



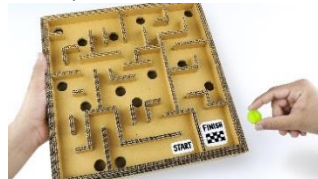






WEDNESDAY 15 th APRIL: AM				
ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	<p>5-a-day!</p> 	5-a-day Challenge Card	<p>Hippo hops!</p> <p>Grab some cushions or toys to be the hippos, then lay them out across the floor. Make sure they're not too far apart.</p> <p>When you're ready, start your crossing! Crouch down like a frog and leap over the first hippo.</p> <p>When you land back on the floor, keep hopping to stay out of the mud! Make your way across the mudhole, leapfrogging over the hippos until you reach the other side.</p> <p>Invent different challenges each time. ie. You have to hop over every hippo in the fewest jumps as possible.</p>	Cushions and toys.
CREATIVE	<p>Create artwork using any spare string or cotton you have in the house.</p> 	String art Resource card	<p>Make Elmer the elephant!</p> 	Elmer the elephant Resource card
INVESTIGATION	<p>Create a butterfly feeding table</p> 	<p>Piece of wood, string, jam jars lids, sugar solution, coloured card, scissors</p> <p>(Optional: String and metal screw eyes)</p>	<p>Make your own Marble maze!</p> 	Marble maze Resource Card
DAILY BRAINTEASER (Answer to Tuesday 14 th AM: Fog)		You can find it in Mercury, Earth, Mars, Jupiter and Saturn, but not in Venus or Neptune. What is it?		

WEDNESDAY 15TH APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Start the afternoon with a game of 'Noughts and Crosses'	Noughts and Crosses Game Card	<p>Flying Carpet</p> <p>Each child, or group of people, stands on a rug or cushion in the middle of the floor. This is their 'flying carpet' the only problem is, it is upside down! The object of this game is to turn the 'flying carpet' over without stepping off it. If you step on the floor you are out!</p> <p>More difficult than it sounds! Repeat and try to beat your last time!</p>	A mat or small carpet
CREATIVE	<p>Can you make a 'pizza' out of natural materials?</p> 	Natural materials found in the garden or outside. Can you make a pizza from non food items found in your house or from vegetable/fruit peelings?	<p>Make your own Toadstool House</p> 	Toadstool House Resource Card
INVESTIGATION	<p>Build a miniature raft out of natural materials.</p> 	Sticks, string, glue, leaf (for the sail)	<p>Make your own musical instruments</p> 	Musical instrument Resource card
DAILY BRAINTEASER (Answer to Tuesday 14 th PM: A towel)		What's full of holes but can still hold water?		



RESOURCE CARD



5-a-day



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

Wall sit – sit against a wall with your knees bent and thighs at 90 degrees to the wall. Keep in that position for 30 seconds.

Press up – either from knees or in a press up position keeping your back straight, how many press ups can you do in 1 minute?

Cycling in the air – lie on your back with your feet in the air, arms by your side. Circle your legs as if you were riding a bike for 1 minute. Then repeat it backwards.

Side to side – lie on your back with your knees bent up, feet on the floor. Roll your knees to the left side and then the right side. Keep going for 30 seconds.

Squat – Stand up feet slightly apart. Bring your arms up in front of you, keeping them straight, while you squat down as low as you can, keeping your back straight. How many can you do in 1 minute?



RESOURCE CARD



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

String Art ideas

What you will need:

Old string, wool, cotton

Piece of cardboard and pins OR

Piece of wood and nails

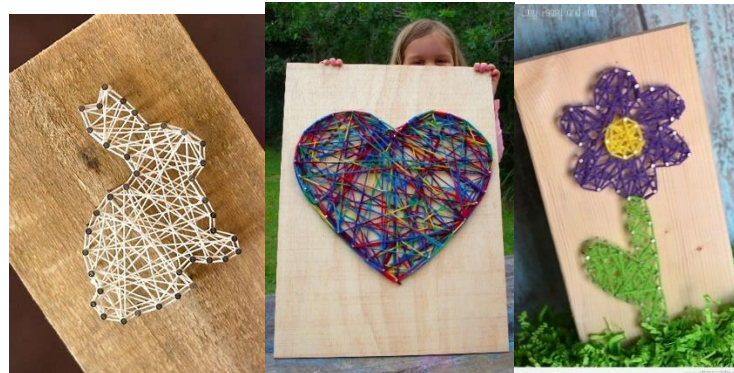
How to create the board:

On a piece of paper, plan your design.

