

5 ideas for ages 3 - 5

MONDAY

Toy rainbow

Sort your toys out by colour and make a rainbow!



TUESDAY

Homemade play dough

Have fun with our quick and easy play dough recipe (p3) and use the templates to make some delicious creations.

WEDNESDAY

Go on a nature walk

Enjoy some fresh air while doing our scavenger hunt (p12).



THURSDAY

Number challenge

Write out the numbers 0-20 on some paper or card. Ask a grown-up to mix them up - don't peek! Then see how quickly you can put them back in the correct order. See if you can get faster when you try again.

FRIDAY

Creative

Rip some pages out of an old magazine or newspaper and make a beautiful collage.

5 ideas for ages 6-8

MONDAY

Make your own comic strip

Include fun drawings and an action packed story.
Who will be the hero and villain?

TUESDAY

Ring an older relative or friend

Have a chat with them to see how they are and ask them about what they were like and what they liked to do when they were your age.

WEDNESDAY

Still life painting or drawing

Pop an apple, banana and orange together (or other fruit & veg), slightly overlapping one another. Talk about what colours you can see on their skin, other than green, red, yellow and orange. Can you spot some brown on the banana? Do a colourful still life drawing or painting including ALL the colours you can see.

THURSDAY

Exercise

Put your hand on your chest. Count how many times you can feel your heart beat in 30 seconds. Investigate ways that you can make your heart beat faster that don't involve running. See if you can find 10 different ways!

FRIDAY

Local geography

Make a map of your local area. Think about a familiar route and what things you see along the way. For example shops, schools, crossings, playgrounds etc. - include them all on your map!

10 Minute Play Dough

When all of your play dough has been smushed into a brown/grey lump turn to this 5-ingredient, easy recipe for fresh dough in minutes!

for each colour you'll need...

8 tbsp plain flour
2 tbsp table salt
60ml warm water
food colouring
1 tbsp vegetable oil

•
Airtight tub/bag to store

1. Mix the flour and salt in a large bowl. Then mix together the water, a few drops of food colouring and the oil in a separate bowl.

2. Pour the liquids into the flour mix and stir well.

3. Dust a work surface with a little flour and turn out the dough. Knead until you achieve a smooth, pliable dough (a few minutes). Add extra food colouring drops to make more intense colours.

4. Store in a re-usable sandwich bag in the fridge to keep it fresh, just make sure the air is all squeezed out.

Add glitter for
added magic or
essential oils for
scented dough

Play Dough Cupcake

Decorate your cupcake with yummy toppings-
icing, sprinkles maybe a cherry on top?



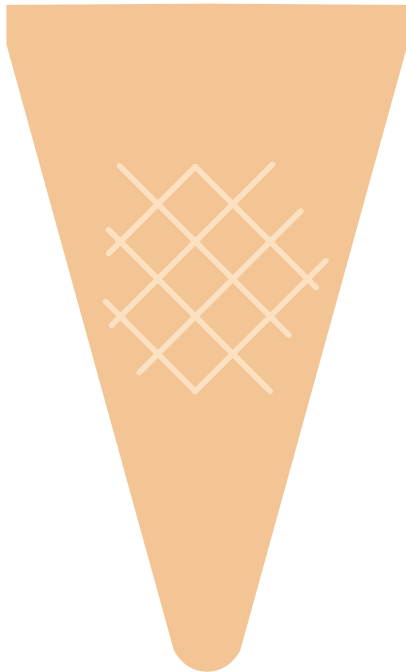
Play Dough Picnic

Make tasty treats to fill your plate!



