



The Natural Confectionery Company Imagination Station Adventure Playbook



Fun and imaginative play ideas for you and your littles ones





The MummyPages Imagination Station
in association with
The Natural Confectionery Company



The Imagination Station Adventure Headquarters

Introduction

Ok adventurers, gather 'round! Summer is here, so it's time to get outdoors and today you will embark on an epic quest that will change your lives forever. Will you search for buried treasure on a secret pirate island or will you try to survive in the wilderness, keeping an eye out for lions and tigers and bears? Oh my!

The kit

Every good adventurer needs the right equipment if they're to be successful. You'll need food, water and some essential items – you don't know what you'll encounter and the best adventurers are always prepared.

Tools

- Backpack
- Torch
- Map
- Jars or plastic bags
- Compass
- Magnifying glass
- Camera

Outfit

- Hat
- Bandana (tied around neck or forehead)
- Raincoat
- Runners (waterproof)
- Gloves

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Peach and berry smoothie

What you need:

A handful of fresh mixed berries of choice
1 medium fresh peach, cut into chunks
235ml low-fat milk

170g mixed berry yoghurt
Fresh mint for garnish (optional)



Method:

- Blend until smooth, garnish with fresh mint if using.

Homemade Apple Crisps

What you need:

4 pink lady or gala
Ground cinnamon (optional)

Method:

- Preheat the oven to 150°C / 300°F / Gas mark 2.
- Line two baking trays with greaseproof paper and set aside.
- Remove the apple cores with an apple corer. Cut the apples into 2mm slices and lay on the baking trays. Sprinkle with cinnamon if using.
- Bake for 2 hours, turning after one hour. Cool on wire racks.
- Store in an airtight container when cooled.



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Homepage Sausage Rolls

What you need:

Plain flour, for dusting
Puff pastry (1lb 2oz)
8 herby sausages, cut in two
Small handful of thyme leaves
Salt and freshly ground black pepper
1 egg, beaten

Method:

- Preheat the oven to 200°C / 400°F / Gas Mark 6.
- Sprinkle flour across your work surface and roll out the pastry into a rectangle shape of about 28cm x 32cm.
- Make sure you are rough with the pastry because you don't want the pastry to be too puffed out for the sausage rolls.
- Hit the pastry with the rolling in a few times to reduce puffing.
- Cut the pastry in half, lengthways. Then cut these two halves into eight smaller sections each, leaving you with 16 equal rectangles.
- Place a piece of sausage at one end of a rectangle and sprinkle some thyme, salt and pepper over the sausage.
- Brush the other end of the rectangle with a little beaten egg. Roll the sausage up and repeat with the rest of the sausages.
- Place the sausage rolls in the fridge for 20 minutes and let the pastry harden.
- After the 20 minutes, score the tops of the sausage rolls or prick with fork.
- Use the rest of the beaten egg to brush the sausage rolls and place in the oven for 25-30minutes.



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Mini Turkey Wraps

What you need:

5 tbsp mayonnaise to spread
8 slices turkey
Handful of lettuce
4 plain flour wraps

Method:

- Spread a thick layer of mayonnaise over each wrap.
- Top with the lettuce and layer 2 turkeys slices onto each wrap.
- Roll the wraps into tight rolls and cut into two or three slices, depending on how big you want your bites.
- Wrap in clingfilm to hold together and leave to chill in the fridge until ready to serve.



Lunchbox Pasties

What you need:

1 small orange sweet potato, peeled, coarsely chopped
1 carrot peeled, finely chopped
1 potato, peeled, finely chopped
65g of frozen peas
125g can corn, rinsed, drained
50g coarsely grated cheddar
2 eggs, lightly beaten
3 sheets ready-rolled frozen short crust pastry, thawed
2 tsp sesame seeds
Flour for dusting



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Method:

- Preheat the oven to 240°C / 475°F / Gas mark 9.
- Line an oven tray with greaseproof paper and set aside.
- Bring water in a medium saucepan to the boil.
- Cook the sweet potato for 10 minutes or until tender.
- Drain well, mash until smooth then allow to cool.
- In another saucepan, bring water to the boil and cook the carrots and potato until tender.
- Add peas and corn and cook for 5 minutes. Drain well.
- Combine all of the vegetables with the sweet potato mash along with the cheese and egg.
- Stir well and season.
- Sift a little flour onto a clean surface and roll out the pastry sheets.
- Use a 12cm-diameter pastry cutter to cut 12 discs from the pastry sheets.
- Spoon vegetable mixture evenly among pastry discs. Brush edges of pastry lightly with remaining egg. Fold pastries in half to enclose filling. Use fingertips to gently press together to seal.
- Place on the baking tray and lightly brush with remaining egg. Sprinkle with sesame seeds.
- Bake in the oven for 15 minutes or until golden brown and cooked through.
- Remove from oven and set aside to cool.
- Allow to cool.



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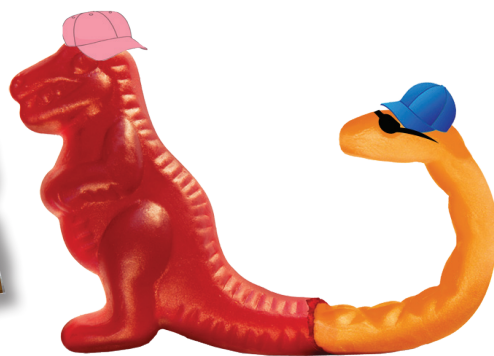
An adventurer will never find their destination (or the treasure!) without a trusty map and it's up to Mum to make sure they get it.

