


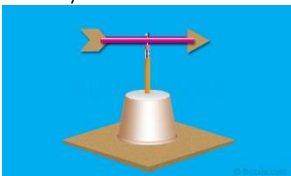

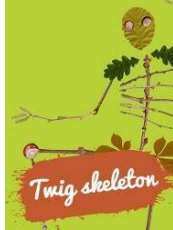





MONDAY 20 TH APRIL: AM				
ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	5-a-day! 	5-a-day Challenge Card	Make your own 'Clapping Dance!' In pairs, take it in turns to come up with a clapping routine together of 5 claps or dance moves. Once you've learnt the routine, the next player adds 5 more claps or dance moves. Keep repeating and adding more sets of 5 claps or dance moves until you have an entire routine. Try playing it to music or add jumps to make it harder.	Music (optional)
CREATIVE	Create a butterfly painting 	Large sheet of paper, paint, paint brushes	Make a 'Rainstick' 	Rainstick Resource Card A kitchen roll or pringles tube Paint Rigid paper 2 X elastic bands Lentils or rice
INVESTIGATION	How to work out which way the wind is blowing. Make your own wind vane. 	Wind Vane Resource Card	Make a 'Sundial' 	Sundial Resource Card Paper plate or rocks/ shells
DAILY BRAINTEASER	Word association: find a word that associates with the following sets of words. Cake, swiss, cottage			

MONDAY 20TH APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	A game of 'Domes and Dishes' to kickstart your afternoon!	'Domes and Dishes' Game Card	<p>Mega Moves!</p> <p>Stand opposite a partner. Make sure you have a stopwatch so you can time yourselves.</p> <p>One of you pulls an awesome dance move and your partner has to try to copy it. Just like you are looking in a mirror! Can your partner keep up?</p> <p>Swap over after two minutes – now it's your turn to copy the actions.</p>	Music (optional)
CREATIVE	<p>Create a 'Twig skeleton'</p> 	Natural materials	<p>Make a 'Kite'</p> <p>Why not make it blue for the NHS?</p> 	<p>Make a Kite Resource sheet</p> <p>Skewers or light sticks</p> <p>String</p> <p>Selotape</p> <p>Paper, plastic bag or light material</p>
INVESTIGATION	<p>Take part in 'Nature Bingo!'</p> 	Nature Bingo sheet	<p>Make your own DIY lava lamp! (ADULT NEEDED)</p> 	<p>Lava lamp Resource Sheet</p> <p>Vegetable Oil</p> <p>Water</p> <p>Clear Bottle</p> <p>Food Colouring</p> <p>Alka Seltzer Tablets</p>
DAILY BRAINTEASER	<p>Word association: find a word that associates with the following sets of words.</p> <p>Glasses, screen, day</p>			



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.

How does your score compare with your last 2 Mondays?

Make a butterfly painting

wildlife watch



You will need

- Water-based paints



- Brushes



- Pastel coloured sugar paper



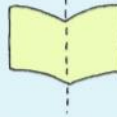
- Marker pen



- Plenty of newspaper (to cover tables!)



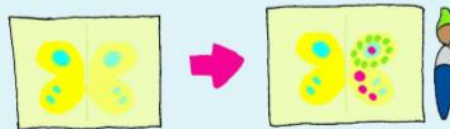
- 1 Fold a piece of sugar paper in half, side to side, and open it out.



- 2 Paint the shape of butterfly wings on one half. Fold the paper over again and press it down.



- 3 Open out the paper and add more colours to one side. Refold and press.



- 4 When the butterfly wings are dry, add a body and antennae with a marker pen.



www.wildlifewatch.org.uk

How to make your own 'Rainstick'



What you will need:

A kitchen roll or pringle tube

Paint

Rigid paper

2 X elastic bands

Lentils or rice

How to make it:

- 1) Paint the tube and leave to dry.
- 2) Fill the tube to about a 1/5 full with lentils or rice.
- 3) Secure the ends of the tube with the rigid paper and elastic bands.
- 4) Tip the tube from one side to the other and hear the 'rain' fall.

Make your own 'Wind Vane'

What you will need:

Card

Scissors

Drinking straw

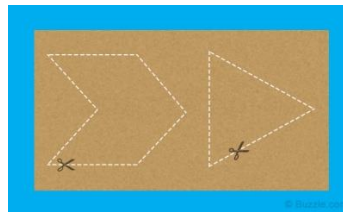
Pin

Pencil with a rubber

Paper cup

How to make it:

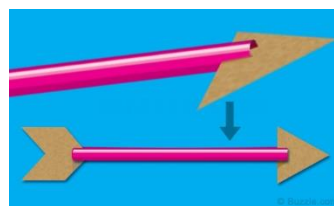
Take the card, draw the head and tail of the wind vane on it, and cut out these portions using scissors.



Take the drinking straw and give it small cuts on either end (as shown in the illustration below.)



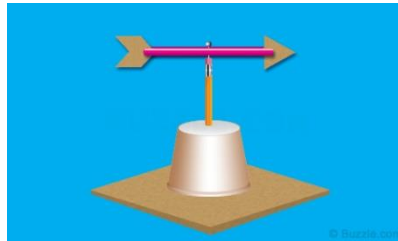
Insert the head and tail of your wind vane in the cuts that have been made in the straw.



