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MAGAZINE & WEBSITE

THE GO-TO GUIDE FOR YOU AND YOUR CHILD

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SPRING 2025

THOMAS & FRIENDS™ VISIT THE WEST SOMERSET RAILWAY

**TRAIN 5**  
**SIM WORLD**

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Hello,  
At last Spring has sprung and we can't wait to share our Spring edition with you! 🌸

We've got lots going on, Easter with the National Trust, competitions, news and so much more! We hope you enjoy reading our magazine as much as we have had pulling it together for you.

We update our website, [raring2go.co.uk](http://raring2go.co.uk) regularly so do keep in touch and visit when looking for great ideas of what to do and where to go this Spring!

See you soon...

**The Raring2go! Team**



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# National Trust's Easter guide



## Sizergh, Cumbria

### • EASTER ADVENTURE TRAIL, 18–21 APRIL

At the gateway to the Lake District, this 1,600-acre estate is home to fells and rolling fields, wetlands and ancient woodland. Spring at Sizergh brings swathes of sunny daffodils, tulips, crocus and a nature-inspired Easter trail.

Normal admission plus £3.50 per trail, includes a chocolate egg, or a vegan 'Free-From' chocolate egg, both made using cocoa from Rainforest Alliance Certified farms.

## Lyme, Cheshire

### • EASTER ADVENTURE TRAIL 4– 21 APRIL • CROW WOOD PLAYScape • REGENCY DRESSING UP

There's over 600 years of history here, from the medieval deer herd to the extraordinary mansion. Inside, transport the kids back to Regency times where they can dress up in brilliant costumes and play with toys in the Edwardian nursery. Or venture into the parkland to spot deer from The Cage and run off some steam in Crow Wood play area. Hunt colourful wooden eggs, big and

small in Lyme's garden trail this Easter. Hop and play along the way with egg-stroding games, challenges, and activities for all the family to enjoy. With so much to do, choose your own adventure; from short bursts of fun to all-day escapades, there's plenty to fit your family's needs.

Normal admission plus £3.50 per trail, includes a chocolate egg, or a vegan 'Free-From' chocolate egg, both made using cocoa from Rainforest Alliance Certified farms.

## Dunham Massey

### DESIGNED WITH CHILDREN OF ALL AGES IN MIND, DUNHAM MASSEY'S EASTER ADVENTURES

TRAIL features ten activity stations which explore the fascinating world of pollinators. From bees to butterflies, and from wasps to beetles, join the fun discovering the busy lives of these mini beasts. Normal admission plus every trail pack (£3.50 each) includes a chocolate egg (vegan 'Free-From' chocolate eggs available), bunny ears and a trail booklet.

## Easter adventures at Hare Hill

### JOIN US AT HARE HILL THIS SPRING AND HAVE AN EASTER ADVENTURE IN NATURE.

Our Easter trail runs Wed-Sun and Easter Monday, from Saturday 5th



April - Monday 21st April, 10:30am - 4:30pm and booking is not required.

Get outdoors and get closer to nature with different activities and games and discover more about what wildlife gets up to over the spring months. Hop like a hare or leap like a lamb over to our Welcome Building to pick up a trail pack for £3.50 and get your day out started. Complete all the activities to claim your chocolate prize. Choose from either a dairy or a vegan and Free From chocolate egg - both are made from Rainforest Alliance certified cocoa.

**\*Easter trail runs Weds - Sun over the school holidays and we are open additionally on Easter Monday (21st of April).\***

**Quarry Bank- Family fun for everyone!**  
**SATURDAY 5 – MONDAY 21 APRIL 2025 EASTER ADVENTURE TRAIL**  
 Hop along to Visitor Reception to pick up a trail sheet and bunny ears before setting off on your adventure. The cost is £3.50 per child.

Each trail point offers three activities to choose from: test your brain with riddles and jokes, delight your senses with the birds and flowers, or get active with skipping, hopping, and jumping! When you reach the finish, you'll



be able to collect a chocolate egg\* and an activity card to take home. \*A vegan alternative is available.

- Easter Bunny Trail Inside the Mill Follow the rhyming clues as your guide to find five mischievous rabbits who are trying to hide. The bunnies you seek are in the Mill, but watch out for the naughtiest one—Mr Magill.
- Easter Discovery Zone Open every day, the Discovery Zone offers children fun Easter craft activities, colouring in, dressing up, and hands-on weaving on giant frames.

Admission charges apply. The indoor trail and access to the Discovery Zone are free for National Trust members or paying visitors. The outdoor trail with trail sheet, bunny ears, chocolate egg and activity card is £3.50 per person for both members and non-members.

