

WEDNESDAY 22nd APRIL: AM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	<p>5-a-day!</p> 	5-a-day Challenge Card	<p>Hopping relay!</p> <p>Mark out a start and finish line. At the finish line, make a pile of your favourite cuddly toys.</p> <p>Start a stopwatch and hop from the start to the finish, pick up a toy and hop back to the start.</p> <p>Keep going until all of the toys are on the start line, then stop the clock.</p> <p>Can you beat your own record? Or how about doing a team relay?</p>	<p>Start and finish line</p> <p>Soft toys</p>
CREATIVE	<p>Pebble Characters</p> 	'Pebble Character' Resource Card Pebbles, paint, paint brushes.	<p>Can you create animals out of leaves?</p> 	<p>Leaf Art Resource Card</p> <p>Natural materials</p>
INVESTIGATION	<p>Get outside and make your own Maracas and grass whistle!</p> 	Nature's Music Resource Sheet	<p>Grow your own apple tree!</p> 	Apple tree Resource Card
DAILY DINGBAT! (Answer to Tuesday 21 st April AM: Ice)			<p>SECRET</p> <p>SECRET</p> <p>SECRET</p>	

WEDNESDAY 22nd APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	<p>'Back in the box!'</p>	<p>'Back in the box' Resource card. Box Pile of toys</p>	<p>Ball shuffle! Grab a ball or something similar and mark out a start line and a finish line. Sit back to back on the start line and carefully place the ball between your backs.</p>  <p>Shuffle to the finish line without dropping the ball. Think of different ways of holding the ball between you. Keep going until 10 minutes is up!</p>	<p>Ball Start and finish line</p>
CREATIVE	<p>Make a game of 'Button Air Hockey!'</p> 	<p>Button Air Hockey Resource Card</p>	<p>Create a stand-up dinosaur!</p> 	<p>Stand-up Dinosaur Resource Card</p>
INVESTIGATION	<p>Make a Hedgehog House</p> 	<p>Hedgehog House Resource Card</p>	<p>Make your own mud (or playdough!) Creatures</p> 	<p>Mud Creatures Resource Card</p>
<p>DAILY DINGBAT! (Answer to Tuesday 21st April PM: Butter)</p>		 THINK		



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?

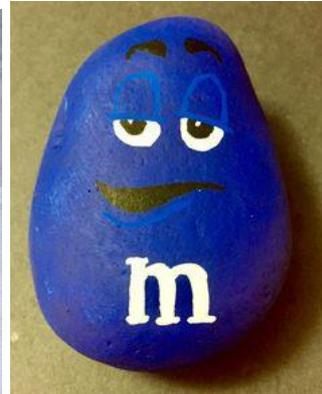
Cycling in the air – lie on your back with your feet in the air, arms by your side. Circle your legs as if you were riding a bike for 1 minute. Then repeat it backwards.

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?

How did your score compare to your last 2 Wednesdays?

Ideas for Pebble Characters



Ideas for 'Leaf Art'



Nature's music

wildlife watch



Nature is full of great opportunities in turning natural objects into musical instruments...

Maracas

You will need

- An empty, clean tin can (with the label removed)



- A balloon



- Elastic bands



- A handful of seeds, rice, lentils, nuts or small stones



- 1 Put your loose materials into your tin can.



- 2 Stretch the balloon over the open end of the tin.



Be careful of sharp edges.

- 3 Once in place, secure it with elastic bands.



- 4 Give it go - shake your maraca!



Grass whistle

You will need

- A wide blade of grass



- Your two thumbs



- 1 Hold the grass taut between your thumbs.



- 2 Blow into the gap between your thumbs until you hear a whistle.

If you don't hear anything at first, try re-positioning the grass between your thumbs. Don't worry - it can take a bit of practice!



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

How to grow your own apple tree



What you will need:

- An apple
- Paper towel
- Sandwich bag
- Soil
- Paper cups

How to grow your own tree:

Eat an apple, and make sure you save the seeds from the core area.

Remove as many seeds as you can from the core. Only use intact seeds, as broken ones will not grow. Clean the seeds carefully with warm water, making sure to remove any parts of the apple that cling to them.

Allow the seeds dry out for at least three days. It's best to put the seeds on a paper plate. Make sure to put the seed plate in a protected and out-of-the-way place, so that no creatures or children carry them off!

Dampen a paper towel and place the seeds on it. Fold the wet towel over several times so that the seeds are surrounded in moisture. Place the paper towel in a plastic sandwich bag and seal it. Then place the entire bag in the refrigerator. Check the seeds daily. They should sprout within one to two weeks. Make sure they are a good size and sturdy before moving to the planting stage.



RESOURCE CARD



Poke holes in the bottom of several paper cups. Fill each cup about 3/4 of the way with potting soil. Transfer the apple seeds to the cups, planting one seed per cup. Make sure the green sprouted part is above the soil. Water gently until the soil is very moist and place the cups in a sunny location.

Water the seedlings daily and make certain that they receive lots of sunlight. As they start to outgrow their containers, transfer them to larger clay pots and move them outside into a spot that receives lots of sun. Continue to water daily.

If you have a garden, transplant the trees into the ground when they are about 12 inches tall and have developed a sturdy root system. Dig a hole in an area of the garden that receives at least six hours of sunlight each day. The planting hole should be twice the size of the tree's root ball and filled with planting soil and manure. Straw around the base of the tree helps keep moisture in the soil. Continue to water it well, especially during the hot months, and enjoy it as it grows.





