

# Brilliant Brainz

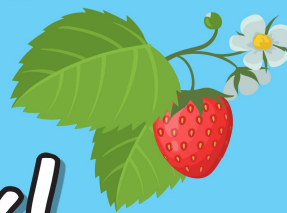
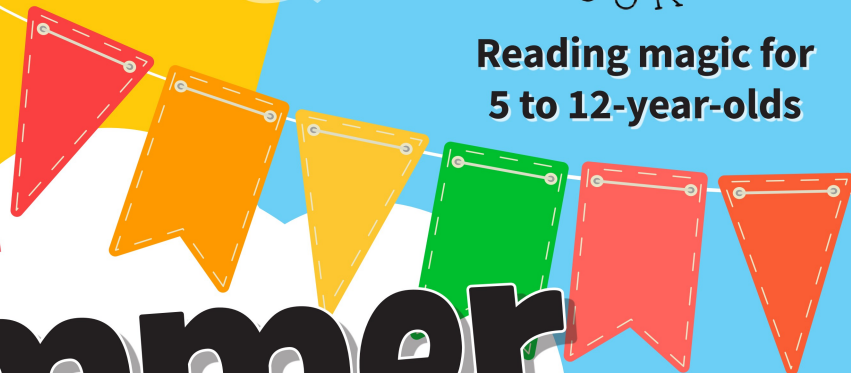
Get those brain cells buzzing!



Reading magic for  
5 to 12-year-olds

# Summer Holiday Activities

Get creative  
at home  
this summer!





# HOLIDAY in a MATCHBOX

This month you will be creating a miniature 'seaside holiday' world inside a matchbox. You might like to create something inspired by your own experience of summer holidays by the sea, or a fantasy desert island complete with tropical trees and creatures!

The matchbox will be the home for your tiny holiday world. As it is able to close, you can also make a cover for it. You can use the match sticks from the box to make people and trees, but ask an adult to cut off the match heads first.



## YOU WILL NEED...

- Large matchbox measuring 10 x 5cm, with the matches removed
- UHU glue or similar strong clear tube glue
- Glue stick
- A piece of scrap cardboard
- Felt tip pens
- Collage materials - such as cellophane, coloured paper, sheets of thin coloured foam, fabric
- A sheet of sandpaper
- Scissors

## ...AND FOR THE COVER

- A sheet of A4 paper
- A ruler
- A pencil
- Colouring pencils
- A black fine liner pen

## ART PROJECT



Start by creating the basic elements first ...sea, and land. Use any material to create the sea; blue paper or cellophane work well. Trace around your box onto your material and cut the rectangle shape out. Stick the sea onto the bottom of your box using your glue stick.

2



Now, the land. Sandpaper works well as this is made from sand, but is easy to cut and work with. Consider the shape ...you could make a tropical island with the land in the middle, or create a beach scene with sea on one side, and sand on the other. Trace around the box again to make sure you have the right shape.

3



Next add the sky ...you could create a sunset, (like the example) with pink sky, a red felt sun, and a layer of peach tissue paper and yellow acetate. Trace around the box again to get the shape, and stick the pink paper down with the glue stick. Use tiny dots of the stronger tube glue to stick the acetate, just in the corners.

4



Add some trees, and plants. Use cardboard for the trunks of your palm trees, and colour them in. Fold down a little tab at the bottom to give them more surface area to stick. Cut palm leaves from green paper, and stick onto the cardboard trunks. Use the UHU glue to stick the trees down, with an adult's help.

## TOP TIP

Make sure the trees are not too tall so the matchbox can close. Test this as you go





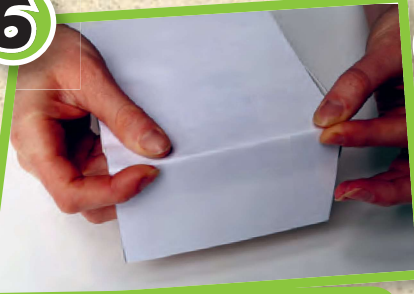


5



Make some animals and people using cardboard and add colour with felt tips. They will be very small, so you may need to ask for help with the cutting. Stick them into position using the UHU glue.

6



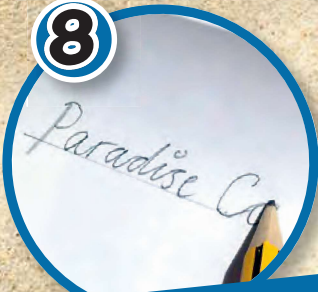
Place your piece of paper in a landscape position in front of you, so the longest side is horizontal. Place your matchbox in the bottom left corner and make a little mark on the far right edge. Do the same at the top left corner, and use your ruler to make a line joining these 2 marks.

