

Five Fun Activities

WB: 8th June 2020

1. Try 'Cosmic Kids' Yoga

Click on the link to the website below to access the Cosmic Kids you tube channel.

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

On this you tube channel you will find lots of videos that provide yoga, mindfulness and relaxation designed for children.

The sessions are themed, and there are some aimed at younger children (e.g. On The Farm), and some aimed for children who are slightly older (e.g. Harry Potter).



2. Cook Spaghetti & Meatballs with Hidden Veg Sauce



PREP: 15 MINS
COOK: 30 MINS



EASY



SERVES 6 (4 CHILDREN, 2 ADULTS)



Ingredients

For the meatballs

300g good quality pork sausage (about 4 large or 8 chipolatas)
500g lean beef mince
1 small onion, coarsely grated
1 carrot, finely grated
1 tbsp dried oregano
50g parmesan, finely grated, plus extra to serve
1 medium egg
1 tbsp olive oil

For the tomato sauce

1 tbsp olive oil
1 courgette, coarsely grated
3 garlic cloves, finely grated
1 tbsp tomato purée
pinch caster sugar
splash red wine vinegar
2x 400g tins chopped tomato

To serve

cooked spaghetti

Method

1. Children: Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.
2. Children: Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division.
3. Adult: While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if, like mine, they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.
4. Adult: Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn.

Recipe link: <https://www.bbcgoodfood.com/recipes/cooking-kids-spaghetti-meatballs-hidden-veg-sauce>

3. Plan a Picnic

Start off by making a plan. Think about these things:

- How many people are there in your house who can come to the picnic?
- What do you want to eat? (sandwiches, fruit, snacks, drinks)
- What will you need to eat it? (plates, cutlery, kitchen roll, cups)
- What are you going to sit on? (blanket, deck chairs, picnic blanket)
- When are you going to have your picnic? (day, time)
- Where are you going to have your picnic? (indoors, outdoors)

Once you have a plan, write a shopping list for the food you will need to make your picnic.

When you have all the food you need, you could get involved with preparing it. For example you could help make the sandwiches. You might even want to have a go at baking something to take on your picnic (for example you could have a go at making some scones).



4. Learn some new words in French

Once you have planned your picnic, see if you can find out the names of the food you are eating in French (I find google translate is good to help you with the pronunciation of the words). Practice saying the words with your family as you eat your picnic.



Below are a few words you might find useful.

Bread → <i>du pain</i>	Yoghurt → <i>un yaourt</i>	Water → <i>l'eau</i>
Orange Juice → <i>un jus d'orange</i>	Banana → <i>une banane</i>	Apple → <i>une pomme</i>
Ham → <i>jambon</i>	Cheese → <i>du fromage</i>	Strawberry → <i>une fraise</i>
Pear → <i>une poire</i>	Orange → <i>une orange</i>	Pineapple → <i>un ananas</i>
Scones → <i>un scone</i>	Cake → <i>un gâteau</i>	Biscuits → <i>biscuits</i>
Picnic → <i>pique-niquer</i>	Garden → <i>jardin</i>	<i>Bon appetite!</i>

5. Learn about how to look after our oceans

Monday 8th June is World Oceans Day. On World Oceans Day, people around the World celebrate and honour the ocean, which connects us all.

The aim is for people to get together to start creating a better future and protect our oceans.

In particular, the organisers who are called 'The Ocean Project' wish to see 30% of the world's oceans be protected in the coming years.

Look through the PowerPoint slides below to learn about plastic in our oceans.



Pollution

Pollution is when chemicals, gases, smoke or other harmful materials are introduced to, and damage, the environment.
Pollution can be caused by many different things such as the burning of **fossil fuels**.
In recent times, there has been growing concern about the damage that plastic is doing to the environment.



Glossary
fossil fuels: Coal, oil and gas used to power factories, cars and homes.

The slide features a white background with a blue border. At the top, the word 'Pollution' is written in a bold, black font. Below it, there are three lines of text explaining pollution and its causes, including the term 'fossil fuels'. A photograph of a beach littered with plastic waste is positioned in the lower-left quadrant. To the right of the photograph, a blue box contains a 'Glossary' entry for 'fossil fuels'.

Where Is Plastic Found?

Plastic is **versatile** and cheap to make, so it is used to make lots of things. It is quite easy to tell when some items are plastic, such as drinks bottles and shopping bags.

However, plastic can be found in some surprising places:

- Some shampoos, face washes and toothpaste have plastic in them.
- Clothes made from material like nylon, polyester and lycra come from plastic.
- The outside of golf and tennis balls are made from plastic.



Glossary

versatile: Can be used in lots of different ways.

Why Does Plastic Damage the Environment?

The main problem with plastic is that it takes an extremely long time to **decompose**. A plastic bottle can last for up to 500 years. That means that a bottle dropped in the ocean or put in a **landfill site** today could still be there in the year 2518!

Plastic has **toxins** in it that are harmful to wildlife.

Glossary

decompose: Rot, decay, break down.

landfill site: Rubbish sites where refuse is buried underground.

toxins: Poisonous substances.



Why Does Plastic Damage Oceans?

Sea creatures can get stuck in plastic bags or the rings that hold drinks cans together. This can cause suffocation, starvation (because they can't get to food), or means that they cannot escape predators.

Sea turtles sometimes confuse plastic bags with jellyfish and eat them. This damages their insides and they can die. Around 70% of dead sea turtles are found to have eaten plastic.

Did You Know...?

- It is thought that by the year 2050, there will be more plastic than fish in the seas.
- 99% of seabirds have eaten plastic.



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Research how we can help to reduce the plastic that ends up in the ocean.

Here are a few ideas to think about that might help you:

- Fabric shopping bags
- Reusable water bottles
- Wooden Toothbrushes
- Reusable nappies

Also think about the challenge time project you did in school 'Reduce, Reuse, Recycle'.

You may choose to make a poster, or you may just want to talk about the things you find out with someone in your family.