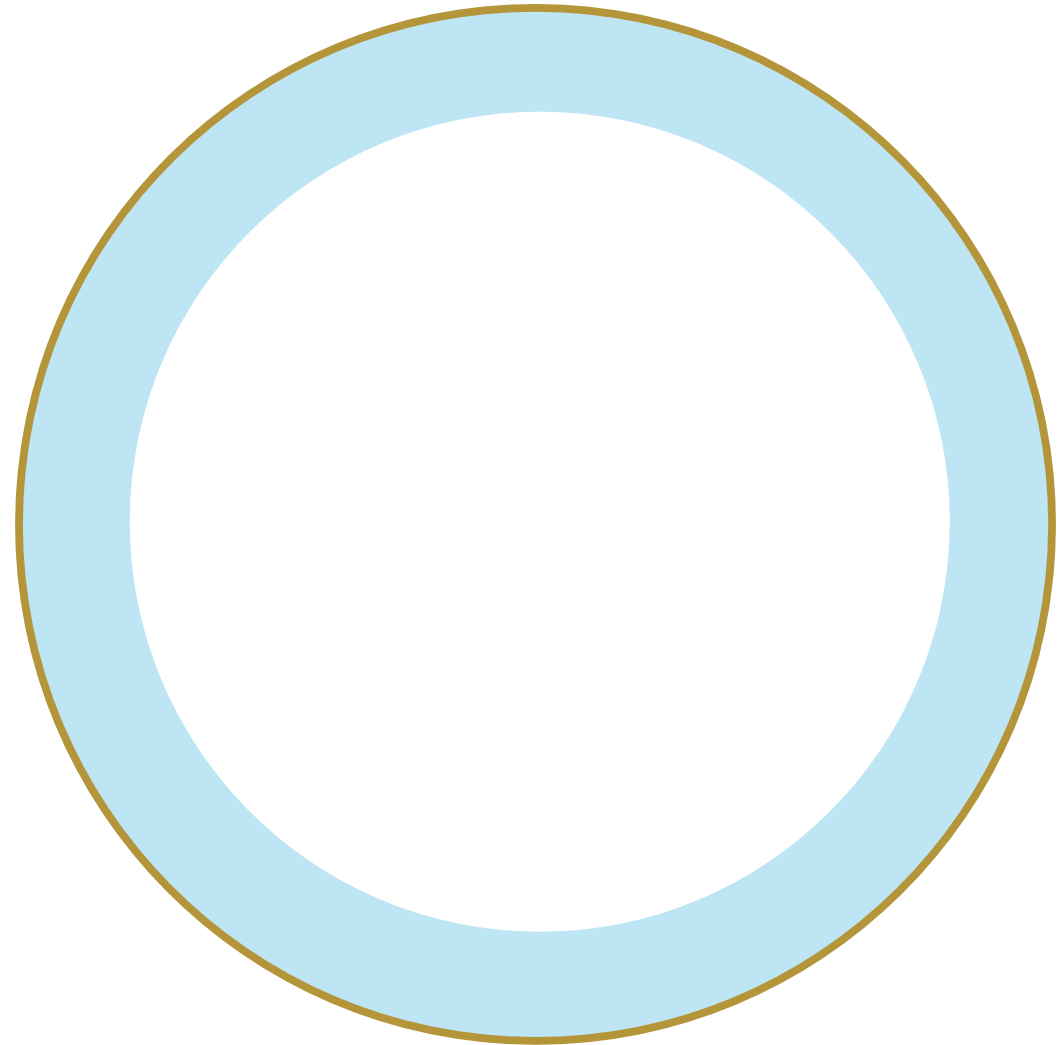
Play Dough Icecream

Fill your cone with icecream. How many scoops and what flavours will you choose? Have a flake? Sprinkles?



Play Dough Dinner

What food shall we put on the plate today?
Fish, chips and peas?



Lolly + Scoop word search

Help find these yummy words to make a
scrumptious treat...

