

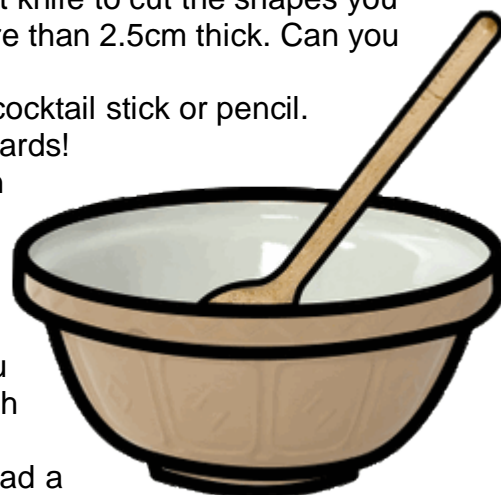
Activities for children between 9-11 years old



Salt Dough

Things you need: flour, salt, water, bowl, cookie cutters/blunt knife, oven, oiled baking tray, things to decorate (optional)

1. Using **any** cup, measure the flour, salt and water into the mixing bowl in the ratio 2:1:1.
2. Stir them together and then gently knead the mixture with your hands until it forms a firm dough that's not too sticky. (Add a little more flour or water if needed.)
3. Next, dust a board or surface with some flour.
4. Start creating! If you want to make decorations to hang, you can roll out the dough and then use the cookie cutters or a blunt knife to cut the shapes you want. Make sure that your creations are not more than 2.5cm thick. Can you name any of the shapes you've made?
5. Create a hole through each decoration using a cocktail stick or pencil. This is so you can hang your decorations afterwards!
6. Put your creations onto the baking tray and then into the oven.
7. Bake at 100°C for two hours. Turn the oven off but leave your creations inside so they continue to dry as the oven cools down. Leave for as long as you can – overnight is ideal. If you don't want to use the oven, leave your salt dough creations out to dry for a couple of days.
8. Paint and decorate your creations. You can thread a string or ribbon through the hole to hang your decorations.



Create a Kalidescope

Things you will need: clean, empty tin (with no sharp edges), cling film, a piece of paper, pieces of newspaper, tissue, magazines, sellotape, scissors

Optional: glue, glitter, sequins, stickers

Step one: Ask a grown up to put a hole in the closed end of the can with a nail and hammer.

Step two: Cut a strip of paper and secure around the top of the open end of the can with sellotape. Make sure it can twist easily around the can.

Step three: Decorate a piece of paper and place inside the can around the edge facing in. Trim off any excess with scissors.

Step four: Decorate some cling film with small pieces of newspaper, tissue, magazines, glitter, sequins, stickers. Glue or sellotape these down making sure there are no gaps!

Step five: Sellotape the decorated cling film to the strip of paper around the can making sure the paper can still move easily.

Your new kalidescope is ready to use. Go outside where it is lighter and look through the small hole in the bottom of the kalidescope, moving the paper ring around to create different effects in the kalidescope.

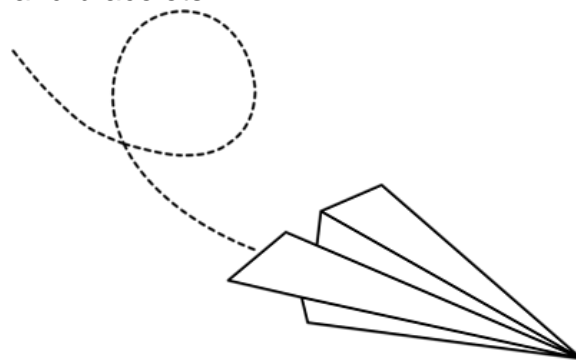


Create your own jewellery box

Paint or draw on an empty egg box to create your own jewellery box. Use the ridges as ring holders. The cups could hold necklaces and bracelets.

Paper Airplane Competition

Who can make the best plane which flies the furthest?



The Amazing Maze

Use a box/tray/baking tray to create a maze with pieces of straws sellotaped down. Use a scrunched up piece of paper as the ball and move the tray to see who can get the ball to the end of the maze the quickest. Make it harder by only using a straw to blow the ball around the maze.

Paint with Water

Use a paint brush or kitchen sponge and water to decorate a patio or garden path. You could do different patterns every day or more if it is really sunny!

Nature Weaving

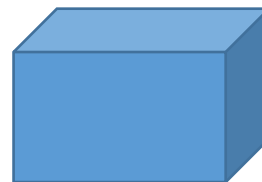
Take a piece of cardboard and cut slits on both ends. Wrap a piece of wool/cotton/string around the cardboard slotting into the slits created and tie the ends together at the back. Go around the garden or on a walk and pick flowers, leaves and other natural resources to weave between the string.

GOOP Making

Mix cornflour and water together to create a GOOP. When still, the GOOP will turn to a liquid and become runny. When it is moved, it will become solid.

3D Hunt

How many 3D shapes can you see around your home? Try and find 10. Label them and put them into groups!



