

WINTER HOLIDAY GUIDE

Activities, ideas and games to keep the kids
busy, happy and moving these school holidays.

Winter 2026



Hi there.

The school holidays can be wonderful. They can also be very, very long, especially when the weather has other plans. We get it.

We put this guide together because we know how it goes. By day three, the kids are climbing the walls. By day five, you have Googled "things to do with kids" more times than you can count. And by week two, you would happily pay anyone to take them off your hands for a few hours.

So here are a stack of ideas, games and activities to keep your kids moving, laughing and learning right through the holidays. Most need very little setup, most use things you already have at home, and all of them are designed to make life a little easier.

Take what works for your family. Skip what doesn't. There are no rules here.



You've got this!

**Happy School Holidays from
all of us at GeckoSports!**



READ ME FIRST

How to use this guide

Mix and match these activities across the holidays. You'll find something in here for every kid, every mood and every type of day.



Cold and stuck inside?

Head to the [Indoor Adventures](#) section.



A break in the weather?

The [Backyard Games](#) will sort you out.



Need a quick win?

Flip to the [5-Minute Boredom Busters](#).



Want a bit of structure?

There's a [weekly planner](#) at the back.



And if you'd love a day where someone else does all the entertaining, we have an idea for that too!

INDOOR ADVENTURES

For cold mornings, frosty afternoons, and any time the kids can't be outside.



The Lounge Room Olympics

01

Set up a series of mini events using cushions, soft toys and tape on the floor. Long jump (off the couch onto a cushion), shot put (rolled-up socks), gymnastics (a beam of masking tape on the floor). Award medals made of foil or stickers. Bonus points if the dog gets involved.



Sock Skating

02

Push the furniture back, put socks on hardwood or tiles, and let the kids slide their way around the room. Surprisingly tiring. Surprisingly fun.



Indoor Obstacle Course

03

String, chairs, cushions, the laundry basket. Set up a course where they have to crawl under, jump over and weave around. Time them. Then time them again. Then again.



Balloon Volleyball

04

Inflate a balloon. Designate the couch as the net. First to 10. Cheaper and quieter than it sounds.



Treasure Hunt

05

Hide a small prize, write a series of clues, watch them race around the house solving puzzles. Adjust difficulty to age. You get a coffee. They get the prize. Everyone wins.



Dance-Off

06

A speaker, a playlist, ten minutes. Best moves get a prize. Parents must participate. No exceptions.

Gilbert's tip!

Keep a "rainy day box" by the door: a balloon, a ball of string, a roll of masking tape. Half the fun is already in there.



BACKYARD GAMES

For when the weather plays nice. Even ten minutes outside does wonders.



Sock Toss Bullseye

01

Draw circles on the path or driveway with chalk. Different point values. Throw rolled-up socks into them. Easy to set up, surprisingly competitive.



The Floor Is Lava

02

Old favourite for a reason. Anything not lava is fair game: pavers, the trampoline mat, a folded picnic blanket. They navigate the yard without touching the ground.



Backyard Cricket, Footy or whatever

03

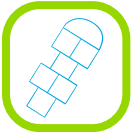
The classics. Doesn't need a full setup. A tennis ball, a stick, and someone to chase it. Pick teams. Make up rules. Argue about who's out.



Nature Scavenger Hunt

04

Make a list of things to find: a red leaf, a smooth rock, something soft, something prickly. Send them off with a bag. Brilliant for younger kids especially.



Driveway Hopscotch

05

A bit of chalk, ten minutes, and they're entertained for an hour. Easy to vary by age.



Garden Bowls

06

Empty plastic bottles for pins, a soccer ball or basketball to bowl with. Set up at the end of the driveway. Knock down as many as you can in three rolls.

Gilbert's tip!

Cold doesn't cancel outside. Layer up, ten minutes of running about, then back in for a warm drink. Everyone sleeps better for it.

SPORT SKILLS AT HOME

Movement skills the kids will pick up without realising they're learning anything.



