire.gov.uk/local-offer/summer-potential-kids-learn-to-play-magic-the-gathering-ages-13-18-hatfield-copy>

Inclusive Multi-Sports, St Albans

<https://events.hertfordshire.gov.uk/local-offer/everyone-active-inclusive-multi-sports-st-albans-23072026>

Bell Boating at Stanborough

<https://events.hertfordshire.gov.uk/local-offer/herts-disability-sports-foundation-bell-boating-at-stanborough-21072026>

Intro to Dungeons & Dragons (Ages 11-15)

<https://events.hertfordshire.gov.uk/local-offer/summer-potential-kids-introduction-to-dungeons-and-dragons-ages-11-15-hatfield-copy>

360 Play - SEND Session

<https://360playshop.co.uk/book/tickets/send-session/260>



A bit of extra support

Ask your School Family Worker or school, or visit one of these websites for more information:

Hertfordshire HAPpy programme

<https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/happy-holiday-activity-programme.aspx>

Supports children aged 5-16 eligible for free school meals - tackling holiday hunger, inactivity and isolation.

Home-Start Herts (must have under 5)

<https://www.home-startherts.org.uk/one-to-one-home-visiting-support-for-parents/>

DSP Local Area 9

<http://dsplarea9.org.uk>

Watford Foodbank

<https://www.watfordfoodbank.co.uk/locations/>



www.swhp.org.uk

@swhp_familysupport service



Reading



FREE EBOOKS & AUDIOBOOKS

Read books and listen to audiobooks for free - with no overdue charge -

<https://www.hertfordshire.gov.uk/services/libraries-and-archive/books-and-reading/ebooks-and-audiobooks/ebooks0andaudiobooks.aspx>

SUMMER READING CHALLENGE

<https://summerreadingchallenge.org.uk/>



Free website where children can rate and review books as they read!



Video content games, quizzes and downloadable activities



Visit your local library website for free ebooks, audiobooks and comics

SCREEN TIME TIPS

worried about screen time this summer? Some helpful links:

<https://ineqe.com/2024/06/20/summertime-screen-time-2024>

<https://www.thepragmaticparent.com/screen-time-rules-for-summer/>

Cost of Living

Help, support, tips & tricks

We're here to support all our families and school communities. Below are some links and ideas to help if you're struggling financially.

Food

Your local foodbank can help with store cupboard essentials. You may need a referral, or call to check if they accept self-referrals.

www.hertfordshire.gov.uk/foodsupport
www.watfordfoodbank.co.uk/locations/



Cheap eating – hints, tips & further support

Store, freeze and reheat food correctly to make it go further.

Too Good To Go - an app for discounted leftover food:
toogoodto.go.co.uk/en-gb/

Lidl Plus - members get coupons and discounts:
www.lidl.co.uk/lidl-plus

Download apps for food places - they often offer freebies or discounts for new customers.

Olio - households giving away free food and other items. Download the app.

Asda - budget friendly meal ideas:
asda.com/good-living/category/budget-meals

Tesco - budget meals and recipes:
realfood.tesco.com/budget-meals.html

Saving Money at Home (All Year!)

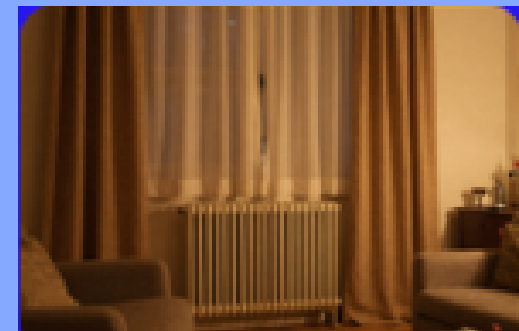
Small Changes at Home

- Only fill the kettle with what you need
- Spend less time cooking by using your microwave or air fryer
- Cook multiple things in the oven at once / batch cook
- Wash up in a bowl of warm water
- Always try to fill your washing machine
- Wash Clothes at 30 degrees
- Let clothes dry naturally
- Spend one minute less in the shower
- Turn down your hairdryer and hair straighteners
- Get a smart meter installed for free
- See how much energy you're using in pounds and pence
- Work out which appliances use the most energy
- Set a budget
- Switch off appliances using a lot of energy
- Turn down your thermostat by one degree



Heating Your Home

- Close curtains and blinds to stop heat escaping
- Keep radiators clear and dust free
- Switch off radiators you are not using
- Put tin foil behind radiators to reflect heat back into the room



SWHP Tips for Eating on a Budget

- Meal plan – this avoids waste
- Visit supermarkets at end of day for yellow-sticker reductions – freeze for later
- Bulk meals up with red lentils and rice
- Buy supermarket own brand items where possible
- Homemade soups are nutritious and cheap – bulk out with pasta or beans
- Oats with banana and milk or water make a cheap, easy breakfast
- Eggs are cheap protein – throw leftover veg or herbs into an omelette
- Use cheap spice jars (paprika, cumin, chilli) to add flavour
- Eat leftovers for lunch
- Google cheap recipes – the internet is full of great ideas!
- Buy food on offer but only if you'll actually use it
- Don't shop when hungry – too tempting to buy things you don't need!
- Use cheaper cuts of meat – chicken thighs, lamb neck, stewing beef
- Store fruit and veg correctly to stop it going off
- Use bread from the freezer to stop it going mouldy
- Use by dates are only a guide – if it looks and smells ok, it probably is!



More money help



Helpful Organisations & Links

- Hertshelp
<https://www.hertshelp.net/hertshelp.aspx>
- Watford Cost of Living Support
<https://www.watford.gov.uk/cost-living-support/cost-living-support-1/5>
- Turn to Us Grants
<https://grants-search.turn2us.org.uk/grant/hertfordshire-community-foundation-13088>
- The CAP Money Course
<https://capuk.org/get-help/cap-money-course>
- Citizens Advice
<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>
- Money Saving Expert
<http://www.moneysavingexpert.com>
- Which Newsletter - Handy ways to keep family living costs down
<https://signup.which.co.uk/wlp-money-newsletter?internalReferral=thankyoupagesignup-money>

Period Poverty

Food banks may be able to provide sanitary equipment - just ask when you collect your parcel.

- Sustainable Periods (Herts County Council)

<https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/sustainable-periods/sustainable-periods.aspx>

The Red Box Project

<http://redboxproject.org/>

You're not alone - support is here for you and your family

Mental Health

<https://www.hertsmindnetwork.org/>

<https://www.samaritans.org/>

<https://www.nhs.uk/mental-health/>

<https://thesandbox.mindler.co.uk/>

<https://www.youngminds.org.uk/>

SHOUT - text SHOUT to 85258

NHS 111

WithYOUth



HAVE AN AWESOME SUMMER!



www.swhp.co.uk | [@swhp_family](https://twitter.com/swhp_family) support service