

Pebble Painting



Show children pictures of painted pebbles - Smart Notebook. Talk about what they could be used for - paper weight, ornament

Example:

Turn a simple pebble into a ladybug - just follow easy painting instructions and children will be proud of the result!

You will need:

A large smooth pebble

Red and black acrylic paint

Wiggle eyes

Instructions:

Paint your pebble red and leave to dry.

Now paint a wide black line at one side as the face (look at the photo above to see what we mean).

Paint a black line across the middle and dab on some black dots for the wings.

Stick on two wiggle eyes and your pebble ladybug is ready to go!

Equipment: stones, paint



Rainbow Wraps



Children will be making rainbow wraps- from Jamie Oliver's food revolution. The activity requires children to bring a grater and an apron. No cooking is required, all ingredients are eaten raw.

We will need: (per 6)

- 2 small raw beetroots,
different colours if possible
(roughly 150g)
- 2 carrots
- 150g white cabbage
- 1 firm pear
- ½ a bunch of fresh mint
- ½ a bunch of fresh flat-leaf parsley
- 6 small wholemeal tortilla wraps
- 50g feta cheese
- 5 tablespoons natural yoghurt
- ½ teaspoon English mustard
- 3 teaspoons cider vinegar
- 2 tablespoons extra virgin olive oil

1. Wash the beetroots and carrots under cold running water, scrubbing with a scrubber to get rid of any dirt (there's no need to peel them).
2. Pick off and discard the wispy ends from the beetroots.
3. Hold a box grater steady on a chopping board, then gripping the root end, coarsely grate the carrots, stopping before your fingers or knuckles get too close to the grater. Place the grated carrots into a large bowl.
4. Coarsely grate or finely slice the cabbage, then discard the core and add to the bowl.
5. Remove the stalk from the pear, coarsely grate (core and all), then place it into the bowl.
6. Finally, hold the root end of the beetroots and coarsely grate (you may want to wear rubber gloves for this), then add to the bowl.
7. Pick the mint and parsley leaves, then discard the stalks. Tear or finely chop the leaves on a board and add to the bowl.
8. Add all the dressing ingredients to a jam jar. Put the lid securely on the jar and shake well. Have a taste and see whether you think it needs a bit more yoghurt, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your rainbow salad.
9. Drizzle most of the dressing over the salad – just remember you can always add more but you can't take it away, so be cautious.
10. Divide the salad between the tortilla wraps, then crumble a little feta over each.
11. Roll up the wraps, tucking them in at the sides as you go, then serve

Fun with a Cardboard Box



Children will have the opportunity to play with a cardboard box! They can use their imaginations to create their box into something new. Resources will be available to help the children bring their creation alive.

Resources needed

Cardboard boxes

Paint

Tissue paper

Glue

Scissors

Other smaller boxes

Parcel tape

Sellotape

Rainbow Foam Dough



You need:

Corn Starch

Shaving Cream

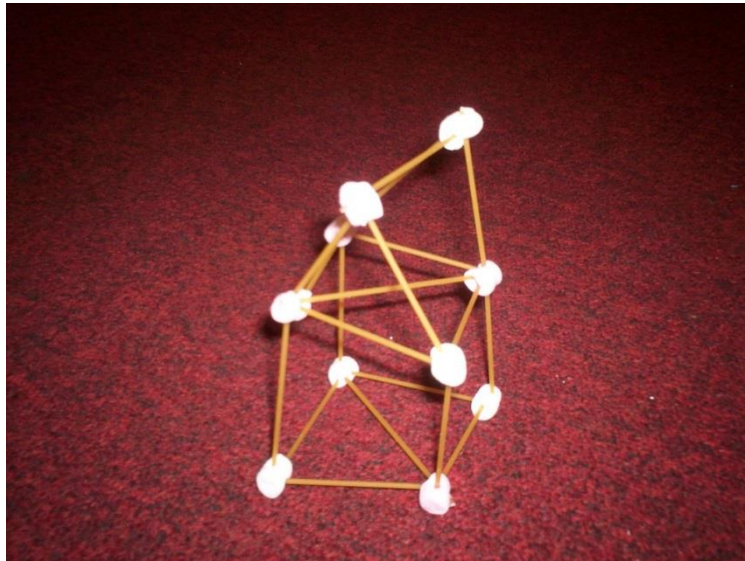
Food Colouring (Optional)

Cups, Spoons, Bowls, Moulds, Tools etc

1. Pour some corn starch in to a bowl or any container.
2. Add the same amount of shaving cream on top.
3. Add some food colouring if you want it to be colourful!
4. Mix it together with your fingers
5. Enjoy using it with moulds/to make models!

