

Five Fun Activities

WB: 1st June 2020

1. Have a Sunflower Growing Competition

Growing Tips - Growing conditions

Sunflowers like to grow in full sun in well drained soil.

When to grow

Sunflowers are mainly sown from mid-April to the end of May. They are an annual plant and will flower in August.

What you need

A packet of sunflower seeds – remember to look to see how tall it might grow

Gardening gloves

A trowel

Plant label and pencil

How to grow

Sunflowers can be sown straight in to the ground where they are going to flower, so make sure the space you are going to sow is weed free, by using a trowel to remove the weeds. If you don't have anywhere in the ground, you can put the seeds into pots.

Make holes around 12mm deep. Leave a 10cm space between each seed in the ground, or sow one seed per pot if sowing into pots. Label your pots with the names of your family members.

Place the seed in carefully and cover them up with soil. Don't forget to water the seeds gently.

Be careful, as slugs and snails like to eat the new shoots. You may like to protect the seedlings by cutting the top off a plastic bottle and placing it over your seedlings. If they are in pots you could leave them on a sunny windowsill until they grow a little before putting them outside.

As your sunflower begins to grow tall, you may need to help support the stem, by placing a cane near the stem and loosely tying the cane to the plant with string.

Watch your sunflower grow and see who's sunflower will grow the tallest!



2. Join the 'Get Kids Moving' Initiative



It's time to put the fun back into fitness and help you get fit like never before!

GET KIDS MOVING gives you the chance to train along side your favourite superheroes, train like a Jedi, or practice your wizarding skills, from the comfort of your home.

So get yourselves ready, because IT'S TIME TO BECOME A HERO!

What you have to do...

Visit the 'Get Kids Moving' channel on you tube (link below).

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

Click on 'Videos' and choose from a selection of videos to do a workout. You can do workouts with...

- Spiderman
- Elsa
- A Jedi
- Batman
- Star Wars
- Harry Potter
- The Black Panther
- The Dark Knight
- The Joker
- Thor
- Supergirl

3. Make Chunky Fish Fingers

L PREP: 15 MINS
COOK: 15 MINS

E EASY

S SERVES 2 ADULTS AND 2-3
KIDS

Ingredients

500g skinless, boneless chunky white fish fillet (we used haddock), cut into neat thumb-sized strips
100g plain flour, seasoned
3 large eggs, beaten
200g dried breadcrumb
large pinch turmeric
vegetable oil, for frying



Method

- 1. Adults and children:** Get 3 shallow dishes and set up a production line of flour then egg then breadcrumbs. Children can pour the ingredients into each dish and crack and beat the eggs. If you want the breadcrumbs to be golden then mix through the turmeric. Place a large empty plate at the end of the line to put the uncooked fish fingers on.
- 2. Children:** Show children how to methodically dip a finger of fish in the flour, shaking off any excess, then dredge it through the egg and finally roll it in the breadcrumbs so it's completely coated and place it on the plate. This is a job kids as young as 2 can help with but it's a messy one so they may need a wipe down halfway through. The fish fingers can now be laid on a tray and frozen then placed into a bag.
- 3. Adults:** To cook the fingers heat the oil in a frying pan and cook the fingers for 3-4 mins on each side. Place on a tray lined with kitchen paper and keep warm in a low oven, if cooking in batches. Alternatively, preheat the oven to 200C/180C fan/ gas mark 6. Brush a tray with a little oil, cook the fish fingers for about 10 - 12 mins until golden and cooked through, turn over half way through cooking time.

4. Make a Baking Soda Rocket

This is a fun outdoor science project for kids of all ages. Use a simple baking soda and vinegar reaction to launch your rocket.

What you need:

Plastic bottle
Cardboard/paper to make a nose cone
3 pencils (unsharpened is best)
Tape
A cork that fits the soda bottle
Paper towels
Bicarbonate of soda
Vinegar – you will need a large bottle

It would be sensible to find a large open space to launch your rocket before you start making it.

<p>1. Firstly put the nose cone onto the bottom of the bottle...</p> 	<p>2...and then put the fins onto the side.</p> 	<p>3. Fill the bottle up about a third of the way up with vinegar.</p> 
<p>4. Make a 'baking soda time release parcel'. Put one or two large spoonfuls of baking soda onto tissue paper.</p> 	<p>5. Fold the corners up and twist the wrap to hold powder.</p> 	<p>6. Go to a large open space. Put on some goggles to protect your eyes. Ask an adult to carefully put the baking soda parcel inside the bottle, without disturbing it.</p> 
<p>7. Ask an adult to push the cork in firmly behind.</p> 	<p>8. Ask an adult to shake the bottle, keeping it away from their face.</p> 	<p>9. Ask an adult to quickly stand the rocket up on its fins and take a few steps back (you should already stood back watching).</p> 

To watch these instructions in a video, click on the link below.

<https://www.bbc.co.uk/programmes/p01tbhw8>

5. Make a Pressed Flower Picture

You Will Need:

Flowers of your choice

Parchment paper (baking paper or flat cardboard/plain tissue paper, or even printer paper)

Several heavy books or weights

Glue



1. Gather some fresh flowers. Freshness is important, so be sure to choose flowers that are either still buds, or just bloomed. Flat-headed flowers like gerberas and daisies are easiest to press, whereas large flowers, like roses or tulips, may be more difficult so you may want use scissors to split it down the middle to help it flatten.
2. Cut flower stems on an angle and place in a vase with fresh cold water and a teaspoon of sugar while you gather your supplies and prep your workspace.
3. Place the flower of your choice between two sheets of parchment paper — make sure it covers the whole flower so you won't ruin your book! — and place inside the pages of a heavy book. As a rule of thumb, it's wise to choose paper that is plain white and texture-free to avoid imprints on the pressed flowers.
4. Continue placing the rest of the flowers in various pages throughout the book then close the book firmly, applying pressure. Add additional books or objects to weigh it down and leave it undisturbed to allow the flowers to fully dry, which will take about 2-3 weeks.
5. After The Wait... Use tweezers to gently remove the paper-thin flowers and arrange the pressed flowers into a design you like and glue it on the sheet of paper.