ICECREAM

CONE

TUB

WAFER

CHOCOLATE

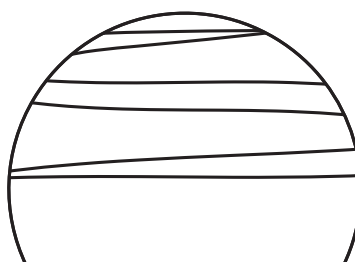
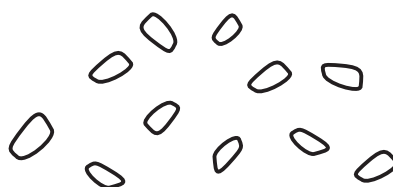
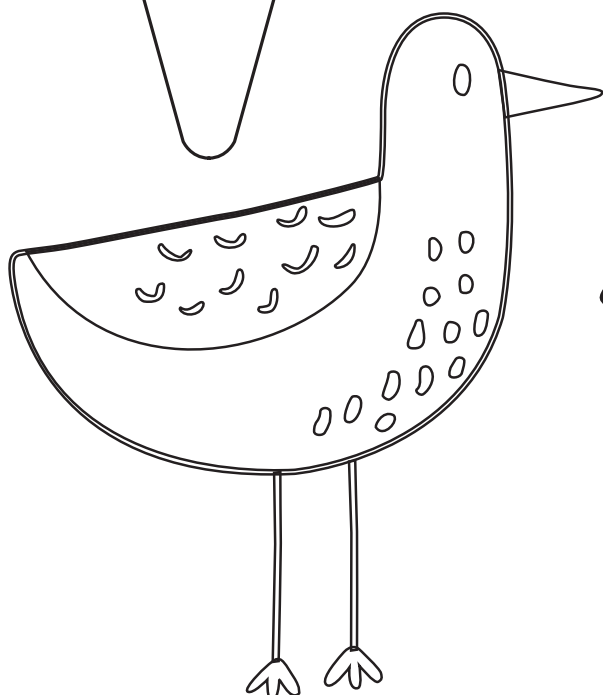
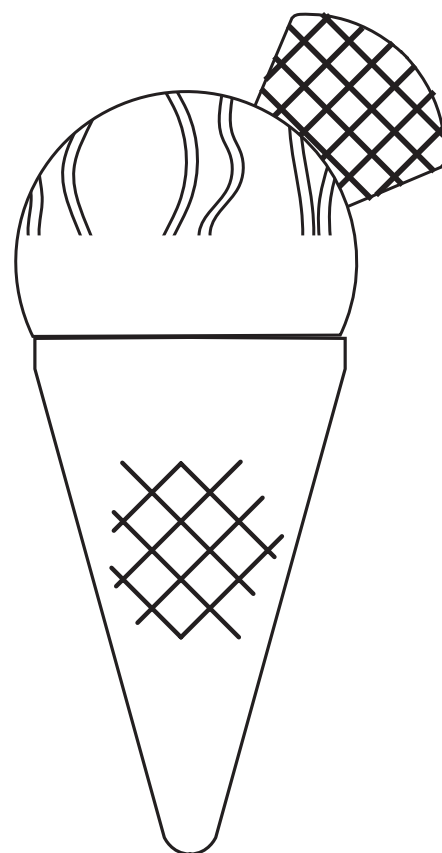
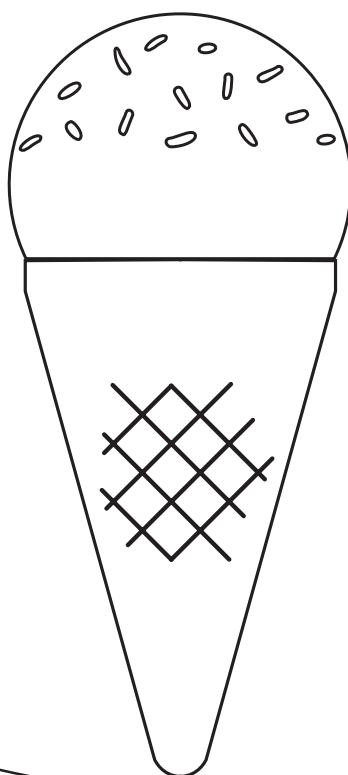
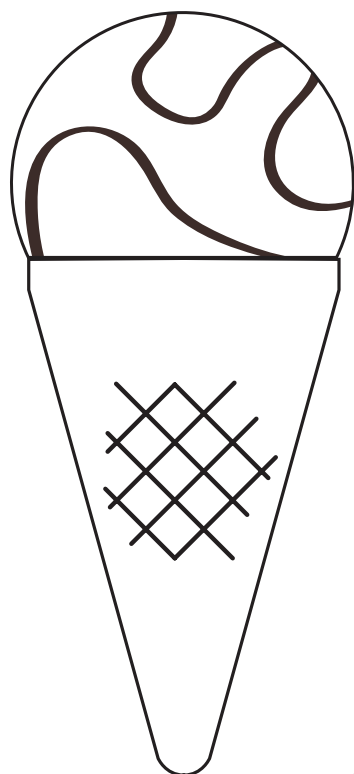
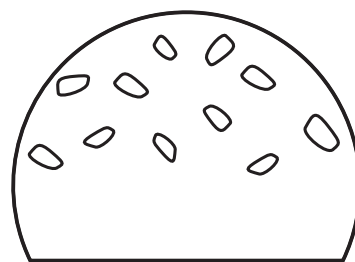
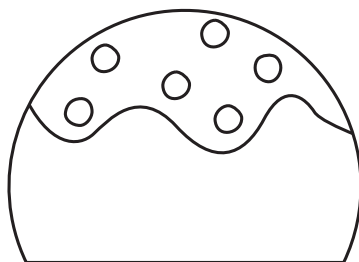
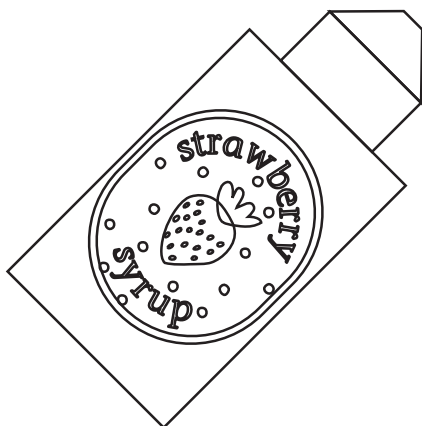
SPRINKLE

