

# Five Fun Activities

WB: 15<sup>th</sup> June 2020

## 1. Visit a Virtual Zoo



First click on the link below which takes you to Chester Zoo's 'Virtual Zoo' webpage.

<https://www.chesterzoo.org/virtual-zoo-2/>

Scroll down until you find the following links;

Don't miss out, catch up on all of our **VIRTUAL ZOO days!**

Virtual Zoo Day 1 → Virtual Zoo Day 2 →

Virtual Zoo Day 3 → Virtual Zoo Day 4 →

Virtual Zoo Day 5 →

The links lead to videos of the zookeepers caring for a range of different wild animals. Take a look and see if you can learn something new about some of these amazing animals!

## 2. Raspberry, orange and apple refresher recipe

### Ingredients

200g frozen raspberries  
200ml unsweetened apple juice  
200ml water  
200ml freshly squeezed orange juice  
Nutritional information

### Method

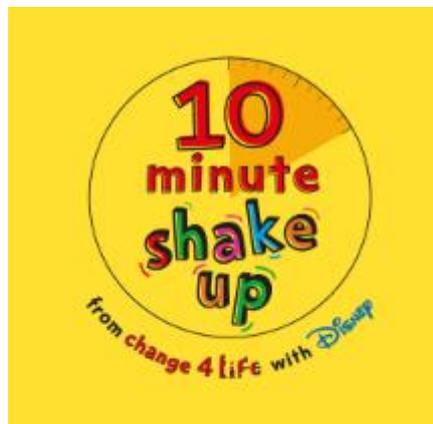
1. Tip the frozen raspberries into a blender and add the apple juice and orange juice.
2. Whizz together for a few seconds until smooth and blended, then pour into 4 glasses. Serve at once.



*In summer, use fresh raspberries and add a few ice cubes. Use any frozen berries — blueberries or summer fruits would work well too.*

<https://www.nhs.uk/change4life/recipes/raspberry-orange-and-apple-refresher>

## 3. Disney 10 Minute ‘Shake Up Games’



Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen. These 10-minute bursts of fun will really get you moving and count towards the 60 active minutes they need every day!

<https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=toy-story>

Click on the link above to take you to the correct website.

Next choose the theme (Incredibles, Toy Story, Lion King or Frozen).

Within each theme there are lots of activity ideas linked to the Disney characters from the film to get you moving!

## 4. Vincent Van Gogh Sunflower Art Project

### Vincent Van Gogh

Born: 1853

Job: Artist

He was born in the Netherlands.

He had two brothers and three sisters.

Died: 1890



Vincent Van Gogh  
1888

Vincent van Gogh was a Dutch artist. He painted **portraits** and **landscapes**. He used **watercolours** and oil paints. He is famous for using bright colours and bold brushstrokes in his work. He painted in a style called **Post-Impressionism**.

### Famous Paintings



The Potato Eaters (1885)



Sunflowers (1888)



Starry Night (1889)

### Information about 'Sunflowers' (1889)

Van Gogh painted this for his friend, the artist Paul Gauguin. He chose the colour yellow to represent happiness. He made lots of paintings of sunflowers. This is one of Van Gogh's most popular and famous paintings.

Summer has arrived and hopefully some of you have started growing sunflowers! Ours are already getting quite tall!

This week your challenge is to create a piece of artwork based on Vincent Van Gogh's Sunflower painting. Get creative! Use any media of your choice to create a piece of artwork with sunflowers in. Here are a few ideas I found below, but I am sure you will have your own!



## 5. Build a garden obstacle course

Start by collecting objects you could use to create your obstacle course. These could include;

- Skipping ropes
- Inflatable rings
- Slides
- Chairs
- Paddling pool
- Planks of wood
- Balls
- Homemade paper cones
- Hoops

Plan out your obstacle course and agree what you have to do when you reach each obstacle and then take it in turns to have a go!

If you are stuck for ideas here are a few ideas!

**IMPORTANT:** make sure an adult has checked your obstacle course is safe before you try it!!

