



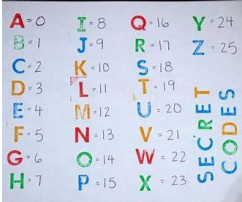





| MONDAY 13 TH APRIL: AM | | | | |
|-----------------------------------|--|--|--|---|
| ACTIVITY TYPE | ACTIVITY 1 | RESOURCES | ACTIVITY 2 | RESOURCES |
| PHYSICAL | <p>5-a-day!</p>  | 5-a-day Challenge Card | <p>Shadow Mania!</p> <p>In pairs, stand face to face opposite each other.</p> <p>One person is the 'move maker', the other 'shadows' whatever moves they make.</p> <p>ie. Star jumps/ lunges/ sit ups.</p> <p>Keep going until you have done 10 moves and then swap!</p> | Two people |
| CREATIVE | <p>Try some marble painting!</p>  | Card, coloured paper, scissors, glue | <p>Make your own 'sock puppets'</p>  | Old socks and anything you can find to 'dress them up!' |
| INVESTIGATION | <p>Make your own bird feeder!</p>  | Dry ingredients, hard fat, pine cone/ coconut shell/ yoghurt pot/ string | <p>Make up your own secret code for the alphabet!</p>  | Pen and paper |
| DAILY BRAIN TEASER | | <p>Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?</p> | | |

| MONDAY 13 TH APRIL: PM | | | | |
|-----------------------------------|---|--|---|---|
| ACTIVITY TYPE | ACTIVITY 1 | RESOURCES | ACTIVITY 2 | RESOURCES |
| PHYSICAL | Take part in the 'Race against time!' | 'Race against time' game card | Blindfold Challenge! Clear an area then lay out an obstacle course of cushions and soft toys. One person is blindfolded whilst the other person directs them around the obstacle course. Keep count of how many times you touch an obstacle. At the end, you'll have to do the same number of jumping jacks. | Blindfold or equivalent. |
| CREATIVE | Create a herd of Toilet roll animals  from frugalfun4boys.com | Toilet or kitchen rolls, card, paint, paint brushes, glue. | Make your own 'puppet theatre' and put on a show with your sock puppets.  | Cardboard, pens/paint. |
| INVESTIGATION | Identify birds visiting your new bird feeder! This can be done outside or from a window inside. | Bird ID sheet | Create a scrap book of everything you love!  | Old notebook, magazines/newspaper pictures to cut up and stick. |
| DAILY BRAIN TEASER | It's as light as a feather, but the strongest person can't hold it for more than five minutes. What is it? | | | |



RESOURCE CARD



5-a-day



Put on some music you enjoy to help get you going.

Standing Long Jump - How far can you jump starting and ending on two feet?

Speed Bounce - How many two-footed jumps can you complete over a low object (side to side) in 30 seconds? (Use an object about 15cm high if you can).

High Knees - How many high knee raises can you do in 30 seconds? Keep your back straight and bring one knee up to waist height in front of you then the other knee and keep alternating.

Lesley's Step challenge - Step up and down from one small step (eg bottom stair). How many can you do in 30 seconds? Swap to the other leg and repeat.

Stand up and Sit Down - How many times in a minute can you stand up and sit down from a normal height chair (dining room chair for example)? Keep your back straight and don't use your hands.

Keep your scores. These 5-a-day will be repeated every Monday during Easter Fun. See if you can improve.

Ideas for Marble painting

What you will need:

Tray or shoe box lid

Sheet of paper to line the tray or lid

Paint – put blobs onto the sheet

Marbles or small balls – roll them round the tray to see what patterns you can make



Sock puppets

What you will need:

Old socks

Scraps of wool

Fabric glue

Felt, material, goggly eyes, beads, buttons

You might find it easier to add the things to your sock puppet if you put a wooden spoon into it while you stick/sew on the hair, sew on the buttons and stick on the eyes and felt. Here are some ideas. Make sure the glue sets. If you are sewing on buttons or hair be careful not to sew through both sides of the sock!





How to make your own bird feeder



What you need:

- dry ingredients
 - bird seed
 - dried fruit
 - cooked rice
 - breadcrumbs
 - grated cheese
 - chopped nuts

- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot



Use an old yoghurt pot for this, and always recycle after it's been used

- string



- 1 Mix all the dry ingredients together in a bowl



- 2 Add the fat and give it a good mix around

- 3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

- 4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



If you need to melt the fat, ask an adult to help

Hang your feeder where you can watch birds without disturbing them



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015



RESOURCE CARD



Race against time

Number of players: 1 or more

Aim: Warm-up and beat your time!

Playing Space: Garden, outdoor space, hall or room, between two lines or an out and back route.

How to Play:

Move from the start line to the finishing line, or if out and back round an object and back to the start line as fast as possible, doing the following:

- a) Running
- b) Fast walking
- c) Hopping on left leg
- d) Hopping on right leg
- e) Skipping
- f) Crawling on all fours
- g) Sideways
- h) High knees
- i) Low large steps
- j) Jumping with 2 feet together
- k) Hopscotch
- l) Zig zag jumping

Add up the total time taken, write it down and then go again trying to beat your time.

If there is more than 1 player go against each other, or work in teams.

Ideas for Toilet Roll animals



How to make your own Puppet Theatre

What you will need:

Cardboard (small or large.)

Paint/ paintbrushes/ pens

Scissors

Selotape/parcel tape



Bird ID Sheet

Woodland Trust
Nature detectives

Spotted these birds in your garden?
Use this sheet to identify them.



Blackbird



Blue tit



Chaffinch



Collared dove



Great tit

Chirpie birdies!



Robin



Greenfinch



Starling



House sparrow



Wood pigeon

Birds love nuts and seeds, so try putting some out to tempt them to visit!

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