






## THURSDAY 16<sup>th</sup> APRIL: AM





ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	5-a-day! 	5-a-day Challenge Card	Statue pick up challenge! Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line. Now stand on the line balancing on one leg. You're against the clock! Hop along the line holding your pose, then pick up each item and move it to the other side – make sure your feet do not leave the line. Be careful – if you lose your balance or drop anything, you must go back to the start.	Skipping rope or string Toys and cushions
CREATIVE	Paper plate animal masks 	Paper plates, pens/pencils, paint, string, selotape	Make a paperchain snake! 	Paper, scissors, glue
INVESTIGATION	Can you create a 'ball run' out of items you have in the house or garden or a marble run if indoors? How fast does your ball travel down the run? Can you beat the ball to the end of the run? 	Old guttering, planks of wood, cardboard, toilet rolls etc. Ball / marble	Make a mini nature reserve 	Tub/bucket/box, small log, yoghurt pot, soil, foliage
DAILY BRAINTEASER: (Answer to 15 <sup>th</sup> AM: the Letter 'R')		It's at the centre of gravity and you can find it in Venus, but not Mars. What is it?		



# EASTER FUN 2020



**THURSDAY 16<sup>th</sup> APRIL: PM**

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Play a game of 'Traffic lights!'	Traffic lights Game Card	Ninja Challenge! 	Ninja Challenge Resource Card
CREATIVE	Create a leaf suncatcher 	Paper plate or 'bendy' twig as the surround, cling film, selotape, leaves.	Make and play a game of hopscotch 	Cardboard, paint, pens, scissors
INVESTIGATION	Create a homemade car ramp 	Be inventive!	What am I eating? Blindfold one person and raid the cupboards to find items for them to taste. Things like honey, soy sauce, mustard, frozen peas, marshmallow etc. all work well. The blindfolded person must try and guess what they have been given to taste. Make sure you check for food allergies before playing this game. And it is probably best to supervise the food choices!	Blindfold and sensible food choices!
<b>DAILY BRAINTEASER:</b> (Answer to 15 <sup>th</sup> PM: A sponge)		A man was walking in the rain in the middle of nowhere without a coat or an umbrella. He got soaked, but not a single hair on his head was wet. How can this be?		



## RESOURCE CARD



# 5-a-day



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

Today's 5-a-day are with a ball and a bucket or bowl. If you don't have a ball, roll up a pair of socks tightly into something which looks like a ball.

**Throwing** – how many times can you throw the ball into the air and catch it without dropping it in 1 minute?

**Bucket throw** – How many times can you throw the ball into a bucket or pot, pick it up and throw it again, in 1 minute? Have the bucket/pot 2m away from you if possible.

**Left to right** – how many times can you throw the ball into your other hand (left to right) in 1 minute?

**Partner throw** – how many times can you throw and catch the ball with a partner in 1 minute without dropping it?

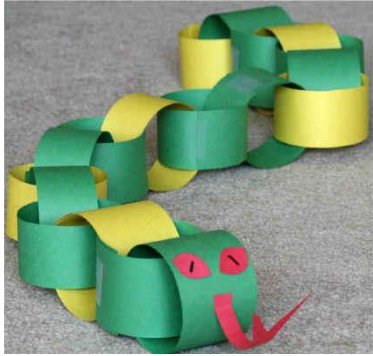
**Roll and throw** – one person rolls the ball ahead of the other person who has to run and collect it and throw it back. Take turns. Can you do 10 rolls and throws each without dropping it?

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

## Paper plate animal mask ideas



## How to make a paper chain snake!



### What you need:

Coloured paper

Scissors

Selotape

Glue

### How to make the snake:

Very carefully cut the paper into strips approximately 2cm wide X 15 cm long.

Take one strip and join the two ends together to create a circle. Stick in place using glue or selotape.

Now take another strip. This time before sticking it in place, ensure it linked to the next circle (as shown in the picture above.)

Continue until your snake is complete.

Add detail to the face of your snake so it can see where it is slithering to!



## Ball run ideas

### What you can use:

Cardboard, toilet rolls, kitchen rolls, old guttering.....

A board to stick the tubes onto and glue or tape

Balls or marbles

### Task:

Make your ball run. How fast can you get a ball to travel down it?



### How to make a mini nature reserve

wildlife  
watch



#### 1 Choose your site

Choose a safe place to put your window box – somewhere like an old bench or wall at an easy height for inspection.

#### 2 Gather your materials

- window box
- a small log
- yoghurt pot
- some compost
- a rock

#### 3 Fill the box with compost

Always use peat-free compost and save our precious peat bogs.

#### 4 Add a few features

Dig in the yoghurt pot and add the small log and rock.