7



Cut along the line, and this is your cover. Fold it around the matchbox. Decorate your cover. Maybe think of an exciting name for your holiday scene and pencil the name in using lovely handwriting. You could add images that capture your imaginary world. You might want to think about adding a border. Here's an image of an old matchbox cover from a tropical destination to inspire you.

8



Outline the name, images and border in fine liner pen and rub out the pencil marks. Then you can colour it in.

9



Stick the cover onto the matchbox, with a line of glue stick where the edges overlap.

10



FINISHED MATCHBOX

## EXTENSION

You could decorate a pattern on the inner sides of your box if you have time. Have a look at the wonderful examples by Kitty Mae 10, and Sophie 10.



Kitty Mae, 10



Sophie, 10

Ask a grown-up to take a photo and send it to us at [hello@brilliantbrainz.com](mailto:hello@brilliantbrainz.com)

## Next month's ART PROJECT will be to DESIGN A CAFE

To prepare, look carefully at any cafes you visit, notice the way they are laid out, the colour scheme, patterns, wallpaper, flooring and decorative objects.



## YOU WILL NEED:

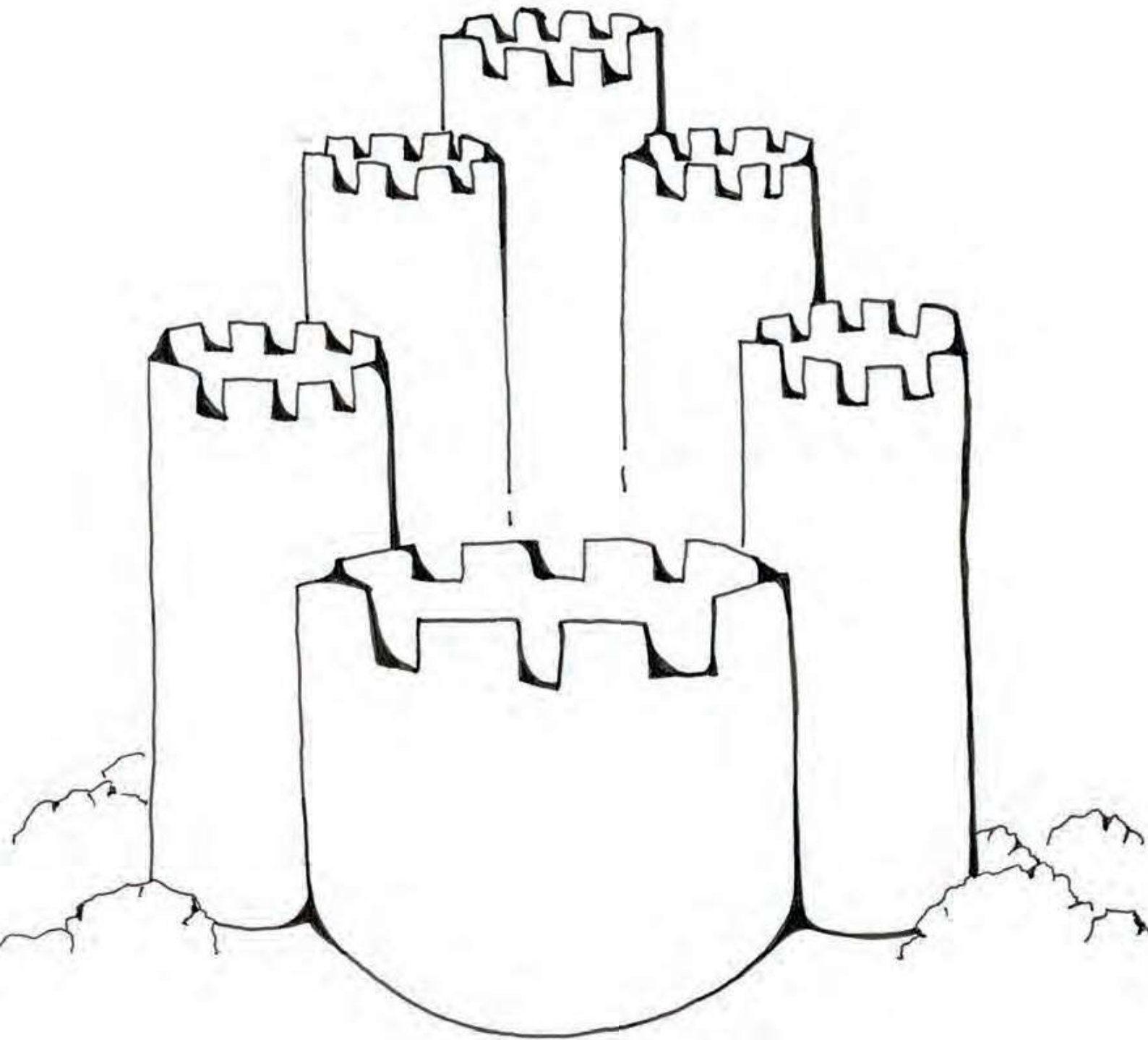
- ★ A3 cartridge paper
- ★ Pencils
- ★ Acrylic paint or watercolour
- ★ A black fineliner
- ★ Scrap paper



# *Design your own sandcastle*



What will you add to this sandcastle to make it so fantastic that everyone on the beach stops and stares?





