

Five Fun Activities

WB: 18th May 2020

1. Learn about Eid-al-Fitr

What is Eid ul-Fitr?

Eid ul-Fitr is a Muslim holiday also known as 'Eid'. Eid ul-Fitr directly translates to 'Festival of Breaking the Fast'.

It is the first day of the Islamic month of Shawwal and marks the end of the Holy month of Ramadan - a month-long event where Muslims fast from dawn to sunset each day.

When is Eid ul-Fitr celebrated?

Because the Islamic calendar revolves around the moon, the date of Eid varies every year and even varies depending on locality as it involves local religious authorities on sighting the moon.

Traditionally, Eid ul-Fitr begins at sunset on the night of the first sighting of the crescent moon. If it's not observed immediately because clouds either block its view or the sky is too bright, then the holiday is celebrated the day following the 29th day of the previous lunar month.

This year, Eid al-Fitr is anticipated to fall around the 24th May - however, this may not be the case and Muslims around the world will have to wait until their local Mosque or deciding authority sights the crescent moon.

How is Eid celebrated?

Depending on the country, Eid is celebrated for around one to three days. It is forbidden to fast on the Day of Eid, so Muslim families around the world celebrate with lavish meals, friends exchange gifts and people donate to charity. It's a time for forgiveness, and people wear their best clothes and decorate their homes too.

Muslims celebrate the end of the fast, but also to thank Allah for guiding them through the previous month and helping them practise self-control.

The 'Eid prayer' is also performed at special services at Mosques.

Here is a short video you could watch:

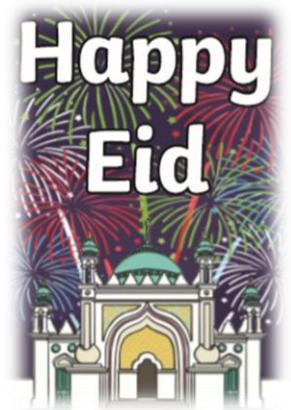
<https://www.bbc.co.uk/newsround/36713429>

Below are some examples of food Muslim families would eat during their celebrations.

https://www.bbc.co.uk/food/occasions/eid_el-fitr

Why don't you have a go at making one of the recipes?

Here is one I thought could be good to have a go at with your family at home.



Kheer

Ingredients

75g/2½oz basmati rice, washed

1 litre/1¾ pints whole milk

8 cardamom pods (or 1 tsp ground cardamom), lightly crushed

50g/1¾oz slivered almonds

75g/2½oz sultanas

2 tbsp caster sugar

handful pistachios, chopped, to decorate

gold leaf, to decorate (optional)



Method

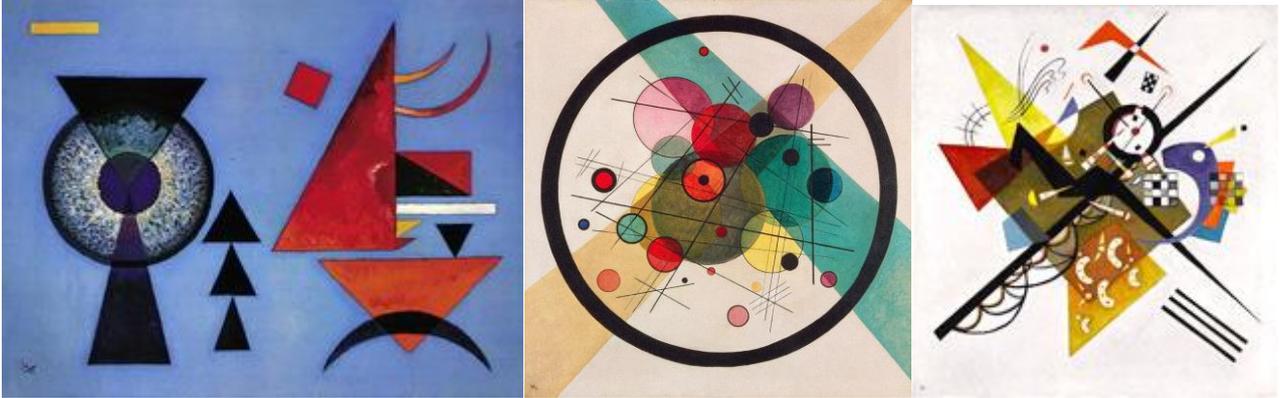
1. Tip the rice into a large saucepan and toast over a low heat for a few minutes.
2. Stir in the milk, cardamom and almonds. Bring to a simmer and cook, uncovered, for 40 minutes.
3. Stir in the sultanas and simmer for 15–20 minutes, or until the liquid has reduced by half and the mixture has thickened.
4. Stir in the sugar, to taste, remove from the heat and allow to cool.
5. Pour into a large bowl, cover with cling film and chill in the fridge for 1–2 hours, or overnight. Pick out the cardamom pods.
6. Serve in four bowls decorated with crushed pistachios and gold leaf (if using).