MINT

VANILLA

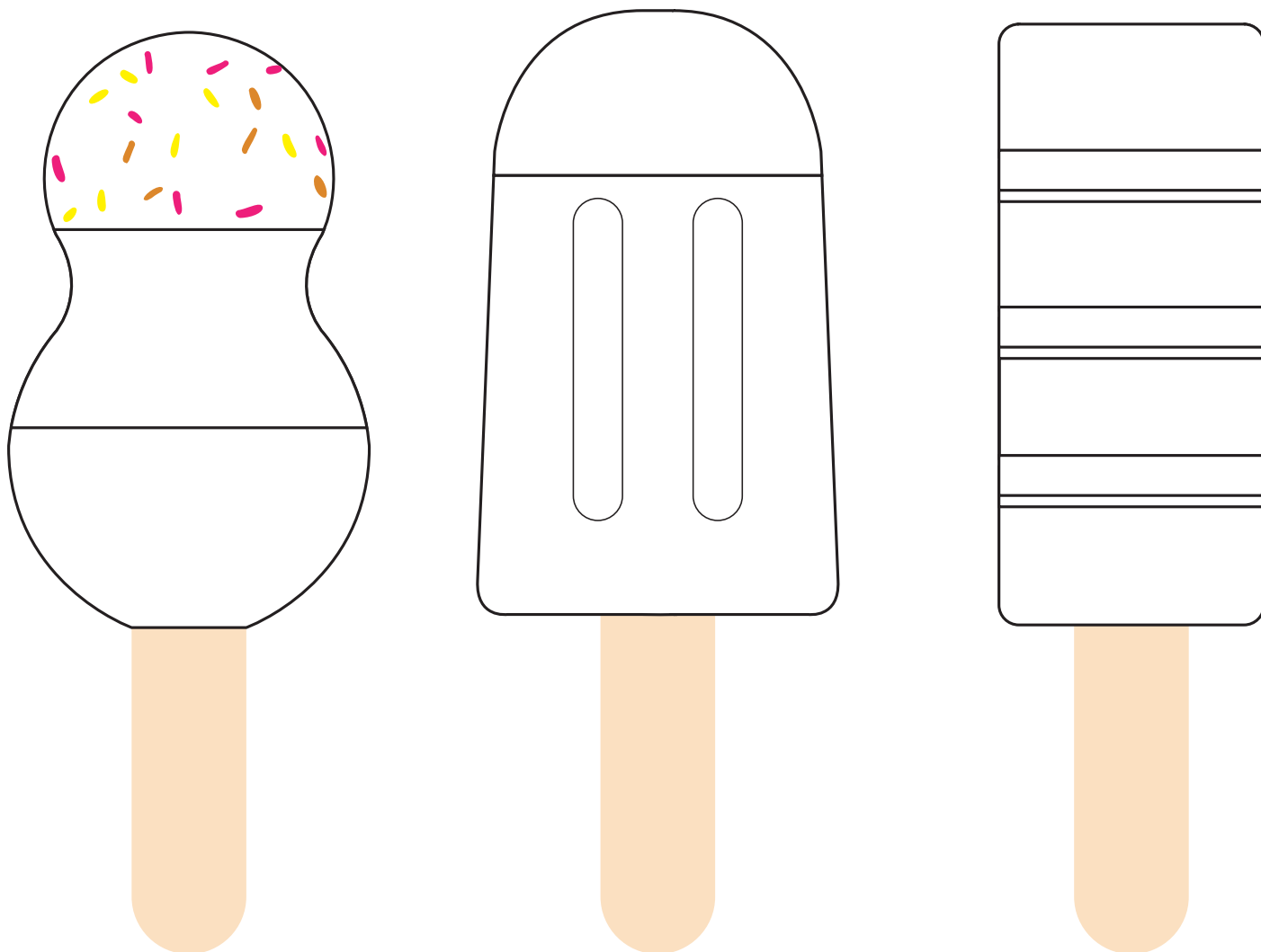
E	H	V	A	N	I	L	L	A
T	S	B	W	H	E	D	R	P
A	P	K	A	N	N	Y	K	Y
L	R	S	F	L	O	G	S	P
O	I	C	E	C	R	E	A	M
C	N	O	R	T	A	B	L	A
O	K	N	R	F	M	I	N	T
H	L	E	V	X	R	V	F	U
C	E	D	J	Y	V	L	B	B

ice cream shop



What flavours are these ice lollies?

Can you think of some jokes to go on the sticks?

