

# Five Fun Activities

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

## 1. Take a Virtual Tour of Windsor Castle



Windsor Castle is the largest inhabited castle in the world. It is in Windsor, Berkshire, England. Queen Elizabeth II of the United Kingdom lives there for part of the year. The castle was built by William the Conqueror. In 1992, there was a fire at the castle.

Windsor Castle is near the River Thames.

Click on the link below to take a virtual tour of some of the rooms in Windsor Castle.

<https://www.royal.uk/virtual-tours-windsor-castle>

Can you find out any more information about Windsor Castle? The websites below may be useful!

[https://kids.kiddle.co/Windsor\\_Castle](https://kids.kiddle.co/Windsor_Castle)

<https://primaryfacts.com/1015/10-interesting-facts-about-windsor-castle/>

<http://justfunfacts.com/interesting-facts-about-windsor-castle/>

Can you create a fact file about Windsor Castle?

## 2. Log Your Exercise

We all know keeping active is good for us! But what's so great about exercise, and how do you know if you're getting enough?

### Why exercise?

Whether it's doing yoga, playing football or just running around the park, there are more benefits to exercise than you might think –

Of course, activity helps make our bodies physically fitter, stronger and healthier – it can even help us avoid getting ill! But did you know exercise can also increase our overall happiness, improve our mood and make us feel more relaxed? Physical activity releases chemicals in our brains and bodies which help us deal with stress and reduce anxious feelings. Exercise can even boost our brain power and help our ability to concentrate on things like school work. So it's all good – for body and mind!



The NHS recommends children do an average of 60 minutes of exercise every day. Some ideas could be playing football, running, walking, yoga or a workout video. Fill in your exercise video and see if you have done an average of **60 minutes** of exercise each day!

My Exercise Log			
	Type of Exercise	Duration	How did you feel afterwards?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

### 3. Make Fajitas



PREP: 25 MINS  
COOK: 10 MINS



EASY



SERVES A FAMILY OF 3-5  
DEPENDING ON AGES



#### Ingredients

4 chicken breasts, cut into chunks  
olive oil, for frying

#### For the marinade

4 limes, juice only  
2 tsp fajita seasoning  
4 spring onions, finely sliced  
1 fat garlic clove, crushed

#### For the guacamole

2 very ripe avocados, halved and stone removed  
½ lime, juice only  
grated cheese, to serve

#### To serve

6 - 8 tortillas (you can now get mini tortillas for kids)  
soured cream (optional)

#### For the salsa

1 red pepper  
½ jar roasted pepper (we used Gaea Red Peppers  
Flame Roasted 290g)  
1 small apple, peeled  
4 ripe tomatoes  
½ lime, juice only  
small bunch coriander, leaves picked  
chilli flakes, to taste (optional)

#### Method

- Adults:** Put the chicken and marinade ingredients in a bowl and cover. Put in the fridge for at least two hours.
- Children:** If your children are 5 or over, you can get them to roughly chop the pepper, roasted pepper, apple and tomatoes for the salsa using a good quality firm plastic knife or cutlery knife. Otherwise do this yourself. Younger children can pick the leaves from the coriander and mix them into the salsa.
- Adults:** Tip the salsa ingredients into a food processor, along with the lime juice and a little seasoning and pulse until finely chopped. Take out 2 large spoons of the mixture for younger children, then add chilli sauce, if using, and pulse again to combine.
- Children:** Squeeze or spoon the avocado into a bowl and use a potato masher to mash it. Stir in the lime juice and some black pepper with a spoon. Lime juice can sting so grown ups may want to squeeze them for younger children.
- Adults:** Heat a little olive oil in a frying pan and pour the contents of the chicken bowl into the pan. Cook for 5- 8 minutes or until the chicken chunks are cooked through.
- Children:** Put the grated cheese, salsa (for grown-ups and children), guacamole and sour cream in separate colourful bowls to put on the table.
- Adults:** Heat the tortillas according to the pack instructions and put the cooked chicken in a bowl. Show children how to fill and roll their tortilla.
- Children:** Lay out your tortilla, choose your toppings, roll them up and eat!