Draw the design onto a piece of cardboard or wood.

Ask an adult to mark the outline of your design onto the wood or cardboard with nails or pins.

Get to work with your string tying the end onto one of the nails and then looping it across to the other nails to form a pattern. Remember to tie the end off too!



How to make 'Elmer the Elephant' (or Dumbo!)



What you will need:

Empty plastic milk bottles

Glue/ scissors

Paint or cut up pieces of paper

Paintbrush

Card

How to make the elephant shape:

Mark the following design onto an empty milk bottle:



Very carefully cut out the shape so it looks like the picture below:



If creating 'Elmer':

Cut up the coloured pieces of paper.

Spread glue over the 'body' of Elmer and create a patchwork pattern with the coloured paper.

If creating 'Dumbo':

Paint the 'body' of Dumbo grey.



For the eyes:

If you have them use 'googly' eyes or use a black marker pen.

For the ears:

Draw an oval shape on the piece of card and carefully cut out.

Decorate the ears in the same design as the body of your elephant.



RESOURCE CARD



Make a small slit at the side of your elephant's head and slide ears into place.

Make a butterfly feeding table

wildlife watch



You will need

- Four metal screw eyes



- 30cm square piece of plywood



- String



- Jam jar lids



- Sugar solution (sugar dissolved in hot water – use when cool)



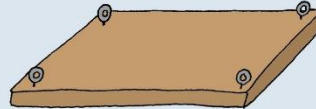
- Coloured card



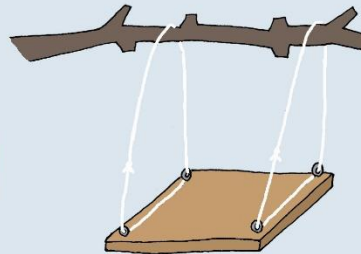
- Scissors



- 1 Screw the metal eyes into the four corners of the plywood.

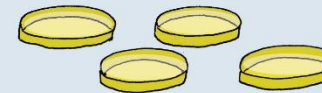


- 2 Thread a one-metre piece of string through two of the eyes and over a tree branch before securing with a knot. Repeat for the other side of the table.

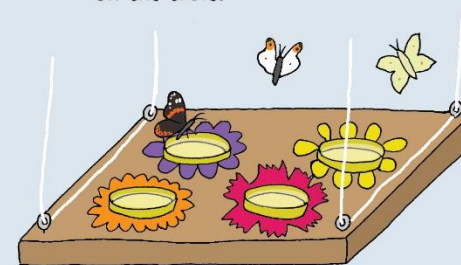


Make sure the table isn't hanging at an angle.

- 3 Pour sugar solution into jam jar lids and carefully place them on the table.



- 4 The butterflies will be attracted by the sugar solution, but try making your table more appealing by cutting flower shapes from coloured card and placing them under the lids on the table.



Do the butterflies prefer different colours or shapes?

www.wildlifewatch.org.uk

Marble maze ideas

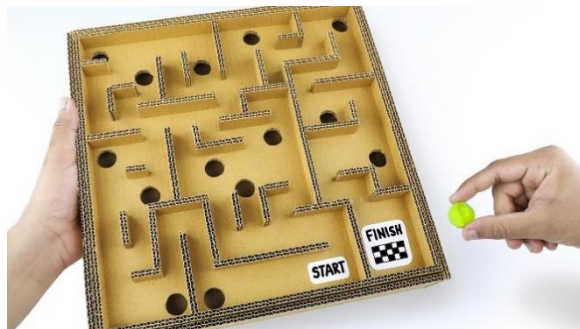
What you will need:

A cardboard box, shoe box or shoe box lid

Obstacles ie. Straws/ cardboard/ Lego

Scissors, glue, selotape

A marble





RESOURCE CARD



Noughts and Crosses



Number of players: 2+

Equipment:

A grid which can be made out of string, rope or garden canes.