**Easter adventures at Little Moreton Hall**  
**JOIN US AT LITTLE MORETON HALL THIS SPRING AND HAVE AN EASTER ADVENTURE IN NATURE.**  
 Our Easter trail runs from Saturday 5th April - Monday 21st April, 10:30am - 4pm. Booking is not required.

Get outdoors and get closer to nature with different activities and games and discover more about what wildlife gets up to over the spring months. Hop like a hare or leap like a lamb over to our Welcome Building to pick up a trail pack for £3.50 and get your day out started. Complete all the activities to claim your chocolate prize. Choose from either a dairy or a vegan and Free From chocolate egg - both are made from Rainforest Alliance certified cocoa.



## The benefits of family walks in Springtime

**As the chill of winter gives way to the warmth and vibrancy of spring, there's no better time for families to lace up their walking shoes and head outdoors.**

Family walks in spring are not only a delightful way to spend time together but also offer many benefits for the body, mind and spirit.

From strengthening bonds to improving overall health, these outings celebrate the joy of being together while embracing the beauty of the season.

One of the most immediate benefits of springtime family walks is the chance to connect with nature. After months of cold and grey, spring brings the world back to life. Trees unravel their fresh green leaves, flowers bloom in an array of colours and birds fill the air with their songs.

Walking through this vibrant landscape is a truly immersive experience, where families can witness the magic of nature renewing. Children in particular, are captivated by these sights and sounds, from spotting frogs in a pond to gazing in wonder at a butterfly's delicate wings. These walks stimulate curiosity and learning and an appreciation for the outdoors to last a lifetime.

Beyond the natural wonders, family walks offer the invaluable gift of connection. In the fast paced world of today, where work, school and technology often dominate, finding quality time together can be challenging. Walking side by side allows families to engage in meaningful

conversations, share stories and simply enjoy each other's company without distractions. It's a time to laugh out loud, bond and create memories, whether it's discovering a hidden trail, skipping stones by a stream or enjoying the simple pleasure of walking hand-in-hand.

The physical and mental health benefits of walking in spring are undeniable. For adults, walking is a low-impact exercise that improves cardiovascular health, boosts energy and reduces stress. For children, it's a way to burn off energy and develop healthy habits. Exposure to natural sunlight helps regulate sleep patterns and provides a dose of vitamin D, while the fresh air invigorates the senses. Walking also promotes mindfulness, allowing everyone to slow down, breathe deeply and take in the moment away from screens.

Springtime walks offer amazing opportunities for exploration and adventure, even when close to home. Families can wander through parks, explore woodland trails or just take a leisurely stroll around the neighbourhood. Each outing is a chance to discover something new like a blossoming tree, a bird's nest or a quiet spot which could be perfect for a future picnic!

Family walks teach valuable lessons about the importance of balance, connection and just cherishing the simple pleasures in life. Life is filled with screens, schedules and pressure so stepping outside together creates a sense of well-being and gratitude for the natural world.

This spring, take the time to embrace family walks as a joyful and beneficial tradition. With spring comes renewal which should remind us of the beauty in slowing down to appreciate our surroundings with loved ones. Whether it's a quick stroll or a longer adventure, the benefits of walking together in spring are boundless, creating memories that will last a lifetime.



Photo by Jessica Rockwold on Unsplash

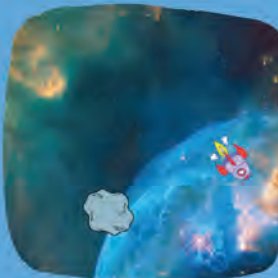


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## Family gardening fun this Springtime

Springtime opens a world of family gardening fun, providing an opportunity for hands on learning where lasting memories are created. Here's a brief guide to enjoyable gardening activities to do as a family.

### Planting Adventures:

Embark on exciting planting projects, choosing colourful flowers, aromatic herbs, or easy-to-grow vegetables that capture children's interest.

### Bug Safari Hunt:

Transform your garden into a bug safari. Explore together, identifying insects and their roles in the garden ecosystem.

### Decorative Plant Markers:

Craft decorative plant markers using lolly-pop sticks, letting children unleash their creativity while learning about plant identification.

### Seed Bombs Creation:

Form seed bombs with a mix of clay, compost, and wildflower seeds. Launching these 'bombs' spreads beauty and teaches about seed dispersal.

### Butterfly-Friendly Blooms:

Choose nectar-rich flowers that attract butterflies. Witnessing these colourful insects brings delight and adds an engaging educational touch.