2. Replicate the Work of an Artist

Wassily Kandinsky (1866-1896)

Look back on your research and the work you found by Kandinsky.

Kandinsky believed shapes and colours alone could be art. This Abstract Art movement was called Expressionism. He expressed feelings and music through his artwork. He used circles, triangles and squares the most in his work as you can see in many of the pictures below.



Either using one of the pictures above, or one of your favourites you found through your research have a go at replicating it. Use whichever media you have available at home. Remember to focus on the colours and shapes when creating your piece of artwork.

3. Do a Workout

Choose your favourite activities from the cards below to set up your fitness circuit. Give yourself a time limit for each station and then start your workout. Try and make it last at least 20 minutes.

Fitness Circuit Cards

Skipping Track

Skip around the circuit:

- How many laps can you do?
- Are you faster than your friend?
- Can you skip backwards?



Fitness Circuit Cards

Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Fitness Circuit Cards

Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



Fitness Circuit Cards

Ski Jumps

Do 20 ski jumps:

- You can jump on the spot or travel forward.
- Can you travel backwards?
- What happens if you ski jump using your arms to propel you?
- What happens if you **don't** use your arms?

Fitness Circuit Cards

Line Jumps

Face a line and jump forwards and backwards over the line:

- What happens if you jump using your arms to propel you?
- What happens if you **don't** use your arms?
- How many jumps can you do in a minute?

Fitness Circuit Cards

Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Fitness Circuit Cards

Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



Fitness Circuit Cards

Knee Highs

Run around the circuit bringing your knees up high.



Fitness Circuit Cards

Crab Walk

Crab walk around the circuit:

- Can you crab walk faster forwards or backwards?
- Have a race with your friends.
- Can you crab walk sideways?

Fitness Circuit Cards

Heel Walk

Walk around the circuit on your heels:

- Can you walk fast?
- Can you side step on your heels?



Fitness Circuit Cards

Toe Touches

Do 10 toe touches:

- Reach up high and then bend down and touch your toes. Your arms and legs should stay straight.
- Can you do sitting toe touches?



Fitness Circuit Cards

Star Jumps

Do star jumps for one minute:

- How many can you do?



Fitness Circuit Cards

Step Ups

Find a bench or step and do step ups – one leg at a time, for a minute:

- How many steps can you do?
- Can you do jump ups? (both legs at once)

Fitness Circuit Cards

Sprints

Sprint the length of the court, then walk back. Repeat this for 1 minute:

- How many lengths can you do?

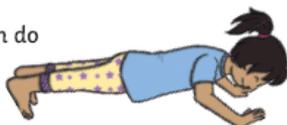


Fitness Circuit Cards

Push Ups

Do push ups for a minute:

- How many can you do?
- Can you do push ups with one hand or one foot?
- If it is hard, you can do push ups with your knees down.



Fitness Circuit Cards

Arm Circles

Start with your arms out making small circles, slowly make your circles bigger:

- Can you make backwards circles?
- Can you do one arm backwards and one arm forwards?

Fitness Circuit Cards

Bounce a Ball

Bounce a ball on the spot:

- How many bounces can you do before dropping the ball?
- Can you bounce while walking in a circle?
- How many bounces can you do in a minute?

Fitness Circuit Cards

March

March around the circuit:

- Make sure your body is straight like a soldier.

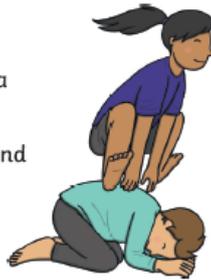


Fitness Circuit Cards

Leap Frog

With a friend, play leap frog:

- How far can you travel in a minute?
- Can you follow a line around the court?



Fitness Circuit Cards

Tunnels (like a leap frog)

With a buddy play tunnels (this is like leap frog but you make tunnels for your friend to crawl through):

- How far can you travel in a minute?
- Can you follow a line around the court?



Fitness Circuit Cards

Rowing

Face a buddy and hold each other's wrists, bend your knees and lean back, rock back and forwards rowing your arms:

- Can you do this while sitting?
- Can you do this while standing?
- Can you row with 3 people? Or 4 people?



Fitness Circuit Cards

Treadmill

Lie down on the ground with your feet touching your friend's. Run keeping your feet touching:

- How fast can you go?
- How slow can you go?