The more corn starch you add, the drier the dough!

MARSHMALLOW TOWERS



You will need:

A packet of dried spaghetti

A bag of mini marshmallows

What to do:

- ❖ *Start by pushing a marshmallow onto each end of 2 short pieces of spaghetti, to make them look like 2 weight-lifters' weights.*
- ❖ *Now push another 2 pieces of spaghetti onto the marshmallows to make your shape into a square, and 4 more pointing up to start the next floor of your tower! Keep going...!*

WHO CAN MAKE THE TALLEST STRUCTURE?

WHOSE CAN STAY UP THE LONGEST?

HAVE FUN!!

Natural Noughts and Crosses



- Use four sticks to make a grid and two types of natural objects to use as noughts and crosses. For example, one player could use stones, the other could use leaves.
- Take it in turns to put one of your objects at a time on to the grid.
- The winner is the player who is first to get three of their objects in a row.

Outdoor Games



Bad Eggs

A group of children choose 1 child (A) to be on and that child holds the ball.

Child A chooses a category e.g pop stars, colours, animals e.t.c

The group of children then huddle together to choose 1 each of the category

One of the group then tells child A all the names they have chosen

Child A picks one and shouts it out while throwing the ball up in the air at the same time.

While the ball is being thrown, all the others run away but have to stop when

child A catches the ball and shouts "Bad Eggs"

Child A then rolls the ball below the knees at the nearest child.

If it hits, then that child becomes Child A, if they miss then Child A is on again.

Thank you

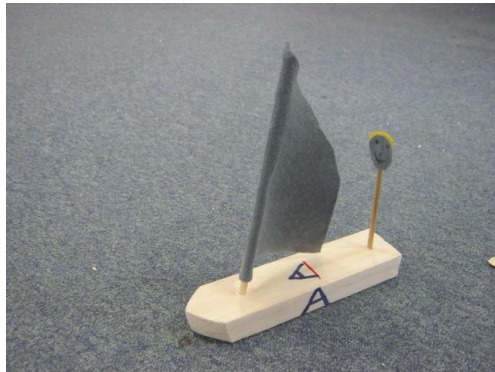
Twig Art



On a walk or wander outdoors, find some interesting shaped twigs. Turn them into a work of art by wrapping them in different coloured strands of wool. If you have a forked stick, can you make a net/web using wool that you can weave feathers or leaves into? Could you incorporate beads or buttons in your design? If you have some of that polystyrene foam that you get around electrical or fragile items, cut a block of it and use it as a stand to show off your twig art. You can even paint your stand.

Make an instrument using a forked twig. String some foil milk bottle lids onto a length of wire. Attach it around the two prongs of your twig. Give it a shake- it should make a great sound!

Make a Boat



Making a Wooden Boat

When I was at Primary School, I was obsessed with making boats. In the holidays I would find pieces of my dad's wood, which he probably wanted to use for something else, and would cut and chisel it into a boat.

You will need: block of wood, dowel, junior hack saw, bench hook, hand drill, card or material for the sail, pencil, ruler, PVA glue

You will need a block of wood to make the hull (the main body of the boat). I have used Balsa wood because it is easy and safe to cut with a junior hacksaw. You can cut a v shape at the front (the bow) and maybe shape it a little at the back (stern) also.

The boat will need a mast to hold the sails so measure and cut a piece of dowel. If you have access to a hand drill, carefully drill a shallow hole which is the same diameter as the dowel. Dab a little PVA glue on the bottom of the mast and pop it in the hole.

Finally, you need to make a sail or two to hang from the mast. This could be a simple triangle of card (though you wouldn't want to get it wet) or some material. If you use material you might want to carefully make a hole in the material at the bottom, near the mast, and slide the sail down the mast. Tie to top of the sail to the mast.