### Garden Art:

Engage in garden art projects. Paint rocks colourfully to use as bright garden decorations or as the chimes of a hand made wind chime set.

### Weeding Challenges:

Turn weeding into a challenge. See who can pull out the most weeds while learning about the importance of regular garden maintenance.

### Vegetable Harvesting:

As vegetables mature, involve children in the exciting harvest process. Getting them involved helps to create a connection to food and nature. A connection that will stay with them forever.

### Composting Creations:

Create a mini composting station. Teach your children the importance of recycling kitchen scraps and witnessing the magic of turning household waste into nutrient-rich soil. They'll be amazed at what the soil goes on to nurture.

### Keep A Garden Diary:

Maintain a garden journal. Documenting observations and experiences will enhance a child's understanding of plant growth and the changes it goes through over time.

Family gardening fun during spring is a delightful and very simple way to bond, learn and embrace the wonder of nature. These interactive activities not only create a love for gardening in children but also cultivate valuable skills and knowledge.

Sow the seeds of curiosity and teamwork with your children and nurture not just plants but a deep appreciation for the beauty and simplicity of the natural world in your very own back garden!



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“

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## Spring Into Fun: Family Games and Activities to Enjoy Together

As the days grow longer and the weather begins to warm, Spring is a wonderful time for outdoor and indoor family activities. We've compiled a short list of 10 games and activities to enjoy as a family in Spring.

### Cricket

A quintessential British pastime, cricket is ideal for spring when the weather is mild. Set up in a park or garden and enjoy a friendly match.

### Rounders

A fun, family-friendly game, perfect for picnics or gatherings in large outdoor spaces.

### Kite Flying

Take advantage of breezy spring days. Choose vibrant kites and enjoy this relaxing yet exhilarating activity in open areas.

### Frisbee or Ultimate Frisbee

Whether casually tossing a frisbee or engaging in a full-fledged game of Ultimate Frisbee, this activity is great for groups of all ages.

### Geocaching

Make spring walks a geocaching adventure! Think of a treasure hunt using GPS devices to find hidden caches around the UK.

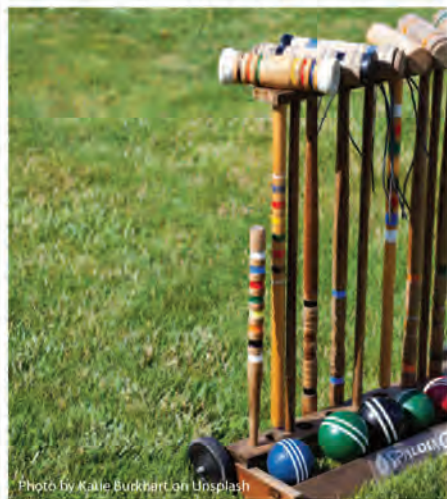


Photo by Kalle Burkhart from Unsplash

### Garden Games (Croquet, Boules/Petanque or Giant Jenga)

Enjoy classic lawn games that are both very relaxing and highly competitive, perfect for family gatherings in gardens or parks.

### Nature Scavenger Hunt

Engage children or adults in a scavenger hunt to find signs of spring, like blooming flowers, birds, or specific trees in local parks or forests. Indoor/All-Weather Games

### Board Games with a Spring Theme

Classic board games such as Monopoly or Frustration are a great way to pass the time on those damp days.

### Table Tennis or Badminton

These can be played indoors or outdoors, making them perfect for unpredictable spring weather.

### Classic card games

Uno or Snap are simple, competitive, and can be played in various rule variations.

Indoor and outdoor activities in spring offer families the perfect opportunity to bond while enjoying the season's fresh air and vibrant surroundings. Outdoor activities promote physical health and provide a refreshing break from indoor routines. They also encourage connection with nature, boosting mood and reducing stress. Indoor activities on the other hand, allow for creative play and quiet family time.

Whether you're enjoying the fresh air outdoors or staying cozy during April showers, these games and activities are sure to make the most of your UK springtime!

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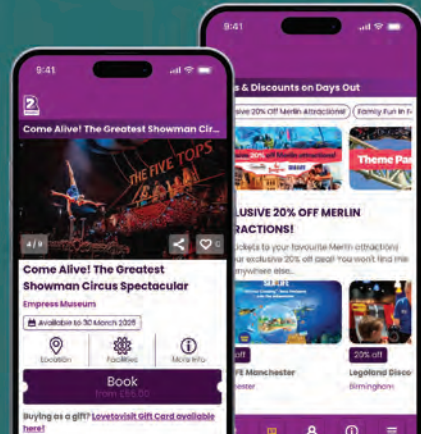
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# 10 FACTS ABOUT CATS

Here are 10 fun and fascinating facts about cats:

**1. Superb Sense of Hearing** Cats can hear sounds up to two octaves higher than humans. Their ears have 32 muscles, allowing them to rotate 180 degrees to detect the faintest noises.