RESOURCE CARD



Back in the Box

Number of players: 2+ (or can be played against the clock if only 1 player)

Equipment:

A pile of soft toys (same number per player), a box per player

Playing Space:

Can be played indoors or out

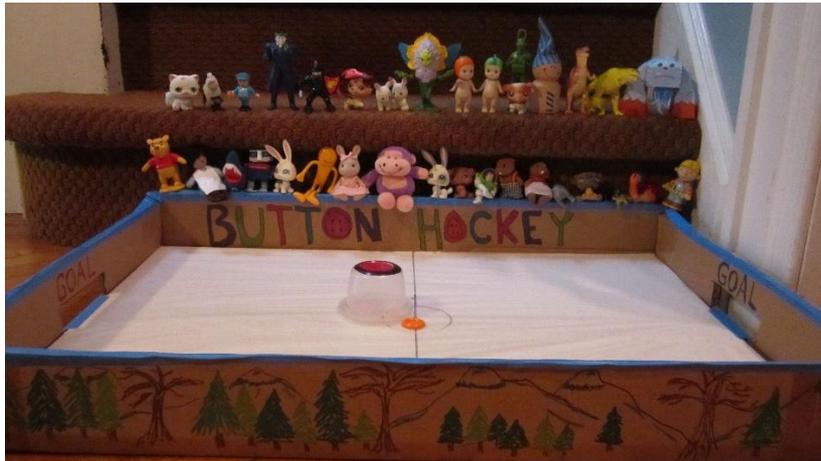
Aim:

To be the first person to get all your toys into your box

How to play:

Players lie on their back in a line with their feet touching their toys and the empty box behind their heads. On the word 'go' they must grab a toy between their feet and staying on their backs they have to get the toy over their heads into the box. First one with all the toys in the box wins.

Make your own 'Button Air Hockey' Game



What you will need:

A large flat box or cardboard which can be made into an equivalent shape.

Pens, Pencils, Paint, Scissors, Glue, Tape

White paper to line the box

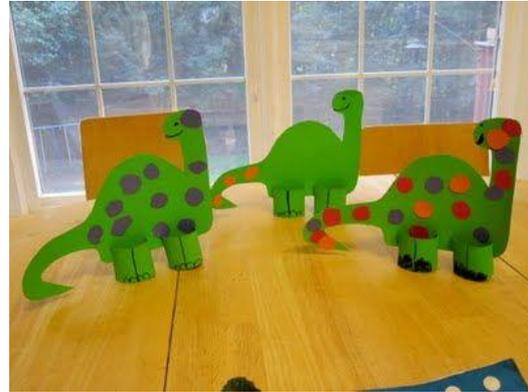
2 X Plastic or paper cups (1 for each player)

1 X Large button

How to make it:

- 1) Carefully, cut out the two goals at either end of the box (make sure they are central!)
- 2) Line the bottom of the box with white paper.
- 3) With a ruler, draw a centre line across the pitch and draw around a saucer for the centre circle.
- 4) If you would like to decorate the outside of your 'Button Hockey Stadium', GO for it!
- 5) Place the paper cups upside down in the box (these are your 'hockey sticks') and the button (the 'puck') in the middle of the centre circle on the centre line. Using the upside-down cup flat on the surface, the aim of the game is to try and push the button into your opponent's goal!

Make your own 'Stand up Dinosaur'



What you will need:

Card
Scissors
Pens
Pencils
Glue
Toilet roll

How to make it:

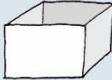
- 1) Draw the outline of a dinosaur.
- 2) Carefully, cut out the shape.
- 3) Decorate your dinosaur.
- 4) Carefully cut the toilet roll in half; this will be the dinosaur's legs.
- 5) Decorate the legs.
- 6) With a pair of scissors, carefully snip two slits into the toilet roll (as shown above.) Ensure the slits are opposite each other.
- 7) Slide the dinosaur's body into the slits and your dinosaur should now stand up!

Make a simple hedgehog house

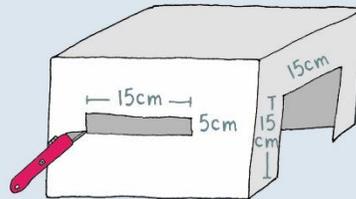
wildlife watch



You will need:

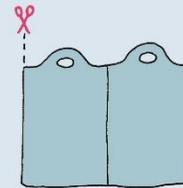
- Medium-sized plastic storage box 
- Stanley knife 
- Leaf litter 
- Dry grass or straw 
- Carrier bag 
- Twigs and dry leaves 

1 Cut two side air vents and an entrance into the plastic box.



3 Tuck the box near a hedge (with the entrance facing south if possible).

4 Put an opened-up carrier bag over the top of the box, then cover with twigs, dry grass and leaves.



2 Put some leaf litter inside the box, with clean, dry grass or straw on top.

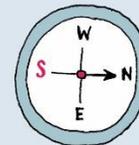
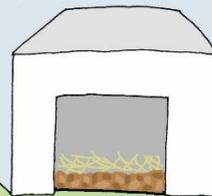


Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015

www.wildlifewatch.org.uk

Ideas for Mud (Playdough) Creatures

