

Five Fun Activities

WB: 4th May 2020

1. Measure the Rainfall

You will need

An empty 2 litre plastic bottle
30cm ruler/tape measure
Marker pen
Sharp scissors
Sticky tape



What to do

1. Holding a ruler against the bottle, use a marker pen to mark every centimetre up to about 20cm.
2. Use the scissors to pierce a hole in the bottle above the 20cm line (with an adult's help).
3. Starting at the hole, cut all the way around the top of the bottle until the top part of the bottle comes off. Be careful! The plastic edge can be sharp.
4. Cover both parts of the bottle's sharp edges with tape.
5. Turn the top part of the bottle upside down and rest it in the bottle.
6. Stand your bottle somewhere sturdy so it can collect the rain. If you wanted to, you could dig a hole and bury your rain gauge so it is about 5cm above the ground.

Record the rainfall at the same time each day. You could use a sheet a bit like the one below. Before you start collecting your information, make a prediction of how much rain you think will fall in May. If you wanted to, you could use this information to help you make your prediction:

Average Monthly Rainfall in the month of May

Days of Rain	Place	Centimetres	Millimetres
10	Birmingham	5.6	56
9	Exeter	5.9	59
9	London	4.7	47
10	Oxford	6.5	57
13	Princetown, Dartmoor Park	11.3	113

Day	Rainfall (cm)
Monday 4 th	
Tuesday 5 th	
Wednesday 6 th	
Thursday 7 th	
Friday 8 th	
Saturday 9 th	
Sunday 10 th	

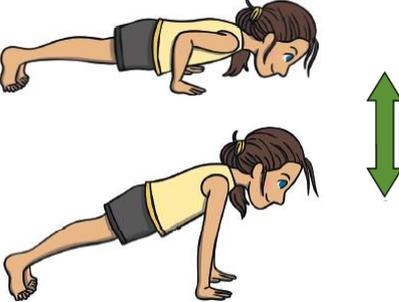
Once you have collected your data you could compare your results to those reported by your local weather station.

If your child is interested in learning more about rain, you could look at the following website:

<https://www.metoffice.gov.uk/weather/learn-about/met-office-for-schools/other-content/other-resources/water-cycle>

2. Indoor Fitness Circuits

Make sure you are wearing sensible clothing to exercise. Set up your own circuit training stations. Choose your stations using the cards below. Set a timer and start by doing a minute at each station. You can increase/decrease the amount of time you spend at each station to suit you and you may want to do all the exercises more than once if you are feeling energetic!

 <p>Jog on the Spot Try your best to stay in the same place.</p>	 <p>Plank Hold your body in plank position for as long as you can, taking a rest when you need to. You can rest your knees on the floor to make this move easier</p>	 <p>Leg Raises Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.</p>
 <p>Ladder Run Tape a ladder on the floor using masking tape (please ask an adult first). Jog up the ladder putting one foot in each space as you go. To make it more challenging you could step outside the ladder and then back in at each space.</p>	 <p>Press Ups You can put your knees on the floor to make this move easier.</p>	 <p>Burpees Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so you are in a plank position. Bring your right leg, then left leg into squat position, and then jump. Repeat.</p>
 <p>High Knees Raise each knee in front of you, one at a time, as high as you can. To make this more challenging try to do this quicker.</p>	 <p>Jogging/Side Stepping Jog from one point to another (this could be from a chair to a wall). Try to keep your pace the same. You could also sidestep from one point and back again, leaning down to touch the floor each time.</p>	

3. Go on a Wild Plant Hunt

On one of your daily walks, look out for some of the wild plants below which are flowering.

Can you spot all of them? Can you find any that are not in the pictures below? If so, research to see if you can find out what they are called.

 <p>Bluebell</p>	 <p>Bind Weed</p>	 <p>Bramble</p>	 <p>Cow Parsley</p>
 <p>Buttercup</p>	 <p>Clover</p>	 <p>Daisy</p>	 <p>Dandelion</p>
 <p>Dog Rose</p>	 <p>Forget-me-not</p>	 <p>Ivy</p>	 <p>Nettle</p>
 <p>Poppy</p>	 <p>Ragged Robin</p>	 <p>Ragwort</p>	 <p>Viola</p>

4. Make a DIY Lava Lamp

You will need

Water
Vegetable Oil
Food Colouring
A clear plastic bottle or jar
Effervescent tablets



Method

1. Fill the bottle or jar a quarter full with water.
2. Top up, almost to the top with vegetable oil. They should separate into two layers, water at the bottom, oil on the top.
3. Add about 6-8 drops of food colouring. The colour will mix with the water at the bottom.
4. Pop in half an effervescent tablet and watch the bubbles form.
5. Add more effervescent bit by bit to try and keep the bubbles rising and falling.

What is happening?

Firstly water and oil will not mix – this is because we say that water is a polar molecule – its structure means that it has a positive charge at one end and a negative charge at the other. Water molecules stick together because the positive end of one water molecules is attracted to the negative end of another.

Oil molecule structure is different – it is non-polar, meaning that its charge is more evenly spread out, so the oil is not attracted to water. This is called hydrophobic (water-fearing), so it tries to get as far away from water as possible and will not mix. The reason the oil sits on top of the water rather than underneath it is because it has a different density.

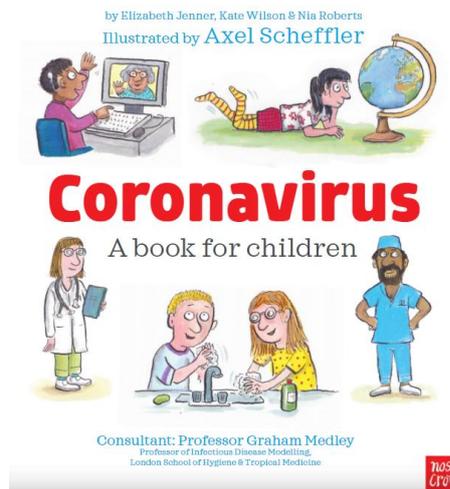
As the effervescent tablet is added, it reacts with the water and forms carbon dioxide gas and sodium citrate. It is the carbon dioxide bubbles that carry the coloured water up to the top.

5. Read an Online Book

A free information book explaining the coronavirus to children has recently been released. It is a non-fiction book and is illustrated by Gruffalo illustrator Axel Scheffler. Read the book and use this as a time to discuss what is happening with an adult in your house.

Press Ctrl and then click on the link below.

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/?fbclid=IwAR2vBHblqCwsCWG1jKgm2cNiK25QIF9tCH-Dek-6WImDC7lrtrFOvkY5pC>



If you wanted to, why not make a poster to say thank you to all the key workers who are helping us.

Examples of people you could make posters for include;

- NHS Staff
- Carers
- Emergency services
- Postal workers
- Transport workers
- Shop Staff
- Armed services
- Vets
- Refuse collectors
- Factory workers

Display your poster in the window of your house so they can see you are grateful for their help when they pass.