**2. Whisker Wonders** A cat's whiskers aren't just for show; they are highly sensitive and help cats navigate their surroundings, especially in the dark. Whiskers can even detect changes in the air, helping them sense nearby objects.

**3. Sleepyheads** Cats sleep a lot—typically 12-16 hours a day. This makes them one of the most sleep-loving animals, with only sloths and bats sleeping more.

**4. Purring Mysteries** Cats purr not only when they're happy but also when they're stressed, sick, or healing. Scientists believe purring helps to heal bones and tissues, as the frequency promotes physical recovery.

**5. Unique Nose Prints** Just like human fingerprints, a cat's nose has a unique pattern that can identify them!

**6. Tail Talk** Cats use their tails for communication. A straight-up tail means they're happy, while a puffed-up tail indicates fear or aggression.

**7. High Jumpers** Cats can jump up to six times their body length in one leap. Their powerful back legs give them incredible jumping and climbing abilities.

**8. Feline Flexibility** Cats' spines are incredibly flexible due to extra vertebrae and elastic cushioning discs, allowing them to twist and turn with ease—especially during falls.

**9. No Sweet Tooth** Unlike dogs and humans, cats cannot taste sweetness because they lack the receptors for sweet flavours.

**10. Ancient Companions** Cats were domesticated over 4,000 years ago, likely in ancient Egypt, where they were revered and even worshipped as sacred animals.

Cats are endlessly fascinating creatures, blending mystery and charm in their every move!





# WORDSEARCH

Find the Cat related words



Answers at the bottom of the page. No cheating!

Name the cats breeds...

WORDSEARCH ANSWERS: Climbing, Purring, Whiskers, Hearing, Tail, Jumpers, Sleep, Egypt, NAME THE CAT BREEDS: Across: 2. Angora, 3. Siamese, 5. Regdoll, Down: 1. Calico, 4. Persian, 6. Burmese, 7. Bengal.



With spring on the way, there's no better time to get our children outside. The fresh air, sunshine, and outdoor play improve mood and energy while connecting them to nature. Springtime brings gardens and outdoor spaces to life, with pollinators like bees and butterflies playing a vital role. They transfer pollen, helping fruits, vegetables, and seeds grow. Supporting the insects ensures thriving ecosystems and the vibrant, colourful gardens we love. So let's get messy making bee-friendly seed bombs.

**You will need:** 1 cup of seeds, 5 cups of compost, 2 cups of sticky soil, a little water, and an old mixing bowl or bucket

- 1 Mix the seeds, compost and soil and slowly add some water until it sticks together.
- 2 Using your hands, roll the mixture into small balls and leave to dry in the sun.

3 Now for the fun part. Plant your seed bombs by throwing them at bare patches in the garden!



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## How to Make Homework Fun for Children

Making homework fun for children can help them stay engaged, motivated and positive about learning.

While homework can often feel like a chore for kids, there are ways to transform it into a more enjoyable experience. With a bit of creativity and a strategy, homework can become a productive and fun activity that children will look forward to.

### Create a Fun Homework Space

A designated, well-organised homework space is key to setting the right mood for learning. Let your child have some input in designing their workspace, allowing them to personalise it with colours, posters, or items that inspire them. A comfortable chair, good lighting and easy access to supplies make the environment feel more inviting and encourage focus. A pleasant space can motivate your child to dive into their work without distractions. Try it!

### Turn Homework into a Game

Gamifying homework can turn the most mundane task into a fun challenge. For example, transform maths problems into a race against the clock or use a reward system based on achieving certain goals. You can create flashcards for spelling or geography and play memory or matching games with them. Making homework a game helps children view it as something fun and exciting rather than a burden and they're more likely to stay engaged.

### Use Technology to Enhance Learning

Educational apps and online tools are designed to make learning interactive and fun. Websites like Khan Academy, Prodigy Maths or Duolingo provide engaging ways to practice academic skills through games, quizzes and interactive lessons. Children often enjoy the digital experience as a compliment to their traditional homework. Using technology in a balanced way can make learning feel like a fun.

### Set Up a Reward System

Rewards can provide children with the motivation to stay on task and finish their assignments. Set up a simple reward system, where your child earns points or small rewards for completing specific tasks or assignments. You can give stickers, additional playtime or a small treat once they've finished their homework. A reward system not only makes the process more fun but also teaches children the value of completing tasks and working toward goals.

