

> and see if you can have a trip in a glass-bottomed boat, learn to stay afloat in a kayak or canoe, and face your fears by learning to dive from the high board. Try saunas, steam rooms and flotation therapy (a good chance for the grown-ups to have some nice relaxation time too), or try the madness of water zorbing – essentially you are like a hamster in a giant ball floating along the water, and the slightest movement will have you spinning along and falling about. Make a garden pond that the whole family can enjoy for years to come. Winter holidays or indoor centres bring opportunities for snowboarding and skiing. If you'd like to see real glaciers and icebergs, head to Iceland.

At the Tate Gallery in St Ives, Cornwall there is a room with a number of lovely paintings that also has a huge window looking onto the sea. Accomplished as the paintings are, the ever-shifting nature of the sea draws the visitor's attention inexorably back to the window. Take the time to enjoy this visible-invisible element and the host of new adventures and room for imagination it can offer all the family. ●

Celebrating water all year

Take a picnic and go boating, swim in lidos, lakes and streams, play with water and paddling pools in the garden on a hot day, visit the seaside, try a wet sponge relay, have your own Thailand Water Festival for family and friends (a massive water fight on the hottest day!), make a record of all the forms water has taken in one year of your life: pools, rivers, puddles, sleet, snow, hail, rain, frost, the sea...

Good stories to read together for ideas for wet or snowy adventures include *The Wind in the Willows*, *Swallows and Amazons* and *The Gruffalo's Child*.



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Matthew Bullock



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Image from
Make it Wild!
*101 Things to
Make and Do
Outdoors*
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For more ideas and how-tos for the activities mentioned visit www.pinterest.com/melissaaddey/playing-with-the-elements-water

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