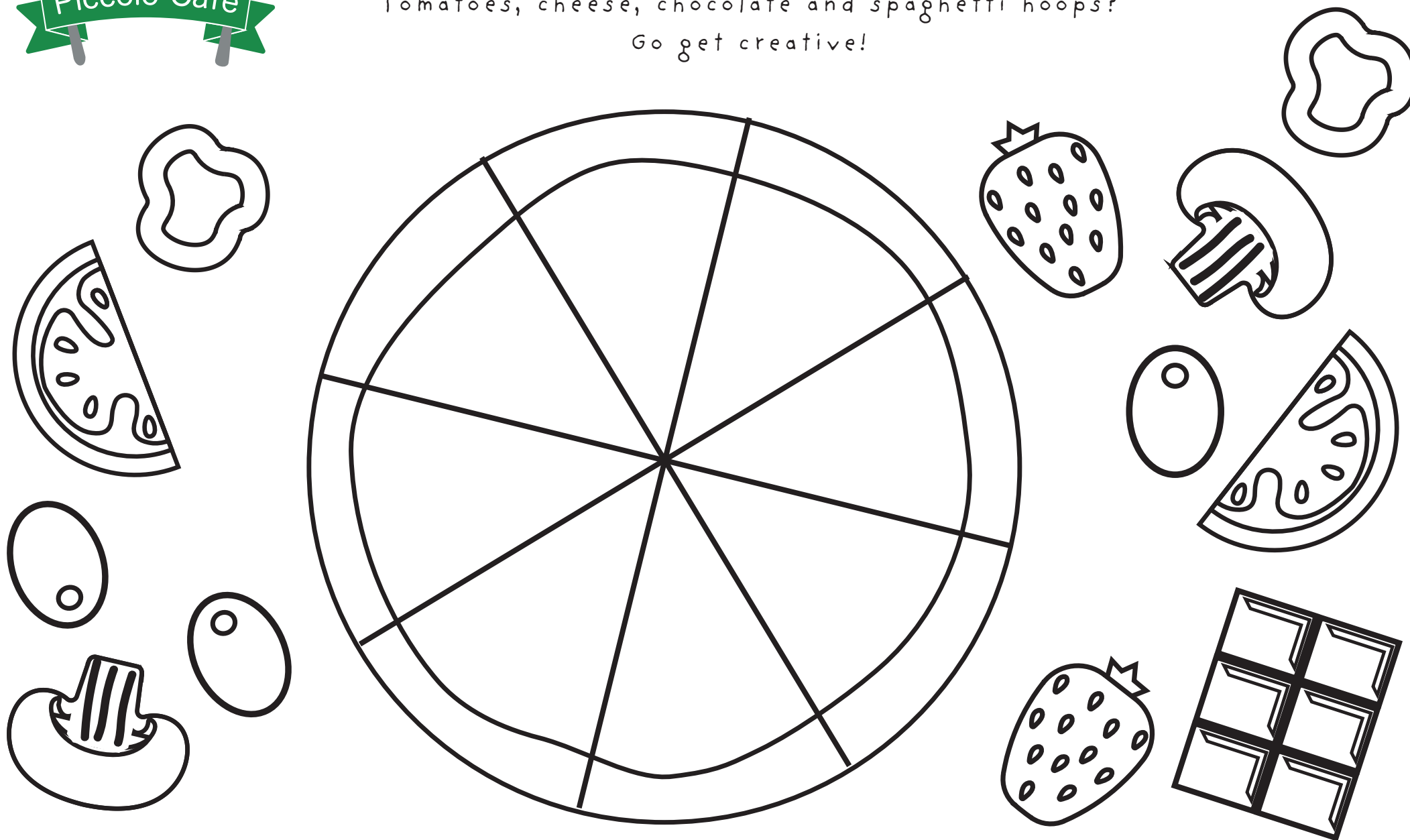




My dream pizza

Tomatoes, cheese, chocolate and spaghetti hoops?

Go get creative!

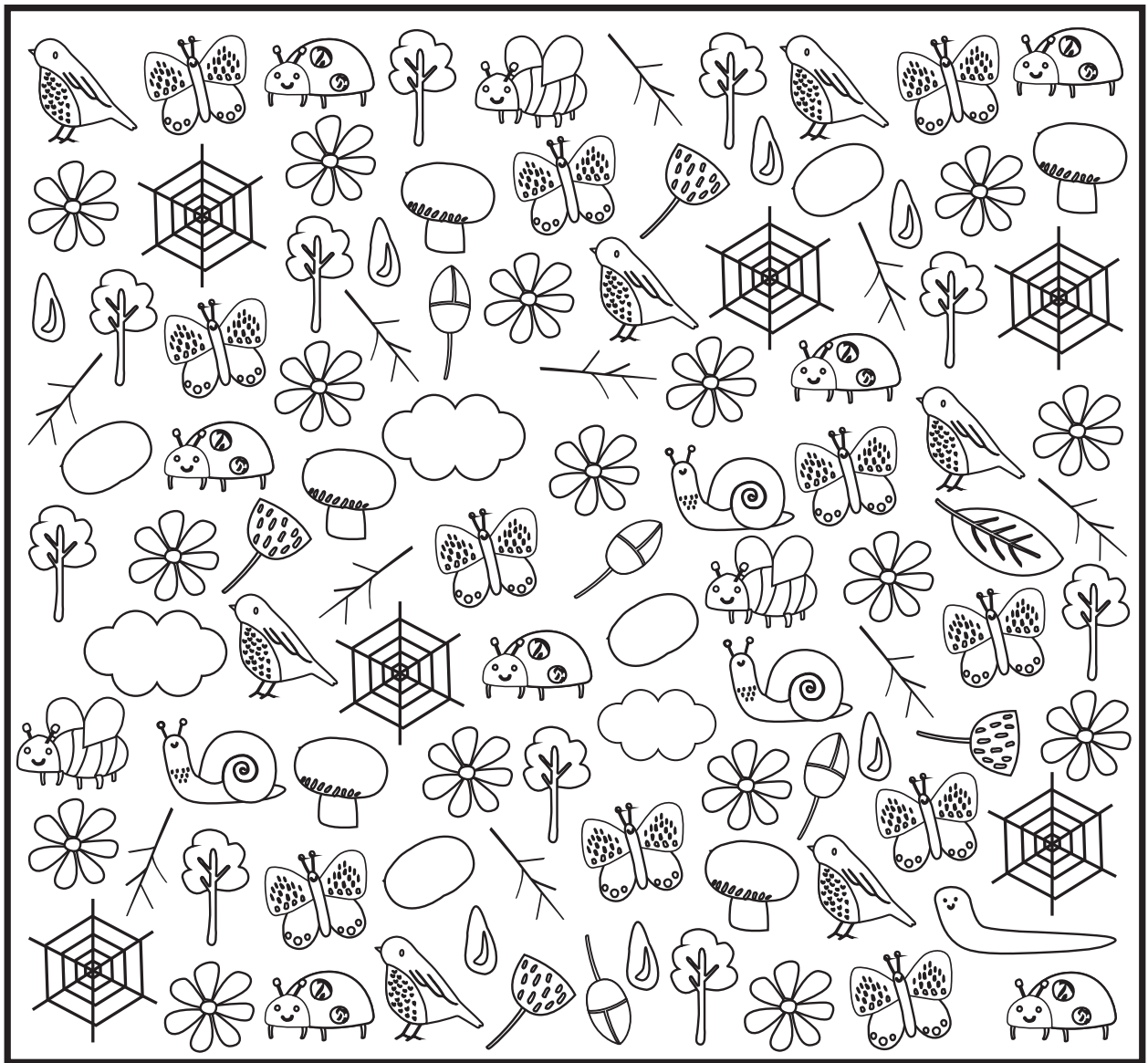


Hot pizza hunt

Cut out the pizza and slices and ask an adult to hide them around the house or garden. Hunt for the slices and complete the pizza ready for the oven!