### Break Tasks into Manageable Bite size Chunks

Large tasks can feel overwhelming and can lead to frustration and disengagement. Help your child break their homework into smaller, manageable sections and take breaks in between. Completing one small task at a time gives them a real sense of accomplishment and helps children stay focused without feeling overwhelmed.

### Make It Social

If your child enjoys spending time with friends then why not encourage collaborative learning. Set up a study group session where your child can work alongside their friends or classmates. Virtual study groups can also be effective if doing it in-person isn't a possibility. Working together creates a sense of camaraderie and can make homework feel less isolating.

By creating an engaging, supportive environment, incorporating games, using tech and rewarding progress, homework can become a fun and exciting activity for children. Making homework enjoyable helps kids stay motivated, reinforces learning, and builds positive associations with education.



Photo by Annie Spratt on Unsplash



# Raring2make!

*Recipes to make as a family for the family*

## Springtime Victoria Sponge Cake

Victoria sponge cake can be traced back to the 15th century. It was one of the first types of cake to be made without yeast and the term 'sponge cake' comes from the sponge-like openness of the crumb.

It became popular in British food culture thanks to the Seventh Duchess of Bedford and Queen

Victoria herself. The Queen enjoyed afternoon tea and it was said she would often enjoy chocolate sponges, plain sponges, biscuits, petit fours, almond sweets and many other sweet treats. But it was the plain sponge cake, known as the sandwich cake with a jam and buttercream filling, dusted with sugar, that reigned supreme and was named after her.

### This is our step by step guide to how you make it!

**1.** Preheat your oven to 180°C (350°F). Grease and line two 8-inch (20cm) round cake tins with parchment paper. **2.** In a large mixing bowl, cream together the softened butter and caster sugar until light and fluffy. **3.** Add the eggs one at a time, beating well after each addition. If the mixture starts to curdle, you can add a spoonful of flour to bring it back together. **4.** Sift in the self-raising flour and baking powder, then gently fold into the mixture using a spatula or wooden spoon. **5.** Add the milk and vanilla extract, and continue folding until you have a smooth batter. **6.** Divide the batter evenly between the two prepared cake tins and smooth the tops with a spatula. **7.** Bake in the preheated oven for 20-25 minutes or until the cakes are golden brown and spring back when lightly touched. **8.** Allow the cakes to cool in the tins for a few minutes before transferring them to a wire rack to cool completely. **9.** Once the cakes are cool, spread the jam over the top of one of the cakes. **10.** Whip the cream until it forms stiff peaks and spread it over the jam-covered cake. **11.** Place the second cake on top, creating a sandwich. **12.** Dust the top with a little icing sugar before serving. **Now enjoy your homemade Victoria Sponge!**



### Ingredients

200g unsalted butter, softened  
200g (1 cup) caster sugar  
4 large eggs  
200g (1.5 cups) self-raising flour  
1 tsp baking powder, 2 tbs milk  
1 tsp vanilla extract

### For the filling

150g (1 cup) strawberry or  
raspberry jam  
150g (2/3 cup) whipped cream

## Tips for helping Kids organise their spaces!

**A well-organised space can make a world of difference for children, helping them feel more focused, calm and ready to take on their daily tasks**

Organising doesn't come naturally to all kids though and it can sometimes be a challenge to get started. Whether it's a bedroom, playroom or study space, here are some tips for guiding children to creating and maintaining an organised environment.

### 1. Start with a Clean Slate

Start by decluttering. Spend some time sorting through toys, clothes and old school books. Get your child involved asking them to make decisions about what they no longer need or use. This can teach valuable lessons about letting go of unused items and focus on what's important. Donate toys or clothes that are no longer used and throw away anything that is broken or unusable.

### 2. Make Organisation Fun

Make it a fun activity to keep kids motivated. Use colourful bins, baskets or labels to make storage both practical and visually appealing. Allow your child to choose their favorite colours or themes for organising materials. The goal is to make the space not only functional but also inviting, so your child begins to feel excited to keep it tidy.

### 3. Create Zones for Specific Activities

Designate specific areas for different activities. If your child has a homework station, make sure that only school supplies like pencils, paper and books are there. Create a separate space for play and for creative activities. This helps your child to associate each area with a particular task and help them focus better.

### 4. Use Vertical Space Wisely

When organising a room or play area, try and use the vertical space efficiently. Shelves, hooks and wall-mounted organisers can free up floor space, making the room feel less cluttered. Hanging hooks or pegs for coats, backpacks, or hats keeps these items off the floor and within easy reach. Vertical storage solutions can help children learn to store their belongings neatly.