What you'll need

- Teabag
- Water
- White paper
- Baking sheet
- Hairdryer
- Markers

What you'll need to do

1. Fill a cup with warm water and let the teabag stew. Allow the water to cool.
2. Meanwhile, rip the edges of the paper and crumple it into a ball.
3. Flatten the paper out on a baking sheet and pour your cooled tea mixture onto the sheet.
4. When the paper has been completely stained, lift it out of the liquid and set to work with the hairdryer.
5. Once it has dried, use your markers to draw the path and directions you want your child to follow. Don't forget that X marks the spot!



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Right in your Back Garden

Stuck in the Wilderness

What you'll need

- Tent
- Sleeping bag
- Pillows
- Extra layers of clothing (we do live in Ireland!)
- Food
- Disposable BBQ (optional)

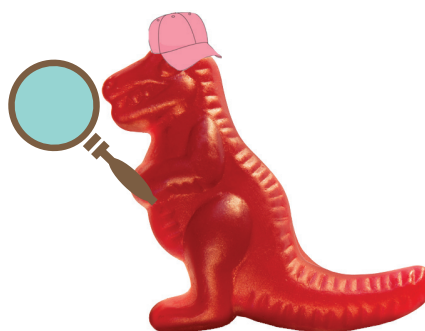
How to play

- Pitch your tent, unroll those sleeping bags and pretend you're staying in the middle of a wild forest.
- Search for firewood, tell campfire stories (around a torch) and go hunting for wild animals. Extra points if Mum or Dad wear animal masks and roam around the tent!
- If you have one, use a disposable BBQ to toast s'mores. If not, Mum can whip up a quick indoor version (link: <http://www.mummypages.ie/recipes/smares>).
- And don't forget to wrap up warm!

Digging for Dinosaurs

What you'll need

- Mum's map
- Old crockery
- Loose change
- Newspaper
- White tape
- Sand
- Paintbrush



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How to play

1. To create your dinosaur skeletons, twist and manipulate sheets of newspaper into the shape of a bone and cover in white tape.
2. Bury your artefacts in various parts of the garden under small piles of sand.
3. Give your children a map directing them to each section and let them excavate the site with old paintbrushes.



Further Afield

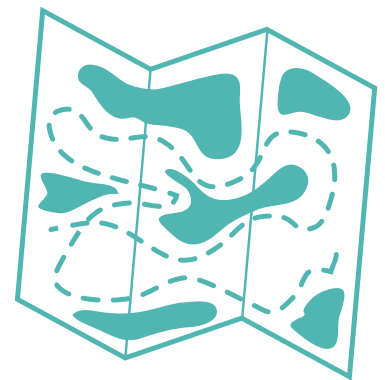
Obstacle course

What you'll need:

- Mum's map
- A park

How to play:

- Study your local park and decide on the obstacle course.
- Draw a rough diagram of the park on your map –and give fun, adventure appropriate names to different places in the park. For example, you could call the climbing frame, Mountain of Doom.
- Mark the different areas where your child must complete a task (eg: slip down the Slippery Slope (slide) three times, walk a lap around the Haunted Castle (playground) backwards).
- Give your child a quest, such as rescuing a unicorn or freeing a captive knight – and be sure to have a prize ready for when they complete it!



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Treasure Island

What you'll need:

- Mum's map
- A beach
- Chocolate gold coins

How to play

- Take the kids to a beach that you know well enough to draw a map of.
- Give them the start point and get them to walk to different areas of the beach and give them a task to do at each point (jumping jacks, singing the alphabet backwards)
- Once they've set off, position yourself at the final point and bury a pile of chocolate gold coins in the sand.
- Mark the spot with an X and once they get there, they should start digging. After that, they'll no doubt be inspired to play as pirates for the afternoon.



The simple life

Even top adventurers need to take a break from their epic quests once in a while – and sometimes their mums just don't have the energy to help them. For those days, here are some fab ideas to keep your little ones active in the fresh air.

Hopscotch

One piece of chalk can give your kids an afternoon of fun. Let them draw a hopscotch course on the pavement, encouraging them to make it as elaborate as they can.

Red Light, Green Light

One person is in charge and everyone else lines up across from them (make sure there's a decent amount of distance). The rules of the road apply, so the person in charge calls out 'Red Light,' 'Orange Light' or 'Green Light' to dictate when players can move and how fast they can go. First person to reach the player in charge wins.

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Skipping

Solo, with some friends or double-dutch with two ropes, this is fantastic exercise and helps improve your little one's hand-eye coordination.

Sardines

Hide and Seek with a twist. One person hides and everyone searches for them. Once you find them, you must hide with the player without being spotted by anyone else. Players continue to hide in the same spot until everyone has found the hiding place

Stuck in the Mud

This is similar to chasing except once you're tagged, you have to freeze. Depending on the number of people playing, one or two people are 'on'. If you've been tagged, you can be unfrozen if another player crawls between your legs. The game ends once everyone has been frozen, at which point the last two people tagged are 'on'.

Or...

Take a trip to the beach

Your little ones can collect shells, create a sand fort, draw pictures in the sand and build sandcastles, sand sculptures or even a Sandman. Endless fun for the kids while Mum and Dad rest in the sun for a while. Don't forget to bring a picnic!



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