



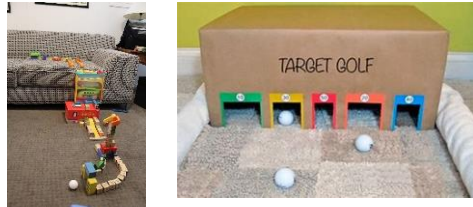




MONDAY 6th APRIL: AM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	5-a-day! 	5-a-day Challenge Card	Make an indoor obstacle course for you!	Be inventive!
CREATIVE	Create your own clothes peg Easter Chick! 	Wooden Clothes peg Card Glue Scissors Easter Chick resource card	Stand some of your toys in the window to create a shadow. Draw around their outline and colour them in. 	Sunshine! Pens, pencils and your favourite toys.
INVESTIGATION	Mini Beast Hunt! Get outside in the garden and go on a bug hunt!	Mini beast ID Sheet	Build a den somewhere in your house. Using a torch, what shadows can you create?	Blankets, comfy cushions, torch.
DAILY BRAIN TEASER	The subject is 'Animals.' Think of an animal for each letter of the alphabet. How long did it take you?			

MONDAY 6 TH APRIL: PM				
ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Take part in 'Body Ball' relay games	Body Ball game card 1 X big ball/ objects to weave around	Follow the leader Pick a theme for the game – physical activity, expressions, or gestures. Designate yourself as the leader or take turns with the children, so that everyone gets to be the leader at least once. The leader does the action, children follow and copy.	People and enthusiasm!
CREATIVE	Get outside in the garden and create a leaf alien! 	Sticks, leaves, natural materials.	Homemade mini golf! Create your own mini golf course. 	Toys, boxes, lego. Make the golf club out of kitchen roll tubes or use wooden spoons! Use ping pong balls or rolled up paper for the golf balls.
INVESTIGATION	Toy parachute challenge Using only the materials on offer, create a parachute for one of your favourite small toys. 	Plastic bag, plastic cup, string, selotape, toy.	Make an obstacle course for a woodlouse. 	Try to include at least 5 obstacles for the woodlouse to cross/ go under.



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.

How to make Clothes Peg Easter Chicks



What you will need:

Clothes peg

Card

Scissors

Glue

Pens/pencils

How to make it:

- 1) Draw an egg shape on card and decorate.
- 2) Cut egg in half with a zig zag to replicate cracked eggshell.
- 3) Glue each half to one prong of the clothes peg.



- 4) Draw and cut out a small Easter chick.
- 5) Stick chick behind the bottom half of the eggshell.

Voila!

Minibeast hunt

Woodland Trust
Nature detectives

Get out and get detecting!
How many of these are insects?



Earwig



Woodlouse



Grasshopper



Shieldbug



Caterpillar



Ant

Check out these critters!



Harvestman



Snail



Stag beetle



Centipede

Insects have 6 legs and are invertebrates, which means they have no backbone.

Feel free to copy and share this for personal and educational use - and don't forget there are loads more brilliant activities to download on our website!

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Indoor Den Building Ideas





RESOURCE CARD



Body ball relay

Number of players: 1+; can be played with more players

Playing Space: Garden, yard, hallway, room

Equipment:

1 football ball per player (soft ball if indoors), 4 cones, dishes, toys, flowerpots or similar objects to mark a course.

Place the 4 objects in a line with a space in between each to be able to dribble the ball.

Clock or watch to time if only 1 person is playing.

Aim:

To dribble the football round the course and back in the fastest time, using the different body parts listed below. If there is more than 1 player create a line of 'cones' each or work in teams playing against each other.

How to Play:

On the word 'go' dribble the ball in and out of the objects and back to the start keeping the body part on the ball. Record your time for each and see which is the fastest part of the body. If there is more than 1 player, play against each other:

Left foot

Right heel

Left elbow

Right knee

Left hand

Variations:

Use other body parts.

How to make a 'Leaf Alien'!



What you need:

Leaves

Sticks

Pebbles (for eyes and nose)

Pinecone or equivalent for mouth

Thin sticks for hair

How to make it:

- 1) Mark out the outline of the 'alien' with sticks.
- 2) Lay leaves within all parts of the alien. Make sure they overlap and there are no gaps.
- 3) Add facial features to the alien using natural resources you can find in your garden.

How to make 'Mini golf'.



What you need:

Cardboard

Paints or pens

Glue/ selotape / scissors

How to make the obstacles:

Be as inventive as you can making ramps and tunnels from things around your home and garden.

The top pictures show obstacles made from simple cardboard designs.

How to make 'golf club' and ball:

Use wooden spoons for the golf club and ping pong balls. If you don't have a ping pong ball, used rolled up paper instead.

How to make a Toy parachute.



What you need:

Small toys/figurines
Plastic supermarket bags
String
Scissors
Tape

How to make it:

- 1) Cut a square from the plastic bag that is approximately 20x20 cms - bigger or smaller depending on the size of your toy.
- 2) Cut four pieces of string about the same length as the sides of your plastic square.
- 3) Tie a knot in each corner of the plastic square and then tie the string to each corner behind the knot to keep it in place.
- 4) Tie two strings together at the other end and repeat with the other two strings. Slip these knots under the arms of your figurine and tape them in place.
- 5) Now you just need to get up high and launch your parachute!