


Here are some suggested activities and ideas to keep you busy over the summer holidays. You can choose 2 activities a week or do as many as you like.

Summer Reading Challenge 2020: <https://summerreadingchallenge.org.uk/>
 Reading <https://www.oxfordowl.co.uk/>
 Science lesson and activities for your children to do and make at home: <https://www.youtube.com/user/maddiemoate>
 Maths skills games: <https://www.topmarks.co.uk/maths-games/7-11-years/times-tables>
 Bitesize lessons: <https://www.bbc.co.uk/bitesize/levels/z3g4d2p>

Activity	How to do it	Further ideas
<p>Treasure hunt</p> <p>Create a treasure hunt by hiding something in a special place. Make some clues to help someone to other clues, finally leading to the hidden object.</p> <p>This could be done inside your house or in an outside space.</p> 	<p>What you'll need: an object to hide, strips of paper to write your clues on.</p> <p>What you do:</p> <ol style="list-style-type: none"> 1. Decide on a good hiding place to hide your object. Hide it away. 2. Think of a route around your home to lead someone to the hidden object. Count the number of stops you would like them to find another clue. Right down the order in which you want someone to find your clues. 3. Write down your clues. E.g. You read a bedtime story here and snuggle up at night. I'm under where you rest your head. (Your pillow in your bed) A place where your tummy is filled, and food is prepared. Dishes get squeaky clean here! (The kitchen sink) You rest here, can put your feet up and watch t.v. Check underneath me (sofa) 4. Make sure you hide away the clues safely, (asking permission) and you're good to go! 	<p>1. You could try hard to make your clues rhyme to make it more fun, or you could use the ones below:</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;">Getting the first clue will be a joy. Look for it where you would put your toy.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">Now that you are playing the game, look in the place where we keep your picture in a frame.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">If you want to find more clues, look in the place where you put your shoes.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">Get up now and walk on your feet, you will find the next clue under your favorite seat.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">You are finding clues and feeling bold, now go to the place that keeps foods really cold.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">The next clue is easily seen if you go to the place where you go to get clean.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">This isn't a wild goose chase if you go to the place where you can see your own face.</div> <div style="border: 1px solid black; padding: 5px; width: 45%;">While you are up walking around, go to the place where you go to lay down.</div> </div> <p>2. You could draw a map of our house/garden with pictures and arrows showing someone where to go next.</p>

Home baking

Easy cookies made with 5 ingredients



What you'll need:

225g softened butter

110g caster sugar

275g plain flour

1 tsp cinnamon

75g white or milk chocolate chips (optional)

What you do:

1. Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a food mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. *You can freeze the dough at this point.*
2. Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving

1. Check out other recipes on BBC Good Food website:
<https://www.bbcgoodfood.com/recipes/collection/kids-baking>
2. Ask an adult at home if you can help them prepare a meal for your family. Always use equipment sensibly and ask permission when working in the kitchen.

Play The Floor is Lava

When your family are busy doing their day to day things, try shouting 'The Floor is Lava' and watch everyone scramble to not have any contact with the floor. You could set a time aside to play this or randomly select times in the day you could play.

REMEMBER to keep safe. Always ask permission if you are moving any furniture.

What you'll need: someone to play with you in your house or garden.

What you do:

1. Explain the rules of the game to members playing; When you hear the phrase 'The Floor is Lava' you must climb onto the nearest space to not have any contact with the lava (floor). You could sellotape pieces of paper onto the floor and designate them as 'safe' places when you shout the phrase.



- 2.
3. The person in charge will countdown from 8 and if you haven't managed to do this, you have lost. You could decrease this time if members are getting really good at this game.

1. You could create a 'Floor is Lava' obstacle course that you need to complete without making any contact with the floor. This could be a bridge made out of pillows or a beam made out of a rolled up rug! Whatever you do, don't fall in!



Suck it up

A game to play to test your skills.



What you'll need: thick straws (thin ones work too). Pieces of paper roughly cut up into 5cmx5cm.

What you do:

1. Using straw players will need to suck the paper sheets and transfer them from one pile to another. Whoever does this first WINS the game.
2. You could time someone in your house to do it too. How long did it take them? What is your best time?

1. Play Jenga using straws instead of blocks.



2. Stack them on top of each other (see photo above) and take it in turns to take a straw out one at a time. Whoever causes the stack to fall, loses!

Bounce

It's not as easy as it sounds! Can you keep a balloon up in the air only using your head? How many headers can you do in a minute?