In the garden i-spy



Count how many of each image you can see and write the number below

	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____

What other image is missing from the list? Draw it here:



SCAVENGER HUNT

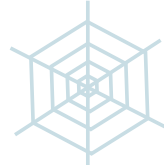
PERFECT FOR THE WOODS OR A WILD WALK



LADYBIRD



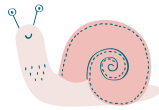
TREE



WEB



BUTTERFLY



SNAIL



LEAF



BUD



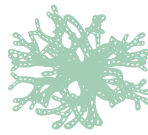
FEATHER



PEBBLE



FLOWER



MOSS



ANT



BIRD



CLOUD



WORM



TWIG



CATERPILLAR



DEW DROP



BEE



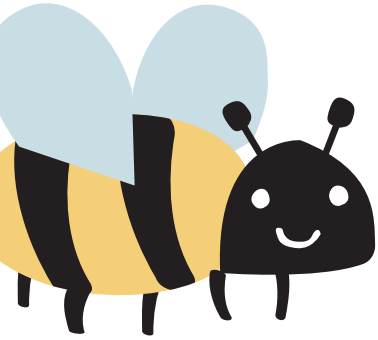
ACORN CUP



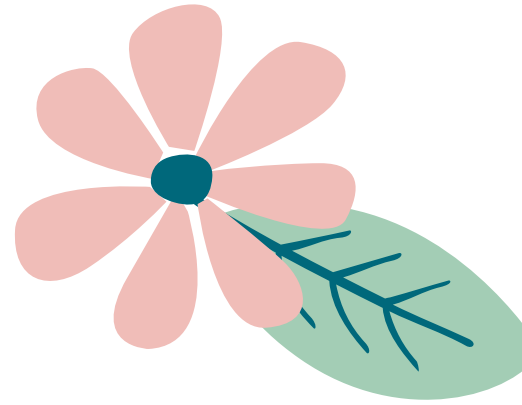
MUSHROOM

Bee word search

See if you can find these 6 words in the bee word search



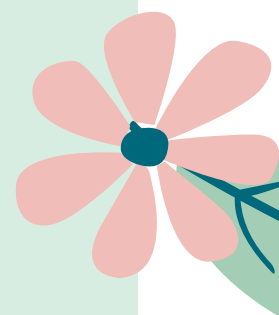
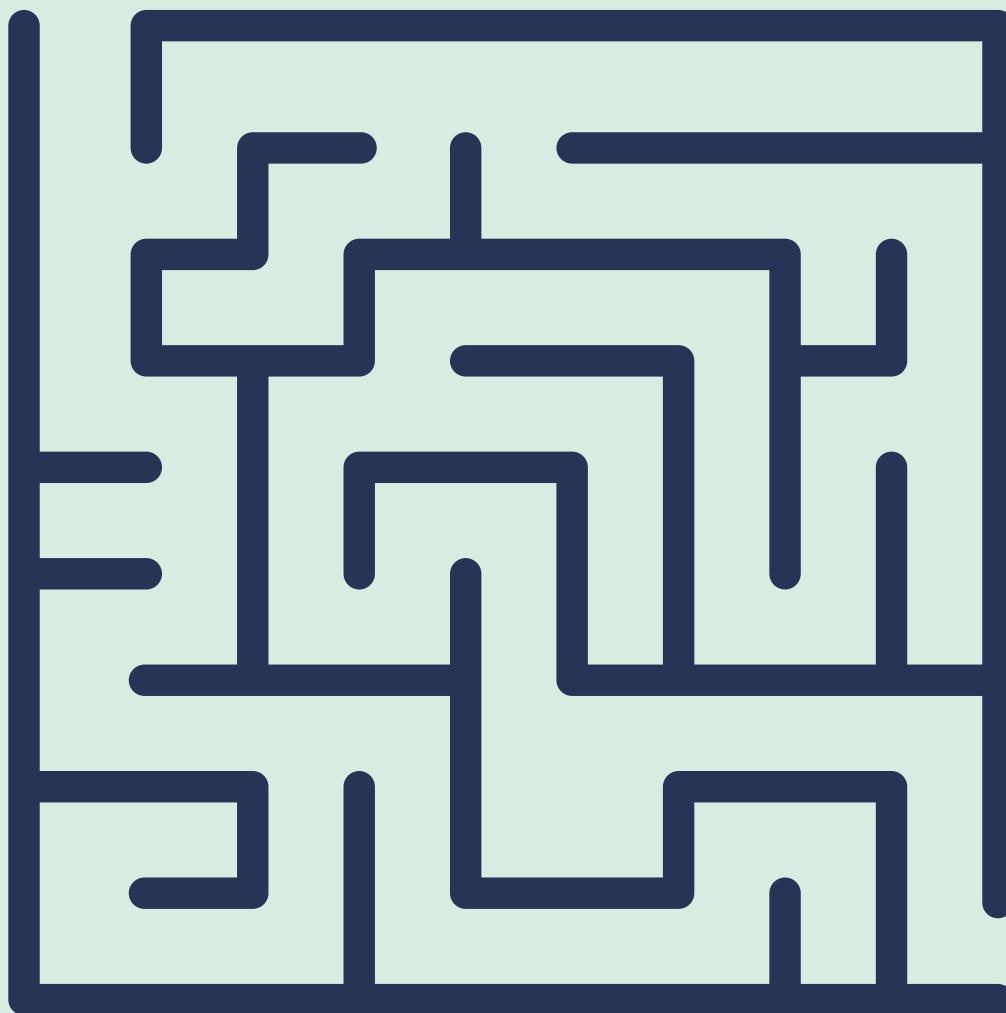
BEE
POLLINATE
NECTAR
FLOWER
SEED
BUZZ



