







TUESDAY 7TH APRIL: AM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	5-a-day! 	5-a-day Challenge Card	Slow motion tag What is 'slow motion?' A normal game of tag but this time all players must move in slow motion. Take turns to be the tagger.	Two or more players
CREATIVE	Make Minion skittles or hoopla! 	Plastic bottles, paint, paintbrushes. A tennis ball (or rolled up sock) to knock over the skittles. Foil or card fashioned into a circle for the 'hoopla.'	Make a pot of flowers out of coloured paper, pencils or sticks to put by the window 	Card, paper, pencils, scissors, glue.
INVESTIGATION	Garden Scavenger Hunt! Can you find: 5 X yellow things 4 X different stones 3 X different animal footprints 2 X blue things 1 X butterfly	A notepad and pencil	Indoor Scavenger hunt! Try to find the following in the fastest time possible: 5 X soft toys 4 X types of book 3 X photographs with different landscapes 2 X types of metal 1 X insect	A bag to collect everything!
DAILY BRAIN TEASER		The subject is 'Countries'. Think of a country for each letter of the alphabet. How long did it take you?		

TUESDAY 7TH APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Play a game of 'Messy Bedroom!'	Messy Bedroom game card Soft toys/ balls Cones or rope to divide areas	Make yourself a tunnel. How quickly can you get through it? Try to beat your time!	Be inventive!
CREATIVE	Make your own Easter pom poms! 	Wool 2 X pieces of card cut into circular rings. Scissors	Create a domino run! Can you include bridges and ramps? 	Dominos/ Lego/ Jenga bricks
INVESTIGATION	Make your own Wormery! 	Jam jar or plastic bottle Soil/ foliage Sand Worms!	Look out of the window for 10 minutes. Write down or draw what you see. Do this half an hour later. Is anything different? How many birds can you spot?	Note pad and pencil



RESOURCE CARD



5-a-day



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

Star Jumps - How many star jumps can you do in a minute (make sure your fingers touch above your head)?

Lunges - Start in standing position, hands on hips. Put one leg forward so front knee is bent at 90 degrees to the floor. Keep both feet parallel and toes forward. Alternate legs. Make sure you keep your back straight. How many can you do in 1 minute?

Single leg balance – Stand on one leg for 1 minute. Change to the other leg for another minute.

Burpees – How many can you do in 30 seconds? Start standing tall, then into a crouch position with hands on the ground and jump your feet out behind you as far as they will go, jump back into crouch position then jump up, arms in the air.

Two legged jumps – Stand with both feet together. Jump up and down on the spot. How many jumps can you do in 1 minute?

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

How to make Minion Skittles or hoopla!



What you need:

- Litre pop bottles
- Paint (Yellow and blue)
- Black marker pen
- Cardboard/ foil (if playing hoopla)

How to make the skittles:

- 1) Paint the lower half of each bottle in blue.
- 2) Paint the upper half of each bottle in yellow.
- 3) Once the paint has dried, create the facial features with marker pen.

If playing skittles:

Use a tennis ball or pair of rolled up socks to knock the skittles down.

If playing hoopla:

Cut out cardboard circles to toss over the bottles or fashion foil into a ring shape.

How to make a vase of flowers



What you need:

Colourful card or paper

Sticks

Glue/ pencil/ selotape/ scissors/ paint

Jam jar

Photographs (optional)

How to make the flowers:

- 1) Draw the outline of a flower onto the colourful card.
If adding the photograph, ensure you mark a hole in the centre of the flower which marginally smaller than the picture.
- 2) Cut out the flower shape and centre circle (if adding a photo.)
If adding a photo, stick into the centre of the flower.
- 3) Using glue or selotape, attach flower head to the top of the stick.

How to make the vase:

- 1) Decorate the jam jar with floral paint designs.



RESOURCE CARD



Messy Bedroom

Number of players: 2 or more

Equipment: Soft balls, beanbags, toys, other small non sharp items.

Cones or rope to split the playing area in half.

Playing Space: Garden or outdoor space (or if indoors clear a space in the centre of a room or hall).

Aim: To 'mess up' the opposing team's "bedroom" by throwing balls/items into it

How to Play:

The players stand either side of the centre line, each in a 'bedroom'. The balls, toys and small objects are split equally into each 'bedroom'.

On the word 'go' the players throw the objects into the opposition's "bedroom" who try to throw them back and keep their own "bedroom" clear.

The game ends either when one bedroom is empty, or after a specific time limit. At the end of the time limit, the player with the fewer objects in their bedroom is the winner.

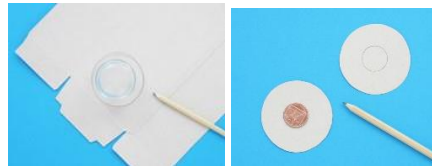
How to make pom poms

What you need:

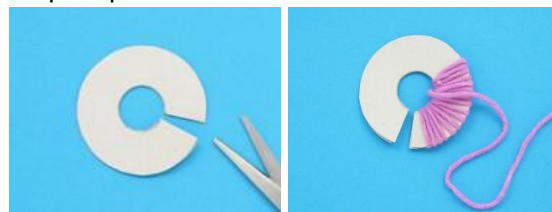
Card
Tumbler and coin
Pencil
Wool
Scissors

How to make pom poms:

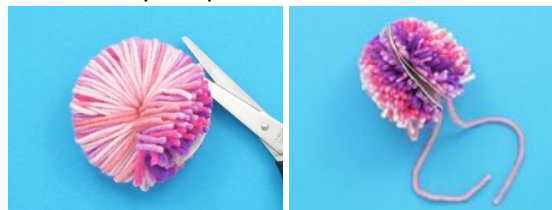
Place the tumbler on the card, draw around it twice and cut out both circles. Place the coin in the middle of the circles and draw around it using a pencil.



Next, hold the two circles together and cut a small thin wedge from the outside to the middle, then cut out the inner circle. Now start wrapping your wool around the rings lots of times – the thicker you wrap, the fuller and fluffier the pom pom will be.



Once you are happy with the amount of wool around the rings, push the scissors in-between the cardboard rings, and start snipping. Make sure that pieces of wool don't fall out of the central hole. Cut another length of wool and carefully wrap it around in between the cardboard rings.



Tie as tightly as possible, then remove the rings and 'fluff' and trim your pom pom.



Make your own wormery

wildlife watch



You will need:

- 2-3 earthworms



- 1 litre clear plastic drinks bottle



- Garden soil



- Compost



- Light-coloured sand



- Scissors



- Cling film and an elastic band



- Water



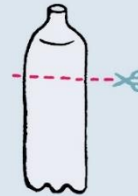
- Leaves



- Paper or card and tape



- 1 With the help of an adult, cut the top off the drinks bottle and remove any labels



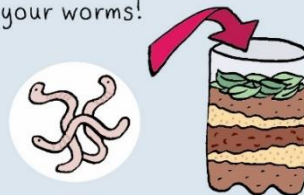
- 2 Build up layers of different kinds of soil and sand in the bottle



- 3 Sprinkle fallen leaves over the top and water until damp



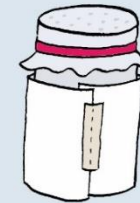
- 4 Add your worms!



- 5 Secure cling film over the top to stop your worms escaping. Pierce with tiny holes.



- 6 Wrap the bottle in paper to keep it dark for your worms. You can remove this when you want to have a look at how they've mixed the layers.



- 7 Keep in a cool place and top up with water when needed. Release your worms back into the wild after you've finished your experiment.



www.wildlifewatch.org.uk