4. Play Charades with your Family

Below is a website that will generate ideas for you which you could try.

<http://www.getcharadesideas.com/charades-for-kids/>

If you wanted to make up your own ideas, choose your categories and then write down ideas for each category (movies, television, books, music, etc). Remember to keep the charades ones that are fairly easy to act out and are well known. Anything too unusual will be difficult to act out and guess which could get frustrating! Write the ideas on paper, tear them up and put them into a pot to choose from.

How to Play

Divide into teams to make it more competitive, or just take turns. One person picks a word or phrase (from those you just wrote down) to act out and the other players guess what they are acting.

As you can't speak, there are actions to mime that will give some clues. If the word or phrase is a book, put your hands together and unfold them like opening a book. To indicate a person, stand up with your hands on your hips. For a song, pretend to sing. For a movie, turn your hand in front of your face like operating an old-fashioned camera. For a TV program, draw a rectangle with your fingers. If it's a phrase hold up fingers to show the number of words. Put your finger and thumb close together to indicate a small word like "a" or "the;" move them far apart for a very long word. Touch your ear to indicate the word sounds like another, easier-to-act-out word.

If you choose to make up your own categories, here are some ideas below.

Activities

Brushing teeth
Building a sandcastle
Dancing
Driving a car
Opening a gift
Playing football
Shoveling snow
Swimming
Skateboarding
Tying a shoe
Walking a dog
Yoga

Animals and Insects

Bumblebee
Bird
Cat
Cow
Dog
Fish
Giraffe
Horse
Monkey
Rabbit
Spider
Snake

Fairy Tales

The Three Little Pigs
Cinderella
Goldilocks and The Three Bears
Little Red Riding Hood
Rapunzel
Snow White and the Seven Dwarves
Sleeping Beauty
The Boy Who Cried Wolf
The Emperor's New Clothes
The Three Billy Goats Gruff

Famous Figures

Albert Einstein
William Shakespeare
Florence Nightingale
Isaac Newton
Neil Armstrong
Vincent van Gogh
The Queen

Food

Banana
Spaghetti
Crisps
Ice cream
Jelly
Pizza
Fish and Chips
Sandwich
Roast Chicken Dinner

Films

Cats and Dogs
Finding Nemo
Frozen
Harry Potter
Moana
Pirates of the Caribbean
The Jungle Book
The Lion King
The Little Mermaid
Toy Story

5. Do an Indoor Treasure Hunt

Solve the clues to lead you around your house to find the treasure at the end.

1. I have four legs, but I don't have feet. I come in handy when it's time to eat.

2. My job is to put an end to sleep, Which I do with music, a buzz, or a beep.

3. For fast heating or cooking, I am tops. And, oh, that good smell when my popcorn pops!

4. I can take you to places you've never seen, But first, type your password in on my screen.

5. I'm loaded and unloaded, but I'm not a truck. Having a helper like me is a great piece of luck.

6. I rain on you when you need a scrub. I'm very much like my friend the tub.

7. I make it possible to have fresh food. Everyone agrees I'm one cool dude.

8. Watching your favourites is lots of fun. But don't watch too much! Kids need to run.

9. I never get angry, but I do get hot. I'm the perfect place for a pan or a pot.

10. It's my job to give all your clothes a tumble, Which I do while making a bit of a rumble.

11. I take your clothes for quite a spin. But first, they get wet. That's how I begin.

12. I'm filled with feathers or other soft fluff. To sleep without me can be quite tough.

13. A story, they say, can take you away, But a book still needs a place to stay.

14. I'm hungry! I'm hungry! Please feed me a slice. I'll spit it back out all brown and nice.

15. I'm not a selfie, but I do show faces. Find me in bathrooms and a few other places.

16. Most every day, you step on me. All I require is a bend of your knee.

17. I have hands but no arms and also a face. And my hands always move at the same steady pace.

18. The more I dry, the wetter I get. A little one can be used for soaking up sweat.

19. I hold all the words you need to know. Use me to make your vocabulary grow.

20. I'm never wicked, but I do have a wick. I come in all sizes, from skinny to thick.

Answers:

1. Kitchen or dining table, 2. Alarm clock, 3. Microwave, 4. Computer, 5. Dishwasher, 6. Shower, 7. Refrigerator, 8. Television, 9. Kitchen stove, 10. Clothes dryer, 11. Washing machine, 12. Pillow, 13. Bookshelf, 14. Toaster, 15. Mirror, 16. Stairs, 17. Clock, 18. Towel, 19. Dictionary, 20. Candle