# TWO THINGS TO COOL YOU DOWN ON A HOT SUMMER'S DAY



'Before creating your very own version of 'Frozen' start by getting permission from the grownups in your life and checking you have all the goodies that you need to get going.

## EASY FROZEN YOGHURT

Serves four, or two very greedy monsters

### YOU WILL NEED:

- 500ml super thick and creamy yoghurt (or soya yoghurt)
- 500g bag of frozen mixed berries
- Big dollop of honey



### EQUIPMENT:

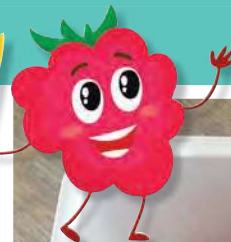
- A blender
- An ice cream container

### WHAT TO DO:



1

Blend all of the ingredients together. If it's slightly too thick, add a little cream.



2

Pop the mixture in to a container and freeze for at least 20 minutes.







# HOMEMADE LOLLIES

Makes 3

## YOU WILL NEED:

- 100 ml coconut cream
- 1 lime (juice and zest) OR
- 1 banana and a mango
- 1 dessertspoon maple syrup



## EQUIPMENT:

- A lolly mould
- A blender

## WHAT TO DO:

**1** Blend all ingredients, except maple syrup, together. We have made the mango and banana lollies (below) but you could also try the lime ones for variety. Add maple syrup to taste.



**2**

Pour into the lolly mould, freeze for two hours



# HEALTHIER THAN YOUR USUAL SWEET STUFF

### Coconut milk

Coconut is a fruit not a nut, rich in vitamins and minerals. The flesh is high in fibre and contains calcium, so great for growing young bones.



### Bananas

Full of potassium for keeping the heart beating regularly, and helping to maintain a good sugar level in your blood.

### Clotted cream/cream

Fat plays an important role in keeping our bodies healthy. Maybe not every day, but as a yummy treat in moderation.

### Yoghurt

Go for bio yoghurt, it's full of good bacteria for your gut to keep you in the winning team of healthy humans.

### Honey

Try and use local honey, especially if you suffer from hayfever.

### Berries

A superb source of energy and vitamin C, which helps your body repair and keeps your immune system in tip top condition.





# Make a papercut butterfly

## YOU WILL NEED:

- > A piece of coloured paper (from your pack)
- > Pencil
- > Scissors
- > A ruler



**1.** Fold the paper in half and draw the shape of half a butterfly, making sure to include a body and antennae.

**2.** Lightly sketch the pattern you'd like to create on the butterfly wings with pencil. The more sections you include the trickier it will be to cut out.

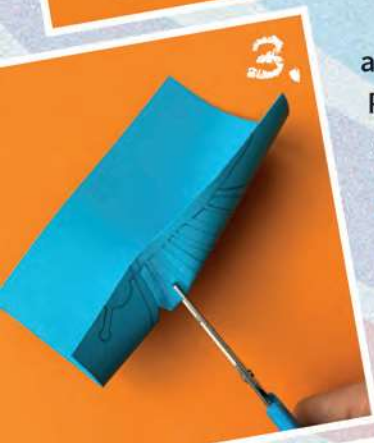
**3.** Cut out the first section of your pattern by gently folding the paper (try to avoid making a crease) and cutting a small slit in the middle of the section. Release the fold and then put your scissors into the slit to continue cutting around the whole section.

**4.** Working slowly and carefully, continue to cut out each section in turn. You will probably find it easiest to do the larger sections first and finish with the smaller ones.

**5.** To create tiny holes, cut a small triangle when you fold the paper, rather than a slit.

**6.** Once you are happy with your pattern, cut out the butterfly. (If the paper is very bent you may want to put it under a heavy book for a few hours to flatten out!).

**7.** Open out the butterfly and then, using a ruler to keep it straight, create a crease running down each side of your butterfly's body, so that each wing rises slightly.



ARE YOU GOING TO MODEL  
YOUR BUTTERFLY ON A REAL  
RAINFOREST SPECIES OR  
USE YOUR IMAGINATION?

Please take care when using  
sharp objects or heat sources.  
Adult supervision required.





# HOLIDAYS

Most people look forward to a holiday. But does being 'on holiday' mean the same to everyone, or do we have different ideas about where we can be when we are on a lovely holiday?