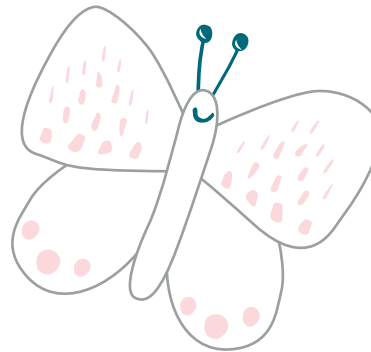
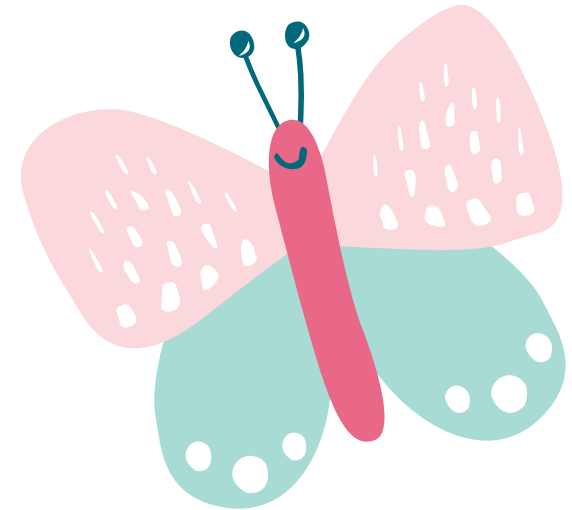
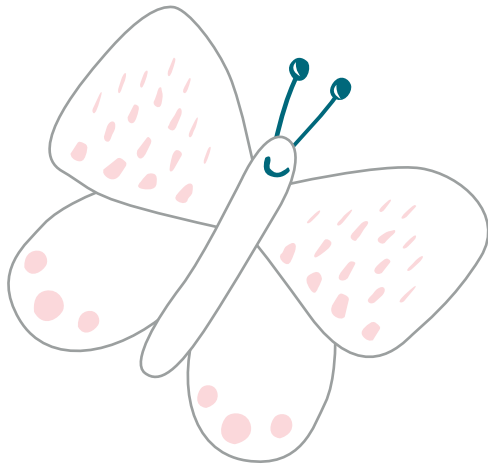
N	S	M	P	N	D	F	L	B
E	E	B	U	H	I	D	R	U
C	E	K	W	P	N	Y	K	Z
T	D	S	H	O	O	X	S	Z
A	I	V	F	L	O	W	E	R
R	V	P	X	T	A	B	L	V
B	E	E	O	F	U	A	Q	T
P	O	L	L	I	N	A	T	E
O	E	D	J	Y	V	L	B	S

Bee maze

Help this bee find its way to the flower
for some delicious nectar.



Draw some flowers for the butterflies to land on.



Draw some aeroplanes or a helicopter.



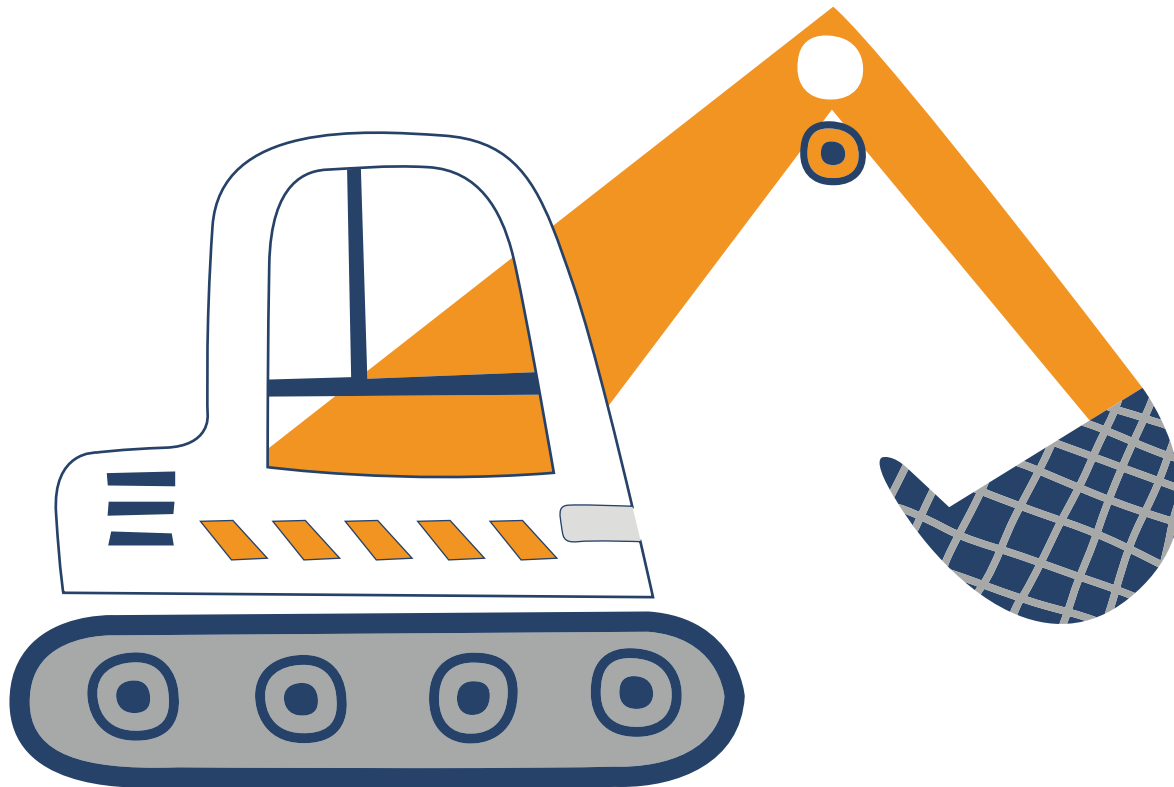
Beep beep! A big, red bus!