### 5. Encourage Regular Cleaning Habits

Ensuring an organised space stays organised is going to be an ongoing process. Encourage your children to clean up after themselves every day. Set aside time for a quick tidy-up session each day and make it part of their routine. You can even make it a

game with a timer and challenge them to pick up all their toys before it goes off. Positive reinforcement, like praise or a reward for consistency can motivate them to stay on top of their organisation.

### 6. Teach Them the 'One In, One Out' Rule

To prevent things from piling up, teach your child the "one in, one out" rule. This means that whenever they get a new toy, book or piece of clothing, they need to donate or dispose of an old item. This helps keep their belongings manageable and teaches them responsibility. It's also a great way to reinforce the importance of not accumulating too many items and maintaining a simple, organised space.

### 7. Make It a Family Activity

Organising a space doesn't have to be a one man job! Include the whole family especially when it comes to shared spaces. Working together creates a sense of teamwork and makes the process feel less daunting. Plus, when everyone has a role it can help to promote a sense of shared responsibility and pride in the home.

Follow these tips and you will help your child to develop organisational skills that will serve them throughout their lives. A tidy, well-organised space not only encourages focus and productivity but also creates a sense of accomplishment and pride in their environment. With a little guidance you can help your child create an organised space that they'll love.





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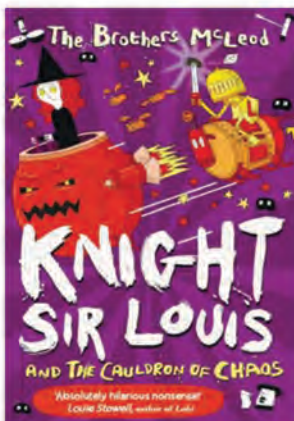
## Knight Sir Louis and the Cauldron of Chaos

by The Brothers McLeod

I loved the book, I read it much faster than I thought I would because it was so funny and exciting. My favourite character was Dave, the sword.

The characters went on so many adventures, and met some interesting characters and people - even Mr. No-body who was so funny. Knight Sir Louis even made him a friend so he wasn't lonely.

It taught me that some things are not as scary as they look if you look at them from a different way.



I think this book is great for someone who likes adventure, has a good imagination and likes to read funny books about heroes.

Raring2go! would like to thank **LoveReading4Kids**, for this wonderful review.

**LoveReading4Kids**, the UK's leading children's book recommendation website, is now a bookstore with social purpose, where 25% of the cover price can be donated to a school to buy books. Because books change lives. Buy a Book. Support a School. **Make a Difference.**

Click anywhere on this page to buy this book or visit:

[www.lovereading4kids.co.uk](http://www.lovereading4kids.co.uk)



Review by Penelope, aged 8 from Kent



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# 10 SPRING JOKES FOR KIDS.



Why is spring so great for gardening? Because it's when all the plants spring into action!

What kind of garden does a baker have? A flour garden!

Why did the bird go to school in the spring? To improve his tweet-eracy!

What do you call a rabbit who tells jokes? A funny bunny!

What's a bee's favourite flower? Bee-gonias!

Why do you never get into a fight with a rain cloud? Because it'll always storm off!

Why was the caterpillar so excited for spring? It was ready to butterfly away!

How excited was the gardener for spring? So excited they wet their plants!

What do you call a grumpy flower in spring? A bloom-and-gloom!

What did the tree say to spring? "What a re-leaf you're here!"



Spring is here bringing lots of fun family times, events, awareness days and laughs. Here's our top pick of things to do and get involved in this Spring.

### MARCH

#### 20th- First day of Spring

The vernal equinox marks the start of spring—a time for new beginnings, births, and fresh growth.

#### 21st- World Poetry day

Celebrate world poetry day by getting the children to write their own poems.

#### 22nd -23rd -The Great British Spring Clean

The Great British Spring Clean is the nation's biggest mass-action environmental campaign. More Here.



#### 25th -31st -The Big Walk & Wheel 2025 ( The Big Pedal)

Sustrans Big Walk and Wheel inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world. Link Here.

#### 28th - National Skipping Day

Schools across the UK are invited to celebrate the joy of healthy exercise through skipping. Details here.

#### 27th - World Theatre Day

This date was established in 1961 by the International Theatre Institute to coincide with the opening of the "Theatre of Nations" season in Paris. Since then, it has been celebrated annually by theatre professionals and enthusiasts worldwide.