Recipe Link: <https://www.bbcgoodfood.com/recipes/cooking-kids-fajitas>

## 4. Make your own windsock

Meteorologists (weather scientists) measure the speed and direction of wind using instruments called anemometers. A simpler instrument is a windsock.

### To make a windsock, you will need

Used plastic carrier bags

Scissors

String

An empty plastic bottle

### How to make it

1. Adult: Cut a ring from the plastic bottle.
2. Child: Cut 1-inch wide strips out of the plastic bags. If you have coloured bags, you can use a variety to make your windsock multicoloured.
3. Fold each strip in half and thread the folded end through the plastic bottle ring. You should have a loop on one side of the ring and the tails on the other.
4. Thread the tails of the plastic strip through the loop and pull gently. Repeat with all of your plastic strips until the plastic bottle ring is completely covered.
5. Tightly tie each end of the string around the plastic bottle ring and use the loose string to hang your windsock on any hook. Hang securely and start to make your observations on different days!
6. Track how the windsock blows over time. Which way does the windsock blow each day? Check in the morning and in the evening before bed. When is it windiest?



## 5. Make a mini pond



Every wild garden benefits from having a pond. Make a splash for nature near you by creating your own! Birds bathe in it, dragonflies lay their eggs there, newts get a wiggle on among the water weed. Ponds are a fantastic addition to any garden and a great way to give nature a home.

You don't have to have a huge outdoor space to make a pond, a mini-pond is something nearly anyone can do.

It doesn't matter whether you've got a small balcony or a tiny backyard, everyone can bring a little bit of water into the lives of the wildlife around them!

### What you will need

- A large container that will hold water
- Some gravel and rocks
- Some small pond plants
- Optional: some pond liner or silicon

### What you need to do

1. Find a large container (you could use a large washing-up bowl). It needs to be strong to withstand the rigours of being outside, especially frosts. You could use something that isn't watertight but is strong, such as a large plant pot, but making sure that it doesn't leak can be challenging. If you do use a pot, you may want to consider lining it with pond liner.
2. Put your container into your chosen place while it's empty. Once it's full of water, it will be difficult to move! Ideally you'll put it somewhere that gets a good amount of light, but isn't in full sunlight all day. You can sink it into the ground or leave it proud of the surface, but if the edges are level with the ground, more creatures can get in and out. *Even a mini-pond can be a hazard for small children, so position it where it will be safe.*
3. Make sure that wildlife can get in and out, by using bricks rocks or logs to create stepping stones in and out of the pond. It is vital that the pond is not a trap for creature such as hedgehogs.
4. Put a layer of clean gravel in the bottom if you wish. Don't use soil – it is too full of nutrients and it will prompt blooms of unsightly algae to form.
5. At last, you can fill your pond! Whenever possible, use rainwater. Tap water contains too many chemicals to be good for a pond.
6. Plant up your pond. Submerged pondweed is vital to help the pond stay clear, Always use native plants in ponds – rigid hornwort and whorled water-milfoil are recommended. You can buy these from garden centres or specialist pond suppliers. Include native marginal plants around the edge, poking clear of the surface to give perches and cover to wildlife. Just be very careful to only use plants that won't grow too large for such a small space. Two or three plants is the maximum for a pond this size. Try plants such as water forget-me-not, lesser spearwort and marsh marigold.
7. Aftercare. For the first few months, don't worry if you get algae or blanket weed (which is like strings of green gloop), get children to remove it by winding it around a stick – it's fun!
8. As your mini-pond matures, all the pond creatures you've attracted will help keep the water clear. You may need to top the pond up in hot weather – try to use rainwater from a water butt.
9. And now see what arrives! Don't be tempted to bring in buckets of pond life from elsewhere. Pond creatures are great at finding ponds themselves. Toads tend to like larger ponds, but there is every chance a frog or newt will find your mini-pond, especially if you provide corridors of cover next to a pond, and add a frog and toad abode nearby.

Link: <https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/createaminipond/>