Ball Wall Rebound

01

A tennis ball or soccer ball against an outside wall. Throw it, catch it. Then throw with one hand, catch with the other. Then add a clap before catching. Builds coordination, eye-tracking and reflexes. Will absorb hours.



Pillow Boxing

02

A couch cushion held up by a willing grown-up. Kids practise punching technique with light contact only. Builds power, balance and timing. Wears them out beautifully. Trade roles so everyone gets a go at boxing.



Stair Sprints

03

For homes with stairs: up, down, up, down. Time them. Create a personal best chart. Excellent for chilly days when the energy is high.



Animal Walks

04

Bear walks, crab walks, frog jumps, kangaroo hops across the room. Looks ridiculous. Builds real strength. Younger kids especially love these.



Target Practice

05

A laundry basket, a soft ball, varying distances. They throw, you catch and re-roll. Add challenges: closest to the line, in three throws, with their non-dominant hand.



Balance Beam

06

A line of masking tape on the floor or a plank in the backyard. Walk along it. Walk along it backwards. Hop on one foot. Carry a cup of water without spilling. The simplest activity in this whole guide, and one of the best.

Gilbert's tip!

None of this is about winning. It's about having a go. Cheer the effort, not the score, and they'll keep coming back for more.



QUICK WINS

5-Minute Boredom Busters



For when you just need something, fast.

1



Freeze Dance

Music on, they dance, pause it, they freeze. Out if they wobble.

2



Paper Plane Championship

Each kid makes one, you have a flight-off down the hallway.

3



Charades

Classic, low-prep, surprisingly absorbing.

4



The Plank Challenge

Who can hold a plank the longest? You join in. Spoiler: it'll be them.

5



Mirror Game

One kid leads, the other copies every movement. Swap.

6



Storytime, One Word at a Time

Build a story together, one word each. Goes hilariously off the rails.

7



Tape Lines on the Floor

Lay down lines of masking tape and call out shapes or letters they have to walk along. Sounds simple. Eats half an hour.

Active Kid Fuel

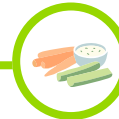
The kids are moving more. They will be hungrier than usual. Here are some easy options that won't ask too much of you.



Apple slices with peanut butter



Cheese, crackers and grapes on a board



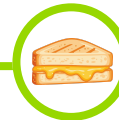
Veggie sticks with hummus



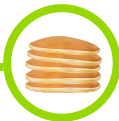
Banana and honey on toast



Yoghurt with frozen or canned berries



Toasted cheese sandwich, cut into shapes



Pikelets with maple syrup



A "make your own" wrap station for lunch



Warm milk with a touch of honey

Gilbert's tip!

A large jug of water with lemon or berries encourages kids to hydrate by sipping throughout the day.

Your Weekly Planner

A printable to give the week a bit of structure. Or to ignore completely. We have left it blank so you can fill it in however you like.

DAY	MORNING	AFTERNOON
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

A FEW PROMPTS IF YOU NEED THEM

- One physical activity per day
- One creative activity
- One quiet activity
- One outing or change-of-scene if possible



Print it, stick it on the fridge, and let the kids tick things off as you go. Or don't. Whatever works for your family is the right way.



FIND YOUR NEAREST CLUB

Check out what's on these school holidays.

Some of the FUN themes,
our clubs are running
these school holidays:

-  Soccer World Cup
-  Ninja Warrior
-  Survivor
-  Global Games
-  Dodgeball
-  Gladiator Games



GeckoSports offers kids' multi-sport programs across Australia, designed to give busy parents a break during school holidays.

Our programs handle activities, games, and fun, creating a welcoming environment for all kids, regardless of skill level.

With no pressure and supportive coaches, every child can enjoy a great day filled with laughter and camaraderie.

Find your local club and book today!*

geckosports.com.au/club-locations

*Our clubs are located across NSW, ACT, QLD, VIC & WA. Holiday programs at select locations only. See your local Gecko Club for more information.