Draw the bus driver and some passengers.



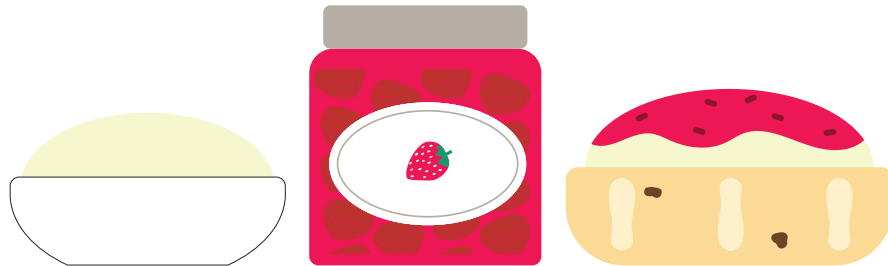
Here's a busy digger!

What is he digging up?



Simple scones

Try this easy picnic recipe



350g self-raising flour
A little flour for dusting
¼ tsp salt
1 tsp baking powder
85g butter, cubed
3 tbsp caster sugar

175ml milk
1 tsp vanilla extract
Lemon juice (to make buttermilk)
1 beaten egg
•
Serve with jam & clotted cream

Pre heat the oven to 220C/fan 200C.

In a bowl mix the flour, salt and baking powder.

Add the butter and rub until it looks like fine crumbs then add the sugar and mix.

Heat the milk until warm, not hot, on a hob or in a microwave. Add vanilla extract and a squeeze of lemon juice, then set aside for a moment to make buttermilk.

Pop a baking sheet in the oven.

Make a well in the dry mix then add the buttermilk combining it quickly with a knife – it will make a wet mix.

Dust the work surface with a little flour and tip the dough onto it. Using floury hands fold

the dough over 2 or 3 times until it looks smoother. Pat into a block 4cm thick.

Take a 5cm cutter, dip it in the flour and cut circles out of the dough, reshaping it each time until all of the dough is used. You should be able to make 8 scones

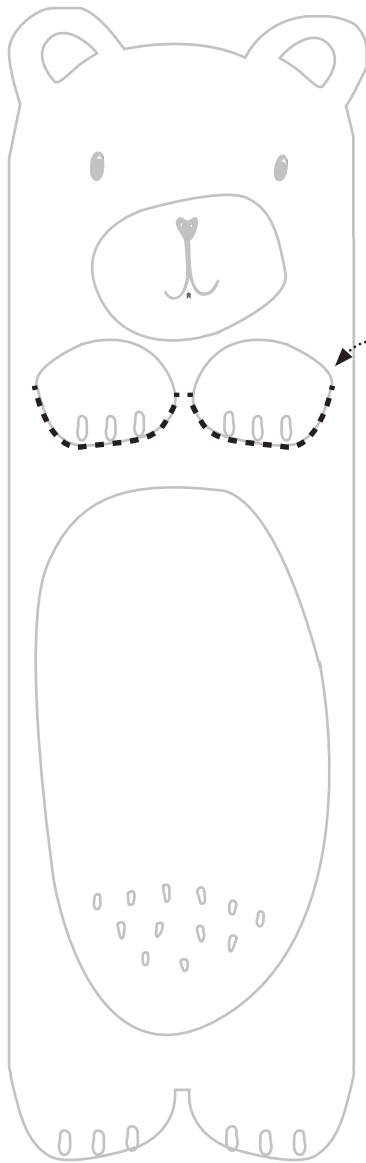
Brush the circles with the beaten egg and place onto the baking tray.

Bake for 10 minutes until risen and golden on the top. Serve with jam and clotted cream and enjoy!

If freezing, freeze once cool. Defrost, then put in a low oven (about 160C/fan 140C/gas 3) for a few mins to refresh.

Animal Bookmark

Have a furry, friendly face peep from the pages in your book with these DIY bookmarks. They make a lovely gift for friends and family too!



Get an adult to cut a line half way round the bottom of Mr Bear's paw with a scalpel to let him peep over your book pages. If you can't, he can be tucked in instead.

Back the bookmark onto card to make it strong enough to stand up straight