Where are you, when you are on holiday?

Ask a friend and someone in your family what they think.

Where are you?	You	A friend	Someone in your family
At home			
Away from home			
Away from school (or work)			
In the UK			
Abroad, visiting another country			

## What makes a holiday a holiday?

Perhaps a holiday is being away from somewhere? If that is the case, then we could be on holiday at home because we are away from school. Or perhaps it is being away from something, like our normal daily routine?

Do you have to travel somewhere to be on holiday? Do you have to be relaxing and resting when you are on holiday? What do YOU think...?

I think ...



The dictionary describes a holiday as 'an extended period of leisure', or free time where you can choose what you would like to do. **What do you like to do in your free time?**



I like to:

Some people have the idea that their ultimate holiday would be to go away to a sandy beach and do absolutely nothing. Other people love to climb mountains and be very active. Other people might love to go to a theme park and go on the most scary rides! Wherever they love to go on holiday they might describe it as 'paradise'.

The definition explains that in paradise everything is perfect. But one person's perfect is not the same as another's. **What would YOUR paradise place be like? Think about: Where it would be? Who is there? What would happen there?**



A dictionary definition of paradise is: an ideal or idyllic place or state where everything is how you would like it to be.



Draw a picture  
or write in here:





# ARE PERFECT HOLIDAYS POSSIBLE?

The place might change if we go away on holiday but we are still the same, aren't we?! We might feel better or more relaxed, yet the day to day stuff of getting on with our brothers and sisters and family is still there. If we are on holiday with our families then we have kind of taken a bit of 'home' with us, even if we don't pack our actual house in our suitcase!

**Is it possible to have a perfect holiday that feels like paradise?**

☐

YES

☐

NO

☐

MAYBE

I think this because ...

?

?

?

?

?

?

?



## What do other people think?

Malala Yousafzai

Malala thinks that even if you were in paradise you would miss your home and ALL the things that happen at home; indeed, many people look forward to getting back home after a holiday!

If you go anywhere, even paradise, you will miss your home.

Quentin Blake

"I've never quite worked out how to do holidays. I've got a house in France which I suppose is a kind of holiday house. But it's really only so I can go on drawing when I get there. I'm never far away from

the feeling that I want to be getting on with something."





## A CHANGE IS AS GOOD AS A REST

A change from what we normally do – our **routine** – is a way of resting and relaxing to give us new energy. Neither paradise or home is perfect, but maybe holidays away from home feel special because they are a **change** from living in our own house. Also, we have different experiences in new places and that is why we get excited and look forward to holidays so much!

## TERM TIME VS HOLIDAY TIME

We look forward to holidays, but maybe we need to make the bits of time in-between good too! Let's compare what we enjoy when it isn't the school holidays (when it's term time), and when it is the school holidays...

**What do you enjoy when it is term time?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What do you enjoy when you are on school holidays?**

- 1.
- 2.
- 3.
- 4.
- 5.

Now, this is important – do you have anything that you enjoy for both times? For example, some of you might like spending time with your family, having fun and playing, in both term time and on holiday. There could be quite a lot of ideas that are the same for both times! If this is the case, then do we actually need a holiday, or is it different to when we are working hard, at school or in a job, simply because we have MORE time to do the things that we enjoy?

**How long do you think you could be on holiday before it becomes your normal routine?**

a few days	<input type="text"/>	2 weeks	<input type="text"/>
a month	<input type="text"/>	I think...	<input type="text"/>



### Chance for conversation

Would we want to be on holiday all the time or would the holiday just become what we usually do, so it wouldn't be special anymore?



## THINK CLUB

If you have any interesting ideas about holidays send them to [hello@brilliantbrainz.com](mailto:hello@brilliantbrainz.com)



# Make super easy strawberry tarts

Makes  
4-6 tarts

## YOU WILL NEED:

- > 1 sheet ready rolled puff pastry
- > 200g mascarpone
- > 1 tbsp caster sugar
- > ½ tsp vanilla extract
- > 250g fresh strawberries, hulled and thinly sliced

1. Preheat the oven to 180C.

2. Unroll the puff pastry sheet and cut into 4 or 6 equal pieces (depending on how large you want your tarts to be).

3. Place the pastry pieces on a lined baking sheet and prick with a fork. Brush the edges with a little milk, then bake in the oven for 10-15 minutes until the pastry is puffed and golden brown.

4. Meanwhile, put the mascarpone, caster sugar and vanilla extract in a bowl and beat together until well mixed.

5. Remove the pastry from the oven. Once cooled, dollop the mascarpone mixture onto your puff pastry pieces and spread, leaving a small pastry rim around the edge.

6. Place the sliced strawberries on top of the mascarpone mixture. Sprinkle with a little icing sugar to serve.

What do sloths make when it snows?  
Slow angels!