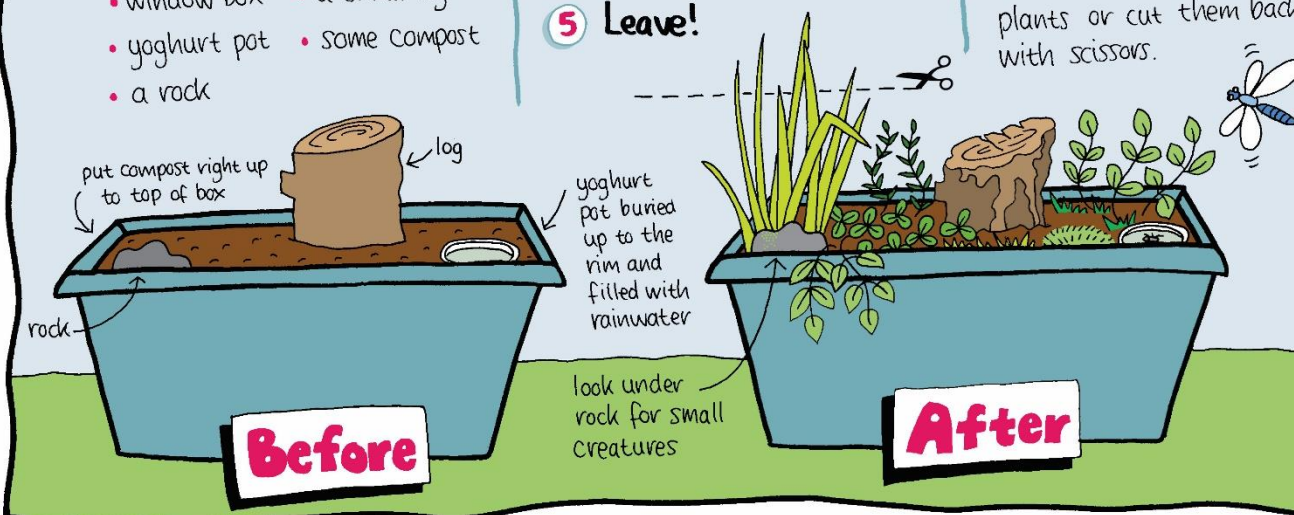
#### 5 Leave!

#### 6 Keep a diary

Record the changes you see. Make notes using guidebooks and take a photo every week.

#### 7 Management

Remove out of control plants or cut them back with scissors.



[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

with thanks to patrick roper for original idea ([windowboxwildlife.blogspot.com](http://windowboxwildlife.blogspot.com))

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



# RESOURCE CARD



## Traffic Lights

**Number of players:** 1 or more + leader

**Aim:** Warm up and get active!

**Playing Space:** Garden, indoors

**How to Play:**

The leader issues instructions and the player performs the actions as quickly as possible. Play for 2 minutes and then change, taking turns to be the leader.

**Red** – player stops

**Amber** – player jumps on the spot

**Green** – player jogs around

**Traffic jam** – player walks around heel to toe

**Car Crash** – player falls down

**Indicate (right or left)** – player waves arms up and down (right or left)

**Roundabout** – player goes round in a circle on the spot before continuing

**Variations:**

Player starts behind one line and must try to reach a line on the other side of the playing area while obeying the instructions

Issue more than 1 instruction to see how much can be remembered.

This can be played with any number of players, keeping space between.



## Ninja Challenge

**\*\* Please ensure children are supervised by a responsible adult and avoid putting 'lazars' at neck height. Make sure this is not left as a trip hazard!\*\***

Create a tunnel of lazer beams (wool/ string/tights!)

Take it in turns (Ninja style!) to see how quickly you can get through the beams without touching them.

+2 second penalty if a beam is touched!



## Create a suncatcher



### What you will need:

Paper plate or bendy twig for the frame

String

Selotape

Leaves, flowers or tissue paper to add colour

Clingfilm

### How to make the suncatcher:

Firstly, make the frame by either cutting out the middle of a paper plate or creating a circular shape with a bendy twig (secure with string.)

Very carefully, then lay strips of selotape across the frame ensuring it slightly overlaps.

When the whole frame is covered, then start sticking colourful leaves or paper to the selotape.

When finished, seal with either another layer of selotape or a piece of clingfilm.

Hang in a window and enjoy!

## Homemade hopscotch ideas

### What you will need:

Cardboard for indoor or chalk for outdoors

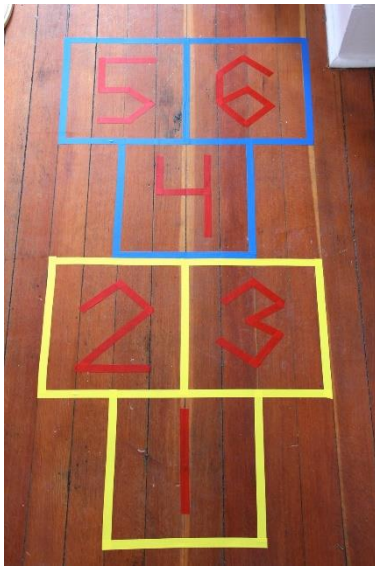
Paints, pencils, scissors

Tape

An object to throw







## Car ramp ideas