#### 30th - Mothers Day

A celebration honouring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

#### 31st -6th April Community Garden Week

It's a week to celebrate the many community and school gardens across the country.



### APRIL

#### National Pet Month

celebrate and raise awareness of responsible pet ownership through educational campaigns and resources. NPM celebrates pet ownership, sharing the many benefits of our cherished companions across the UK. Website here.

#### 2nd -International Children's book day

Celebrated annually, this date is chosen to honour the birthday of Hans Christian Andersen, a famous Danish author of children's stories.



#### 2nd -8th World Autism Acceptance Week

Walk 5k this April and fundraise to support autistic people and their families. Together we can create a society that works for autistic people. Website here.

#### 18th - Good Friday

#### 20th - Easter Sunday

#### 23rd - English Language Day

Celebrate the global influence of our beautiful language that is a linguistic powerhouse.



#### 23rd- St Georges Day

The feast day of Saint George is celebrated by Christian churches, countries, regions, and cities of which he is the patron saint.

**29th - International Dance Day**

A global celebration of the art of dance and its universal language.

**29th - National Gardening Week**

It's a time for people to learn about gardening, connect with other gardening enthusiasts, and get inspired.



**MAY**

**National Walking Month**

A campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking.

**The Big Paddle Clean up**

Paddlers are in a unique position to collect litter from places others are unable to access. Your efforts help raise more public awareness about plastic pollution and the damage caused to our blue spaces. More details here.

**4th- Star Wars Day- May the 4th be with you!**

An informal commemorative day observed annually on May 4 to celebrate the Star Wars media franchise created by filmmaker George Lucas.

**5th -11th- Children's Book week**

A celebration of reading and books for young people.

**11th - National Children's Day**

All about the importance of a healthy childhood, and how we need to protect the rights, freedoms and flourishing of children and young people. Website here.

**12th - National Limerick Day**

It honours the birthday of Edward Lear, an English poet, illustrator, and artist who popularized the limerick.

**12th -18th- Sun awareness Day.**

To raise awareness of the dangers of sun exposure and to educate people on how to safely enjoy the sun. Learn more here.

**12th – 25th -Foster Care Fortnight**

The theme this year is the Power of Relationships. This will enable us to celebrate the vital bonds between those who work together to offer love, warmth and stability to children and young people. Website here.

**12th -June National Smile Month**

Promoting oral health and healthy smiles. It's a time for people to learn about oral health and how to keep teeth healthy. It's also a time for people to raise awareness of the benefits of good oral health.

**18th - International Museums Day**

Raising awareness about Museums that are an important means of cultural exchange, enrichment of cultures and development of mutual understanding.



**20th - Walk to school week**

Walk to School Week is run by the charity Living Streets and is a yearly event to raise awareness of walking and other active ways to travel. Website here.





**24th -1st - June National Children's Gardening Week**  
 The aim of National Children's Gardening Week is to inspire children's curiosity, whilst the warm weather is a great time to see speedy results of seed sowing, planting and other gardening activities. Learn more here.



**26th -1st - June National BBQ Week** Returning for the 29th time, it's one to celebrate, learn more here.



**JUNE 1st -2nd - The Big Lunch**  
 Bringing people together enables change for the

better. The Big Lunch, the UK's biggest annual get-together for neighbours, generating new connections, celebrating community, and helping people to make change where they live. More here.

**2nd -15th - British Tomato Week** We are marking peak tomato season in the UK with our annual two-week celebration of the deliciously juicy, marvellously nutritious toms we grow in Britain! Details here!

**6th - National Fish & Chips Day** To celebrate the popularity and cultural significance of fish and chips, to recognize the work of the fish and chip industry and to encourage people to enjoy fish and chips at their favourite places to eat.



**10th - 16th- Bike Week**  
 A fantastic opportunity to join cyclists from around the world and take part in a variety of activities that celebrate the love of cycling.

**15th - Fathers Day** A time to celebrate all the fathers and father figures out there.

**14th - 23rd - Drowning Prevention Week**  
 One of the largest summer water safety campaigns across the UK and Ireland. Learn more here.



**16th -22nd - National School Sport Week** Get ready for another fantastic week of sport and play. Website for details here.



**17th – 25th - National Picnic Week**

This timing aligns with the arrival of warmer weather and longer daylight hours, providing the perfect opportunity to embrace the outdoors and partake in picnics.



**21st -Wallace & Gromit's Wrong Trousers Day**

A fundraising event that encourages people to wear unusual pants to raise awareness and money for children in hospitals and hospices. People can wear silly pants to work, school, or around town.

**21st - World Music Day**

Celebrated annually, this date was chosen to coincide

with the summer solstice, a day symbolizing the perfect balance of light and darkness.

