

Fun and Food Holiday Activities with Healthy Food – Summer 2024 video transcript

[Uplifting music throughout]

[Fun & Food Holiday activities with healthy food, Summer 2024]

[Durham County Council logo]

[Fun & Food logo throughout the video]

[Fun & Food provides fun activities for children during the school holidays}

[Two young children smiling and waving while swinging on a hammock together in a woodland area]

[Three children playing on roped tree activity in a woodland area]

[A young person (1) climbs a pole at a high ropes activity]

[providing healthy food when school meals are not available]

[A young person (2) climbs to a higher pole at a high ropes activity]

[through the help of our partners and providers]

[A young person (3) walks across a high rope]

[Two boys paddle away from floating dock on a rowing activity]

[A landscape view of the rowing pond and several young people rowing on the pond]

[Several children pull at a colourful parachute corner to unravel and twirl a boy sitting in the centre
(play activity)]

[Children play a game of dodgeball in a park with a group leader]

[A girl brushes the mane of a horse's head in a farm yard setting]

["I liked everything! The horse was very gentle. I made new friends"]

[Young people are brushing and braiding a horse's mane]

[A young brown foal walks towards the camera in a stable]

[A boy spars with a group leader in an indoor boxing ring, other children are boxing punch bags in the background]

["It's great... it should be on every day"]

[Young people practice boxing steps and punches]

["I enjoyed the meditation after the boxing"]

[Young people lay on the floor of a boxing ring in meditation activity]

[Young people and group leaders walk down a woodland path, some of the young people are pushing a blue trolley]

[Several young people gather to look at an item that one of the young people is holding in her hands]

[Close up shot of a worm in the young person's hands]

[A girl is looking through a magnified top jar at an insect, other young people are eager to have a look at the item]

[A boy points to something in the greenery, other children gather to have a look]

[Camera pans from the top of a large open tent downward to families toasting marshmallows over an open fire]

[Families and group leader gather around the open fire toasting marshmallows]

[A boy fires a crossbow, a group leader stands behind and gives praise and instructions]

["Fabulous at what they do and offer my child"]

[Close up of a wooden pig target with two arrows embedded near the bullseye]

[A large group of young people follow a group leader in a congo style format in a large garden]

[A girl smiles at the camera wearing a hand-made log necklace with artwork]

[A group of children sitting on a grassy area make insect hotels and bird boxes]

[A girl is drilling a screw into a birdbox she is making, a group activity leader is helping to steady the drill, other young people watch on]

[A girl and a boy are colouring in their bug hotels at an outdoor garden setting]

[Young people are being served food at a buffet style table]

[Two young people run through a forest type setting and pass a den made from twigs and logs]

[A boy laughs while fanning an outdoor fire pit with the help from an activity leader]

["The food was delicious"]

["A great sensory experience for the kids"]

[A boy holds a skewer with a marshmallow over a firepit with the help from an adult]

[A boy throws a toy axe at a target]

[Young people prepare food with an activity leader for an outdoor firepit]

[Close up of cooked food in silver foil trays, some have names on the lids]

[A firepit with silver foil tray food cooking above]

[An activity leader throws a hula hoop over a young person's legs (the young person is lying on the ground with her legs in the air in a park setting)]

[A young person crawls through a set of strategically balanced hula hoops in a park setting]

[A group of young people run forward and throw yellow soft balls towards the camera in an indoor sports hall]

[A group of young people run to gather balls in a game of dodgeball in an indoor sports hall]

[Young people exercise using a punch bag in an indoor boxing setting, an activity leader is demonstrating how to box]

[Young people run around a boxing ring; they are wearing boxing gloves]

["I'm going to ask if I can come back so I can box when I grow up"]

[A boy wearing boxing gloves punches a boxing ball]

[A girl punches at a boxing punch mitt that an activity leader is wearing]

["I like getting in the boxing ring and running around"]

[Young people play musical statues, a girl is trying not to laugh, a boy is laughing as he studies the girl's face]

[A group of children play leapfrog in an outdoor grassy setting]

[A boy slides down a ground level water slide in an outdoor farm setting, other children are waiting for their turn]

[A group of young people are being served lunch. They are seated around a table inside a barn]

[A group of young people smile and hold their thumbs up while having lunch at a table situated inside a barn]

[A group of children smile and wave at the camera in an outdoor hot tub in a farm setting]

[To find out more about Fun & Food visit www.durham.gov.uk/funandfood]