It is important that a child keeps their mind working during the long holidays to avoid them experiencing brain-drain and facing a setback once term starts again. Research consistently shows that children who do not engage in any type of mental activity during the summer tend to lose up to a third of what they have learnt during the academic year. Teachers typically spend four to six weeks re-teaching material that students have forgotten over the summer and kids spend about the same amount of time settling .back into the habit of learning