5 objects of the same type or colour per player/team if more than 2 (eg plastic bowls, flowerpots, toys, beanbags)

Playing Space:

Garden or indoor room with enough space to move from a starting line to the grid. Set up a noughts and crosses grid using the string/rope or canes at one end of the playing space. At the other end of the space mark the starting line. Each player/team if more than 2 has a group of the same 5 objects.

Aim: To create one line of 3 cones either up and down, across or diagonally (like noughts and crosses)

How to Play:

Each player stands behind the starting line with his/her objects.

On the word “go” the players run to the grid with 1 of their objects and places it into an empty square before running back to pick up another object. Play continues until 1 player has made a line of 3 (down, across or diagonally).

Variations:

Players walk, jump, pigeon step, heel toe, walk on toes etc.

For more than 2 players teams can be created, or more grids can be set up.

'Natural Pizza' ideas



What you will need:

Straight sticks or twigs to divide the 'pizza.'

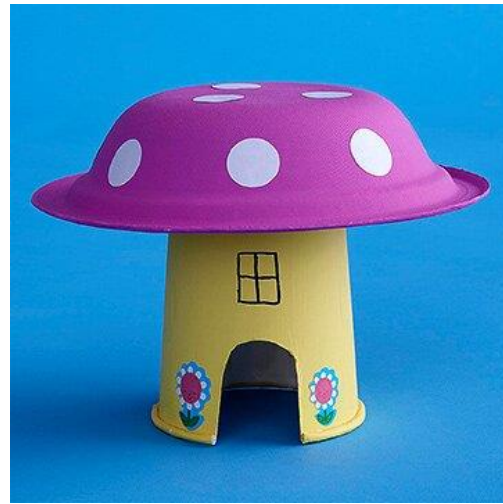
Colourful natural materials such as leaves, stones, pinecones etc.



Make your own 'Toadstool House'



(A)



(B)

Plant pot Toadstool House (A):

Items needed:

Small terracotta plant pot and tray.

Paint, paintbrushes, marker pen (for detail.)

PVA glue to mix to paint (if available.)

Paper cup and dish Toadstool House (B):

Items needed:

Paper cup and bowl.

Paint, paintbrushes, marker pen (for detail.)

Scissors.

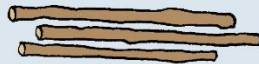
How to build a miniature raft

wildlife watch



You will need:

- large, straight sticks



- string or twine



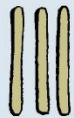
- large leaf (or newspaper)



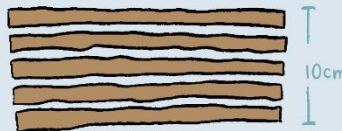
- glue



- wooden lolly sticks

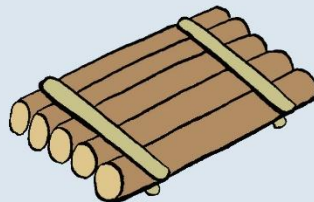


- 1 Break sticks to roughly the same length, and lay them side by side.

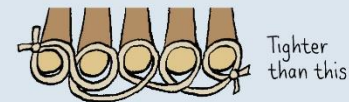


Watch out for knobbly bits - avoid too many gaps.

- 3 Glue wooden lolly sticks over the top of the string lines and leave to dry.



- 2 Tie string around the end of the first stick and tie a tight knot. Thread the string under and around the end of each stick in turn, and tie off on last stick.



Repeat on the other side.

- 4 Add a thinner stick for a mast - push between middle sticks and glue or drill a hole for it. Use a large leaf or square of newspaper for a sail.



Tie some string to your raft so you don't lose it!

Stone anchor

www.wildlifewatch.org.uk

Make your own 'Musical instrument'

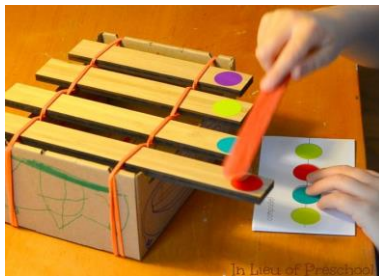
Windpipe:



Guitar:



Xylophone:



Harp:

