

DENBIGH COMMUNITY PRIMARY SCHOOL

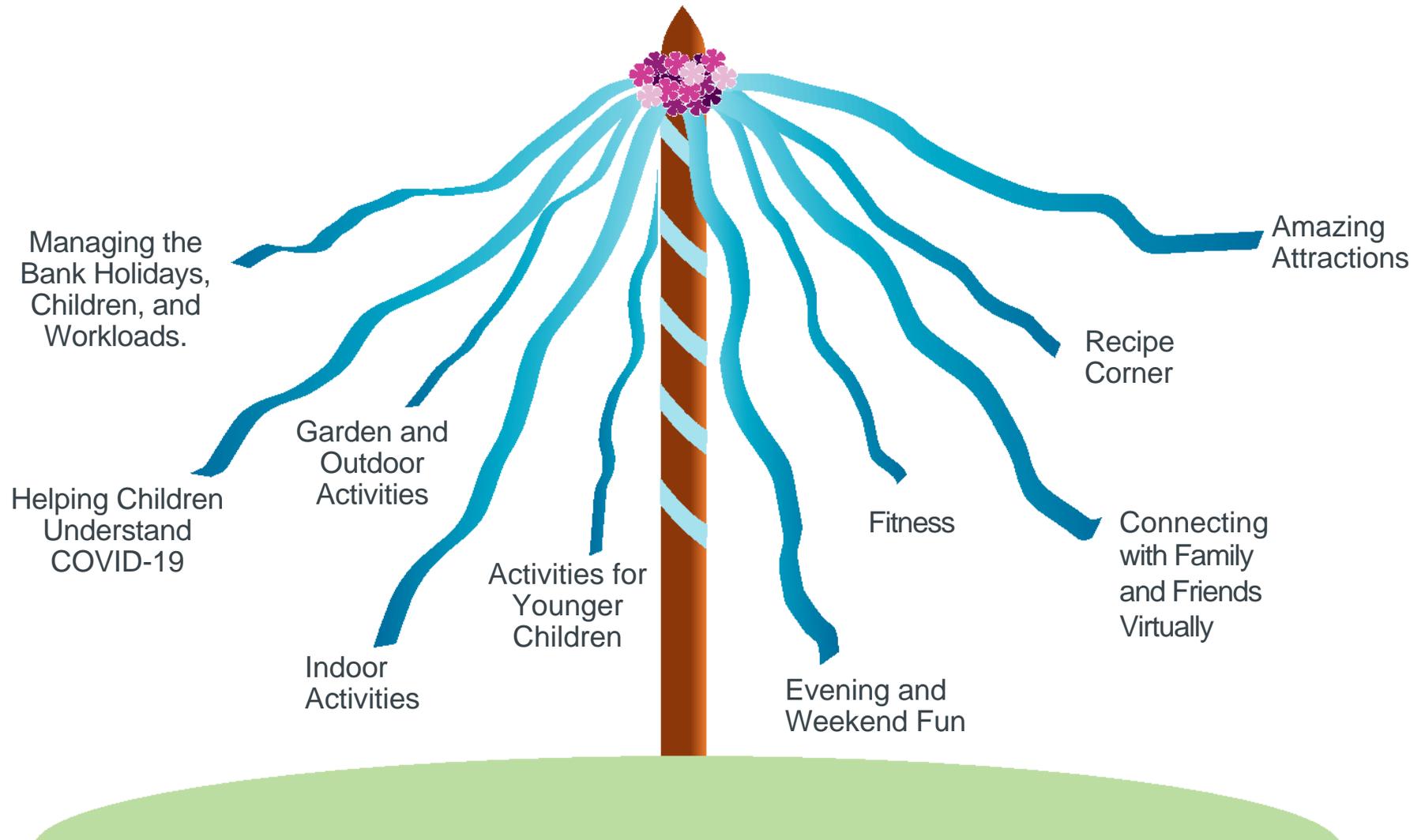
May Half Term Family Fun Activity Pack



IMAGINE, BELIEVE and ACHIEVE

Contents

This pack is primarily aimed at parents, but there are some great activities, tips, and links for all. It is not an exhaustive list, but it is designed to give you ideas over the coming week to keep energies high and boredom low over the bank holiday weekend.



Managing the Holiday's, Children, Family, and Workloads

Tips



Take time away from the people you are isolating with. Go for a run/bike ride/walk, read a book in another room, or take a bath.



Focus on your work/key tasks rather than the hours you are doing.



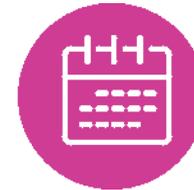
Mute social media apps if they become too much.



Plan your day and be mindful to take the pressure off yourself.



Be kind to yourself.



If its possible – take holidays.
At the end of the day or at weekends turn your laptop off and put it away.
Give yourself a hard stop and don't feel guilty about it.

Garden and Outdoor Activities

Don't Forget Your Sun Cream!

Great websites:

Wildlife Trust:

<https://www.wildlifetrusts.org/>

RSPB:

<https://www.rspb.org.uk>

National History Museum:

<https://www.nhm.ac.uk/>

Ideas:

- [Create a wild garden](#)
- [Make a bee hotel or bat box](#)
- [Press flowers and leaves](#)
- [Create a bird house and feeder with a milk carton](#)
- [Birds nests and feeders](#)
- [Fairy tale scavenger hunt](#)
- [Star gazing](#)
- [Chalk Challenge](#)
- Shooting water into buckets.
- Camp in the garden.
- Paint stones/positive pebbles for the NHS.
- Make a fairy garden or dinosaur garden.
- Ice cube fun; Create a giant ice cube and fill with small toys – the children can make it melt to get to the treasure inside! Or you can put a plastic toy in a food bag, fill with (coloured) water and freeze.
- Garden Bird Bingo
- Make mud pies.
- Make a time capsule and bury it in the garden.
- Nature sketching.
- Skipping games.
- Wash the car.
- Make petal perfume.
- Paint an old bed sheet.
- Make paper boats.
- Garden art; Make an outdoor picture from what you can find in the garden.
- Junk modelling; If space allows, make a boat or pirate ship with your junk boxes!

Indoor Activities

Things to do:

- Create a time capsule.
- Paint with coffee.
- Create a mosaic picture of yourself.
- Create your own family photo shoot.
- Make sock puppets.
- Design your own family coat of arms.

Games:

- Design your own superhero, the world they come from, and make a costume to go with it. Then save the galaxy!
- Touch and feel box – guess the objects in the box without peeping.
- Cardboard nail painting – draw around your children’s hands, draw on some finger nails, and let your children paint on the nails.
- Who am I? – You’ll need a sheet of labels, write the name of a famous person and stick it on another person’s forehead. Ask yes/no questions to guess who you are.
- Blind drawing – two players sit back to back with one only giving unrelated words to draw the object, e.g. if drawing a flower, rather than saying “draw a petal”, you might say “draw hearts in a circle”.

Activities for Younger Children

Sensory play

- Colour hunt – get children to separate out the different colours on a tray.
 - Letter hunt – send children to find something beginning with a letter of the alphabet and encourage them to describe it, e.g. the pointy pencil.
 - Shape hunt – encourage children to find objects that look like shapes – square, circle, cylinder, triangle.
 - Cheerio/spaghetti threading – stick spaghetti into playdough/blu tack and thread Cheerios onto them.
- Kiddy pong – put out cups/paper plates and some balls (or scrunched up paper – challenge the children to throw the balls into the cups.

- Timed tower building – who can build the tallest tower in the allotted time?
- Write the outline of your child's name, add blobs of paint, and let them finger-paint the colours together.
- Put blobs of paint in a Ziploc and let children mash the paint together.
- Tray Play – freeze toys in water and let your child free their frozen toys.
- Paint a rainbow.
- Create a mud kitchen.

Evening and Weekend Fun with your Household

Activities:

- Invite your family to a formal dinner/black tie meal.
- Ask your children to wait on you for the night!
- Lockdown safari supper – everybody in the family makes a course.
- Create your family's mock tail.
- Have a country themed night – go online, chose a country's flag and other typical images, dress according to the country, eat the country's food, dance to their music, watch a film connected with the country.
- Card games night.
- Board game night.
- Hold an “afternoon tea” party.
- Musical statues.

Fitness

Activities:

- The outdoor daily walk challenge.
- Handstand challenge – challenge a friend to do a handstand every day.
- Create your own sports day.
- Create an obstacle course.
- Design your own Olympic games.
- Give back – go out for a walk and litter pick.
- Learn to hula hoop.
- Have a step competition – 10,000 steps a day is the recommended daily amount. Can you beat it?
- Join Joe Wicks for his morning workouts on YouTube.

Connecting with Family and Friends Virtually

Virtual things to do:

- Quiz night – each participant creates a round or nominate a quiz master to host it!
- Host an online bingo night.
- Create a music playlist and hold a virtual dance party.
- Join a Netflix Party. It's the new way to watch Netflix with your friends online.
- Organise book club chats – read a book a week and meet up virtually to discuss.
- Bucket list challenge – share your bucket list ideas.
- Contact a friend or family member you have been thinking about and send them an email.
- Virtual scrabble. The classic word game is known and beloved all over the world. There are app versions – that can played with friends.
- Create a “pets’ pictures” virtual chat group and share pictures and funny stories about your pets.

Recipe Corner

Muffins (12 small; 8 large)

- 140g sugar (granulated or castor; brown or white).
- 100g softened butter.
- Beat these two together until they are soft and creamy.
- 2 medium to large eggs – beaten together in a cup.
- Add these gradually to the sugar and butter – beating all the time. Do this very gradually.
- Next, beat in 100-120g of yoghurt (any yoghurt). If you have vanilla essence add a teaspoon here.

For Chocolate Muffin:

- Add 200g of plain flour combined with 50g of chocolate powder (anything from a good quality chocolate or drinking chocolate) and 1.5 teaspoon of baking powder.
- Add 100g of chopped chocolate of your choice – milk, dark, white, chocolate nibs, fudge, or a combination of any of these.

For Blueberry (or any other berry muffin):

- Add 250g of plain flour - with 1.5 teaspoons of baking powder.
- Add about 120g berries at the end.
- If your mixture is too thick, add a little drop of milk.
- Spoon the mixture into the muffin cases evenly (approx. 60g into a small muffin case; 100g into a large muffin case).
- Bake in a preheated oven 180c (170c for fan oven). Check after 10 minutes; rotate tray if they are not baking evenly; bake for another 5-6 minutes.

Butternut Squash Soup – with left-over fun for children

- 1 butternut squash roughly chopped. Discard the stalky ends; put the seeds to one side.
- 2 white onions roughly chopped.
- A thumbnail of fresh ginger – peeled and roughly chopped.
- 3 cloves of garlic – peeled and roughly chopped.
- 1 chilli (red for hot; green for milder) – seeds removed and roughly chopped.
- Gently fry everything on a low heat with a little oil – you don't want anything to brown, just soften which will bring out the flavours (or place in a roasting tray with a little oil; put in at about 150c for 30-40 minutes – keep an eye to make sure they don't brown).
- Now transfer ingredients into a large saucepan and cover with cold water. Add a vegetable stock cube. Bring to the boil slowly and then gently simmer for an hour and a half. You might have to top up the water.
- Once everything is nice and soft use whatever blender you have to blend to a silky smooth liquid. Season with salt and pepper to taste.
- This will last in the fridge for about 5 days.

For the children

- Take some of the seeds.
- Place in small seed pots (7.5cm) or a seed tray (nicely spaced – about 8cm apart) with some all-purpose or potting compost. sow them about 1.5cm deep. Place in a warm room with plenty of light. They will start to sprout within a week – very satisfying!
- These can then be transferred into bigger planter or out into the garden end May or early June.

Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comforts of your home while self-isolating.

Museums and Attractions

- Royal British Legion – VE Day Downloads
<https://rbli.co.uk/veday75/>
- VE Day Video – BBC
<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr>
- BBC Bitesize – WW2
<https://www.bbc.co.uk/bitesize/guides/z9s9q6f/revision/1>
- British Museum, London
<https://britishmuseum.withgoogle.com/>
- Local History & Culture
<https://englandsnortheast.co.uk/shiremoor-longbenton-killingworth/>
- Discovery Museum Newcastle
<https://discoverymuseum.org.uk/learning>
- Museum Of London Docklands
<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- Tate Britain, London
<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- National Gallery Of Arts, Washington DC
<https://www.nga.gov/>
- National Gallery, London
https://www.nationalgallery.org.uk/visiting/virtual-tours_
- Natural History Museum, London
https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/vQHjHCmSOMKyhQ_
- Picasso Museum, Barcelona
http://www.bcn.cat/museupicasso/en/museum/presentation.html_
- Rijksmuseum, Amsterdam, Netherlands
https://artsandculture.google.com/partner/rijksmuseum_
- Royal Academy Of Arts, London
<https://britishart.yale.edu/>
- Salvatore Dali Museum, Figueres, Spain
https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#_
- Musei Vaticani, Vatican City
http://www.museivaticani.va/content/museivaticani/e_n/collezioni/musei/tour-virtuali-elenco.html
- Anne Franke Museum, Amsterdam
<https://www.annefrank.org/en/museum/web-and-digital/>
- Louvre Museum, Paris
https://www.louvre.fr/en/visites-en-ligne_
- RAF Museum – virtual Tour
<https://www.rafmuseum.org.uk/london/things-to-see-and-do/virtual-tours.aspx>
- The Museum of Flight -
https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online_
- The National Museum of Computing on Bletchley Park
<https://britishart.yale.edu/>
- Uffizi Gallery, Florence, Italy
<https://artsandculture.google.com/partner/uffizi-gallery>
- Van Gogh Museum, Amsterdam, Netherlands
<https://artsandculture.google.com/partner/van-gogh-museum>
- Virginia Living Museum
<https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- Yale Centre For British Art
<https://britishart.yale.edu/>
- Musei Vaticani, Vatican City
http://www.museivaticani.va/content/museivaticani/e_n/collezioni/musei/tour-virtuali-elenco.html_
- Met Museum, New York
<https://www.metmuseum.org/art/online-features/met-360-project>
- Musée d'Orsay, Paris
https://m.musee-orsay.fr/en/home.html_
- Hermitage Museum, St Petersburg, Russia
<https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>

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A list of museums, zoos, and other attractions from around the world to visit from the comforts of your home while we self-isolate.

Buckingham Palace, London
<https://www.royal.uk/virtual-tours-buckingham-palace>

Colosseum, Rome
<https://tinyurl.com/thrprzf>

Machu Picchu, Peru
<https://www.youvisit.com/tour/machu-picchu?pl=f>

Northern Lights
<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>

Pyramids
<https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>

Stonehenge
<https://tinyurl.com/wz3xgz7>

Taj Mahal, Agra, India
<https://tinyurl.com/qpz7vmt>

The Great Wall Of China
<https://www.thechinaguide.com/destination/great-wall-of-china>

Tour of Rome, Italy
<https://tinyurl.com/s5vlzbc>

AirPano
<https://www.airpano.com/>

ExoPlanets NASA
<https://exoplanets.nasa.gov/>

Legoland
<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>

NASA, Langley Research Centre
<https://oh.larc.nasa.gov/oh/>

The Kennedy Centre
<https://www.kennedycenter.org/digitalstage>

Walt Disney Parks
<https://tinyurl.com/v7qano5>

International Wolf Centre
<https://wolf.org/wolf-cams2/>

Yellowstone National Park
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Kansas City Zoo
<https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>

African Animals
<https://explore.org/livecams/African-wildlife/african-animal-lookout-camera>

Atlanta Zoo
<https://zooatlanta.org/panda-cam/>

Cincinnati Zoo
<https://www.facebook.com/events/2915534028492292/>

Dublin Zoo
<https://www.dublinzoo.ie/animals/animal-webcams/elephants/>

Edinburgh Zoo
<https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Flamingo Land
<https://www.flamingoland.co.uk/virtual-tour/>

Florida Aquarium
<http://www.flaquarium.org/sea-span>

Hirakawa Zoo, Japan
<https://hirakawazoo.jp/animal/movie>