Your boat will now look amazing.

Leaf Bowl



Resources:

- Collect together a quantity of leaves (dry, supple leaves of medium size are required)
- A plastic bowl
- Petroleum jelly

The activity:

Invert the bowl

Cover the bowl with petroleum jelly.

Build up layers of leaves and adhesive as you would Paper Mache, using PVA glue (1 part PVA to 2 parts water). When the layers are finished, leave the basket until it is completely dry. Then remove from the mould.

You could also try decorating the bowl with small leaves.

Natural Weaving Loom



Resources

Sticks
String
Small nails
Hammer
Safety goggles/gloves
Natural items to weave

Method

Fasten 4 sticks together on each corner so it looks like a square.
Hammer in nails down two sides opposite each other.
Attach the string to one nail and weave up and down between the nails then fasten on the last nail.
Weave natural items in and out creating a weaving pattern.

Hapa zome pictures



Select a variety of leaves, petals and grass.



Place leaves/petal under a cut piece of calico or cotton material.



1. Using hammer or a stone, gently tap the leaves/petals until colour seeps through. Repeat until desired pattern is achieved

Why don't you day?

Outdoor games

Tarpaulin name game:

Resources: a tarpaulin

Divide the group in to two teams. Have two people (preferably the tallest) holding up the tarpaulin so it hangs between the two teams.

Each team selects a person from their group and stands them in front of the raised tarpaulin.

On the count of three, the tarpaulin is dropped and the first one to shout out the other person's name wins a point.

Go through the team several times to reinforce the names.

Memory Game:

Resources: collection bags

Ask the children to make a collection of things that they find in their natural area i.e. leaf, moss, stone, acorn, pine cone. Avoid wild flowers as the children should not be encouraged to pick these.

Divide the children into pairs or small groups.

Lay a collection out on the ground.

Ask the children to memorise the objects and turn away.

Remove one item and award a point to the first team that can name the missing item.

Treasure Hunt:

Resources: pen and paper

Give each child/team a sheet with items to be found:

Something that is straight

Something that is fluffy

Something that is round

Something that is beautiful

Something that is smooth

Something that is brown

Something that is bent

Something that is rough etc...

Squirrels in a tree:

Show the group how to look like a squirrel (hold your hands like paws and stick teeth out). Show them how to scamper like a squirrel (leaping from side to side).

Next explain there's an owl in the woods who likes to eat squirrels and they hear him they need to get in a tree. This is done by two people holding hands to form a tree and another person going inside their arms, this is a squirrel in a tree.

They need to listen carefully as the leader may shout out one squirrel in a tree or two or more..

They need to get into a group with the right number of squirrels in the tree. The last group to get themselves organised or those not in a group are out of the game. Make sure that the first few rounds are a practice to ensure that everyone understands the rules.

Earth, wind and water:

Resources: A ball or pine cone

Ask everyone to stand in a circle. Throw a ball or a pinecone to a member of the group and say either 'earth' 'air' and 'water'.

The catcher must think of a creature that lives (or spends a lot of its time) in that environment. For example earth could be an earthworm, mole or rabbit. Air might be a butterfly, robin or owl. For water you could say trout dolphin or even plankton.

Tarpaulin Flip

Resource: a tarpaulin – 1 tarp for 6-10 students

Everybody needs to stand on the tarpaulin. Nobody must touch the ground at any time or the team needs to start the exercise again. As a group the idea of the game is to turn the tarpaulin over so it is on its opposite face with everyone still on the tarpaulin.

This takes teamwork and communication skills as well as looking after and helping each other. If you want to make it more challenging you can tell the group that they can only communicate with each other through non-verbal means.

Leaves in the wind

Everybody needs to stand in a circle. One person is in the wind and stands in the centre.

Everybody else will be leaves. The person who is the wind says 'I am the wind and blow leaves which are/have ...'

- Curly hair
- Wearing glasses
- A brother or sister
- Ate toast for breakfast
- Is wearing wellington boots
- Brown eyes

If the statement is true of any person, they need to run around the outside of the circle and take the place of someone else who has also run on the other side of the circle. Swap over the person who is the wind every few turns to give others a chance to lead the game.