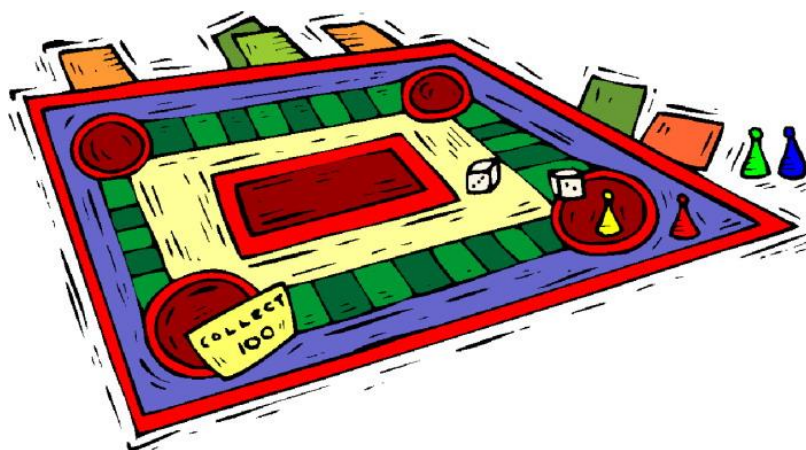
Create an Ice Sculpture

Freeze water (food colouring optional) into icecubes or any other shape you may have. Also freeze a small box (a takeaway box is perfect!) of water. When these have both frozen, take them out of the freezer and start your creations! Use paintbrushed and cold water to 'glue' the icecubes to the big frozen block. Keep adding until you are happy with your frozen masterpiece!



Create a Board Game

Create your own board game, decide on a theme. Design the board and the numbers on it, but who is it aimed at? Younger children? Make sure it is not too complicated for them. It could be themed around their favourite things, animals, TV characters, music. Make it fun and educational. Use some boxes or card from the recycling for the board.



Ninja Warrior Course

Ask an adult first. Create a Ninja Warrior course in the garden with items you find around the house.

Art Gallery

Open up a gallery of art, drawings, paintings you have drawn. Have an auction at the end of every week with handmade cheque books.

Picasso Portraits

Using pens, pencils or chalks! Paint impressionist portraits of each other using a modern style. Be the new Picasso. Use his style of painting with strange shapes and odd faces, google Picasso if you are able to.

Create a Wordsearch

Start by putting in the words you want to use, then add in other random letters. Don't forget to write your words at the bottom for people to find!

Create a Crossword

Start with the words you want to use and see if they have letters which match. Use these letters to create your crossword. Now label your words with numbers and create clues to help the player guess the word.



Salty Watercolours

Mix water colours with salt and create a wonderful picture.

Paint a watercolour picture and sprinkle salt over it when it is still wet, see what textures and shapes are created. Use this technique to paint flowers and leaves that you can see in and around your garden.

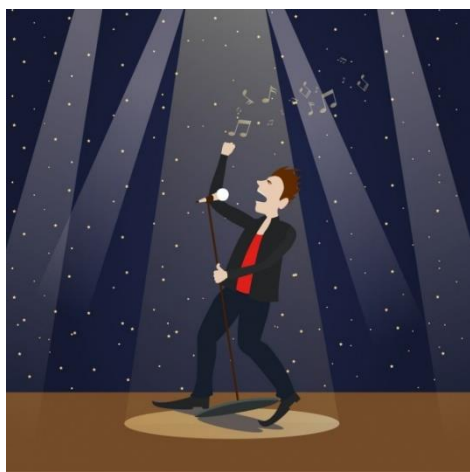
Scavenger Hunt

Have a scavenger hunt! Write a list of things for someone to collect from the house and garden, how quickly can you collect them? You could even have different themed hunts such as different shaped objects, something you would use in a desert island, etc.

Eg; string, a leaf, a fork, a pebble, a left shoe, a pencil etc.

Be the Next Shakespeare!

Put on a play for your special people at home, write it, design and create the costumes and props and then perform it in the comfort of your own home.



Talent Show

Re-create Britains Got Talent, each family member can show off their talents.

Memorise a poem, verse, song or rap and perform that in a special show!!

Movie Stars

Act out a scene from your favourite book, TV show or film. See how many characters you can be. Get your brothers and sisters involved if possible.

Nature Journal

Create and write a nature journal. How do the leaves and flowers and trees change during the time that you are at home. Look at the colours and the shapes of the leaves and flowers, make a note of the changes, draw them or keep rubbings of the leaves.

Create a Time Capsule

Find an old box, it can be any size. Create a time capsule, put some pictures of object in it that reflect our lives today. You could draw pictures or cut them out of newspapers or magazines. Imagine that you want to tell someone in the future what life is like in 2020.



Water Fight

Go outside and have a water fight. You could use wet sponges as ammunition and buckets of water to refill.

Learn to Juggle

Use a pair of rolled up socks or small potatoes to help you practice.