Take the pin, pierce it through the drinking straw in the centre and attach the straw to the rubber on the pencil.



Make a base for your wind vane using a paper cup or box. You simply pierce a hole in the paper cup and place the pencil in it.



Now you can see which way the wind is blowing!

(This might help with flying the kite you make this afternoon! 😊)

How to make your own 'Sundial'



(A)



(B)

What you will need:

A	B
Paper plate Paint/ pens/pencils	Circular area (10-12 inches) Stones or shells Stick

How to make your sundial work:

- 1) The goal is when the sun is directly overhead at 12 noon, you want the shadow of your stick to be the shortest.
** Use a clock to time the shadow between 10 am and 1 pm to mark the point where the shadow was shortest.**
- 2) Once you find the shortest shadow, place a marker at that spot for 12.
- 3) Check the stick's shadow on the hour to get an idea of how far apart your seashells or rocks will need to be on your circle. The same applies to the angle of the numbers on the paper plate version.
- 4) Based on your stick markings, set up your sundial clock by placing the items/ numbers where the shadow falls on each hour.
- 5) When the items are in place, you should have an accurate sundial!



RESOURCE CARD



Domes and dishes

Number of players: 2+; can be played with more players

Equipment: Cones, flowerpots, plastic bowls – at least 30 items which can be positioned like a dish or turned the other way up like a dome.

Playing Space: Garden, room, hall depending on the number of players.

Aim: To be the player with the most 'domes' or 'dishes' left

How to Play:

Decide which player(s) is the “domes” and which is the “dishes”.

All objects are put into the playing space, half turned one way up and half turned the other way.

On the word 'Go!' the players enter the playing space and try to turn the objects the right way up depending on whether they are a dome or dish. The winning player is the one which has the most objects turned their way up in the playing time.

Variations:

Move around the playing space in different ways (hopping, all fours, sideways etc)

Twig Skeleton

Woodland Trust
Nature Detectives

Terrifying twig skeleton
Create a creepy twig skeleton and spook your friends!

Spooky!
Next time you're in the woods, use fallen leaves, twigs, seeds and bits of bark to make the bones of your own terrifying twig skeleton.

What will you find for the:

Skull
Eye sockets
Collar bone
Ribcage
Pelvis
Femurs (thigh bones)
Tibia and fibula (calf bones)
Knee caps
Radius and ulna (forearms)
Fingers
Toes

Did you know that the human body has 206 bones?

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WOODLAND TRUST

How to make your own 'Kite'



What you will need:

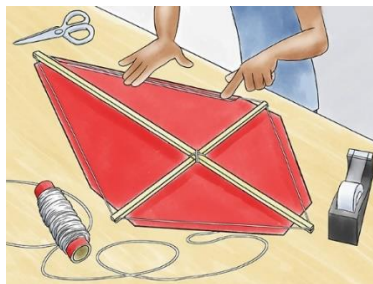
2 x long wooden skewers or light sticks

String

Selotape

Paper, plastic bag or light material

How to make your kite:



























- 1) Make a 'T' shape with your two sticks and secure in the centre with tape or string.
- 2) If using paper or material as the main body of the kite, decorate.
- 3) Cut a diamond shape out of your chosen material and cut the points off each corner. Cover the 'T' shape of the wooden sticks. Attach the material to all four ends of the sticks with tape or string.
- 4) Join each end of the 'T' Shape with string and tape (as pictured above) to keep the structure stable.
- 5) Attach one end of a good length of string to the centre of the 'T' shape.

Now see if you can make it fly!

Scavenger Hunt BINGO

Get Five in a Row Up, Down, Across or Diagonal to Win

				
Leaf	Nut	Cloud	Flower	Animal
				
Nest	Fern	Mushroom	Dead Tree	Crawling Insect
		Free		
Water	Dirt	Free	Stump	Butterfly
				
Live Tree	Rock	Spider	Bird	Stick
				
Grass	Web	Flying Insect	Tracks	Pinecone

How to make your own 'Lava Lamp'



What you will need:

Vegetable Oil

Water

Clear Bottle

Food Colouring

Alka Seltzer Tablets - broken into smaller pieces – **THESE MUST NOT BE EATEN – ADULT SUPERVISION REQUIRED.**

How to make your lava lamp:

- 1) Fill the bottle 1/3 of the way full with water.
- 2) Add the food colouring colours of your choice.
- 3) Fill the bottle the almost all of the way to the top with vegetable oil. Leave a little room to allow for the reaction to have space to work!
- 4) Break the Alka Seltzer into 4 or 5 pieces. Place one or two at a time into the lava lamp and watch what happens!
- 5) Continue putting in one or two Alka Seltzer pieces every few minutes or once the reaction has settled.

TOP TIP: Go into a darkened room and put a torch behind the lamp.

NOTE: Please make sure you do NOT screw the lid onto the bottle while the reaction from the Alka Seltzer is happening. The reaction will build up and may cause your container to explode!