What you'll need: a balloon

What you do:

1. Bounce a balloon using your head without it falling on the ground.
2. Time how long you can do this before it falls to the ground.
3. Challenge a member of your family to beat you.

1. Balloon Volleyball-play a game of balloon volleyball or even Squash! Get other family members to join in.



Dream Holiday

Design your own dream holiday!
Think about where you would like to go? What would you like to do? What would you like to see/eat? Etc.

1. Think about location. Would you like to go somewhere hot like Egypt or Mexico? Somewhere exotic like Hawaii? Somewhere with lots of adventure like Canada? Where will you stay? In a hotel? A villa? On a boat?
2. How will you get there? Car? Boat? Aeroplane?
3. What will you take with you? (use the suitcase attached at the end to draw your items if you wish).
4. What will you do? Think about your dream activities, things to see etc.

What would your dream meal be? (Use the plates at the end to draw out your perfect holiday meal if you wish).

Using the **camera and photo** outlines, draw your holiday snaps in of you and your family having an amazing time somewhere!



Science with Food
Make your own butter



What you'll need:

A heavy glass jar with a lid.
Heavy whipping cream.

Instructions:

1. Fill your jar halfway with the cream.
2. Close the lid and **SHAKE SHAKE SHAKE** for 1-2 minutes.
3. After a minute or two it should start to thicken (a cool science reaction). This is now whipped cream, take the lid off and taste some if you fancy.
4. Put the lid back on and **SHAKE SHAKE SHAKE** until it turns back to a liquid again. This is now called buttermilk.
5. Keep shaking for a further minute or two until it hardens and forms butter.

Voila! You've made butter, grab some toast and enjoy.

You could use this butter in your home baking, to really make those cookies your own!



Become David Attenborough

You could use this idea in your garden, yard, balcony, or any available outdoor space to see what creatures you may get in there at night-time.



Alternatively, you could go on a nature walk to a local park and see how many different animals you can spot. Can you see any **differences** between the birds? What other creatures can you see, are they pets or wild?

Nature Art

Create art using items found all around you.



Go outside for a safe walk around your area or to a local park if possible. You could collect things such as dried leaves, twigs, grass, flowers etc. Think about the colours and the textures of the items you have picked. You could then turn these into collages or interesting designs on paper or any other material!



Produce your artwork outside! Find a safe spot and get creative, you might brighten someone's day with your masterpiece.



Lemonade Creation

Make your own tasty, tangy lemonade, which is amazing on a warm, summers day.



What you will need:

2 and a half lemons.

570 ml of water (only use 250 ml if you want to make it **fizzy**).

Sugar (about 50g).

$\frac{1}{4}$ of a cucumber sliced.

Small bunch of mint (optional for flavour).

Step one: Cut one of the lemons into chunks and add to a blender/food processor. Add in the sugar and the juice of the remaining lemons.

Step two: Add in 250ml of water and blend to a puree. If it is still too sour add some more sugar.

Step three: Add the rest of the water (sparkling if you want it fizzy) pour into a jug with the cucumber and mint and chill until ready to serve.

If you do not have a blender/processor, simply heat the sugar up with the water first until it dissolves and forms a syrup, then mix it up with the juices of all the lemons.

You can add sparkling water to the last process to make **fizzy lemonade**. Why not play around with some food colourings and make different coloured lemonade too?



Make a volcano!

See the ferocity of a volcanic eruption using items from your household cupboard!

Make sure that you do this in safe area which is easily cleaned as it will get messy!



You will need:

1 teaspoon of baking soda.

Red food colouring (yellow or orange are also good alternatives).

$\frac{1}{2}$ a cup of vinegar.

How to make the volcano:

1. Use a large, empty plastic bottle (2 litre bottles or milk cartons are great) or empty container and cut off the top section.
2. You can decorate this to make it look like a volcano in the outside, paper mâché works really well, or you could use modelling clay or anything else round the outside. Paint or colour with browns and greys and add some paper strips around the bottom to represent trees/plants etc.
3. Once this has dried, add the baking soda inside the volcano.
4. Mix the vinegar and food colouring together in a cup.
5. When you are ready add the vinegar solution and stand well back!

Do you remember **Pompeii** from our **Roman** topic? See if you can model any Roman style houses to put at the base of the volcano to represent Pompeii, then destroy it with the volcanic explosion!

You could make this out of **LEGO** if you don't mind washing the pieces afterwards!