**25th - National Writing Day**

Writing is a lifelong skill empowering communication and self-expression. It is crucial to children and young people's development as it enhances self-confidence and critical thinking skills, but also encourages creativity. Website here.

**29th -7th- July Children's Art Week**

A fantastic opportunity that encouraged

families, children and young people and schools to take part in fun, creative activities that they might not have tried before. Details here.

# 10 fun things to do as



## Picnic in the Park:

Pack a delicious picnic and head to a nearby park. Enjoy the fresh spring air, play some outdoor games like frisbee or badminton, and relax on a blanket surrounded by nature.

## Nature Scavenger Hunt:

Create a list of items to find in nature, such as specific flowers, leaves, or even certain types of insects. Go on a scavenger hunt as a family and see who can find everything on the list first.



## Bike Ride Adventure:

Explore local bike trails or ride through your neighbourhood together. Spring is the perfect time to enjoy the budding flowers and greenery while getting some exercise as a family.

## DIY Bird Feeders:

Make simple bird feeders using pinecones, peanut butter, and birdseed. Hang them in your back garden or a nearby park, and watch as birds come to enjoy the tasty treats.



## Outdoor Movie Night:

Set up a makeshift outdoor cinema in your back garden. Use a projector and a white sheet, and enjoy a family movie night under the stars. Don't forget the popcorn!

# a family this Spring

## Plant a Family Garden:

Start a small garden together with flowers, herbs or vegetables. It's a great way to teach children about nature and responsibility while enjoying the process of watching plants blossom and grow.



## Go on a Nature Walk:

Take a leisurely stroll through a nature reserve or on a hiking trail. Bring a guidebook to identify different plants and animals and take the time to appreciate the beauty of the changing season. Spring is such a lovely time to be outdoors so make the most of it!



## Pavement Chalk Art:

Head to your driveway or a local park with colourful pavement chalk. Encourage creativity and create vibrant spring-themed artwork on the pavement. Make sure you take a selfie before a spring rain shower washes your creation away!



## Fly a Kite:

Take advantage of the spring winds and fly a kite in an open field. It's a simple yet enjoyable activity for the whole family. It's still one of those things that makes us stare in wonder!



## Outdoor Yoga or Exercise Session:

Find a peaceful spot in a park or your back garden and practice yoga as a family. Alternatively, engage in a fun and energetic outdoor exercise session, such as a family friendly workout or a game of ultimate frisbee.



## Start Early: Communicating with Toddlers

How giving tools to your toddler can help family communication and connection. It's never too early to start and you'll be surprised how quickly they pick it up!

Providing tools like signs, gestures or simple communication aids to toddlers fosters a stronger connection within the family.

Here's how:

### Enhances Communication Before Speech:

Toddlers often understand more than they can verbally express. Teaching them signs or gestures helps them convey needs, reducing frustration for both child and parent.

### Promotes Emotional Bonding:

Engaging in consistent, interactive communication—like teaching and responding to signs—creates moments of shared understanding and joy, strengthening family bonds.

### Encourages Emotional Regulation:

When toddlers can express their emotions or needs, they're less likely to resort to tantrums, making the family dynamic calmer and more harmonious.

### Fosters Confidence in Toddlers:

By empowering them to "speak" before they're able to use words, you're giving them a sense of participation in family interactions.

### Improves Parental Understanding:

Parents become more attuned to their child's cues, leading to better responses and a more intuitive parenting style.

### Top 5 Signs to Teach Your Baby

Teaching baby signs can jump-start communication and alleviate frustration. Here are the top five useful signs to begin with:

#### 1 - Milk:

Sign: Open and close your hand, mimicking a milking motion.

Use: To signal breastfeeding or a bottle.

#### 2 - More:

Sign: Touch the tips of your fingers on both hands together repeatedly.

Use: To request more food, playtime, or anything enjoyable.

#### 3 - All Done:

Sign: Turn your palms up, then flip them down, or wave your hands side-to-side.

Use: To indicate they're finished eating or playing.

#### 4 - Eat/Food:

Sign: Tap your fingertips to your mouth.

Use: To express hunger or a desire for a snack.

#### 5 - Help:

Sign: Place your dominant hand in a thumbs up gesture on your non-dominant palm and lift both hands slightly.

Use: To ask for assistance with toys, books, or other tasks.

Start with these basic signs during your daily routines, consistently saying the word aloud while signing. With time and repetition, your toddler will begin to use them.





# POSITIVE SOCIAL



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Teacher at Belper School, Derbyshire



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