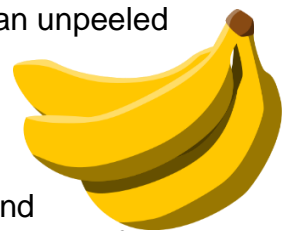


Learn Magic Tricks

- Peel a banana to reveal it's pre-sliced.

Here's how it works: You cut the pieces by carefully sticking a pin into an unpeeled banana and wiggling it back and forth.

- Stick a pencil up your nose and pull it out the side of your head.



Here's how it works: Slide your bottom hand up the pencil as you pretend to stick it in your nose, then slide it back down the pencil when you take it out of your head. You'll want to practice in the mirror, though, because it will only look convincing if you deftly hide the pencil behind your wrist.

- Stick a pencil through a bag of water without spilling a drop.

Here's how it works: There's no trick here, just science. When you stick the pencil through the plastic bag, the bag's molecular make-up causes it to create a seal around the pencil. Leave the pencil in and the water won't spill out!

That's magic !!

Speed Building

Have a race with a sibling or family member to build a tower out of playing cards or plastic cups. You could create a leaderboard with the times on it.

Build a Den!

Get some chairs and put a bed sheet over them. Fill your den with pillows and cushions and some snacks. Don't forget a reading book and other fun activities to do in your new den!



Exercise Challenge

Spell out your name and do each exercise. For a really hard challenge, try spelling out 'Supercalifragilisticexpialidocious' or Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch.

A – Jump up and down 10 times
B – Spin in a circle 5 times
C – Hop on one foot 5 times
D – Run to the nearest door and back
E – Walk like a bear for 5 steps
F – Do 3 cartwheels
G – Do 10 jumping jacks
H – Hop like a frog 8 times
I – Balance on your left foot for 10 seconds
J – Balance on your right foot for 10 seconds
K – March like a soldier for 12 seconds
L – Pretend to skip rope for 20 seconds
M – Do 3 somersaults
N – Pick up a sock without using your hands

O – Walk backwards for 50 steps and skip back
P – Walk sideways for 20 steps and hope back
Q – Crawl like a crab for 10 seconds
R – Walk like a seal for 10 seconds
S – Touch your toes 20 times
T – Clap your hands above your head 20 times
U – Do 10 Karate kicks
V – Make 10 wave movements with your arms
W – Punch the air 10 times
X – Jump and try to touch the ceiling or sky 8 times
Y – Walk on your knees for 10 seconds
Z – Do 10 push-ups



Rain Experiment

Fill a ziplock food bag 1/3 way full with water. Sellotape to a window where there is a lot of sun and watch as the water evaporates and creates condensation at the top. This will collect and run down the bag as 'rain'. Decorate the bag to show how the water cycle works.

Learn Origami

You could make paper cranes or paper frogs. Paper frogs can jump so you could have a frog race. Most origami needs a square piece of paper which can be made out of an A4 piece of paper.



Online Resources

Try Laughing Yoga – www.robertrivest.com

Improve your Drawing Skills – www.robbiddulph.com/draw-with-rob

Maths Lessons - <https://whiterosemaths.com/homelearning/>

Twinkl Resources - Free access code for parents: PARENTSTWINKLHELPS

Home learning pack can be accessed here: <https://www.twinkl.co.uk/l/1bm381>

BBC Bitesize – Learn a new language like Italian, French, Spanish or German or practice another subject - <https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

Online Classes:

If you are looking for a schedule to keep everyone entertained, have a try of the following options. Please note these times are just release times and most can be watched at other times.

9.00am – PE with Joe Wicks – Available every weekday on YouTube

<https://www.youtube.com/user/thebodycoach1>

10.00am – Maths with Carol Vorderman – Free during Coronavirus outbreak

<https://www.themathsfactor.com>

OR

10.00am - Science with Konnie Huq – Available every Monday, Wednesday and Friday on YouTube

<https://www.youtube.com/channel/UCDISobQTc4lifJEU6Lt22eA>

OR

10.00am – Music with Myleene Klass – Available every Friday on YouTube

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

11.00am – Reading with David Walliams – Available every weekday on his website

<https://www.worldofdavidwalliams.com/elevenses/>

OR

11.00am – Nature with Cbeebies favourite Maddie Moate and BBC science journalist Greg Foot – Available every weekday on YouTube

<https://www.youtube.com/user/maddiemoate>

11.30am – Dance with Oti Mabuse – Available every week day on YouTube

<https://www.youtube.com/user/mosetsanagape>



1.30pm – Dance with Darcy Bussell – Available every weekday on her Facebook page

<https://www.facebook.com/diversedancemix/>

3.00pm – Music Concert by Nick Cope – Available on YouTube and Facebook

<https://www.youtube.com/channel/UChswfhkdahDSsJBHew8sOUg>

4.00pm – Cooking with Theo Michaels – Available every Monday, Wednesday and Friday on Theo Michaels Instagram

<https://www.instagram.com/theocooks/>

