

FUTURE
AN **ON THE SIDE** YOUTH ZONE



Summer Activities Booklet



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Mr Vibe 'The Rec'

- As the heart of our youth Zone, we challenge young people & to draw an artistic heart (examples below) with 'Future Youth Zone' located on the page in your best 3D or bubble writing.
- This will be part of a competition to win a £10 voucher of your choosing!
- Tag us the hashtag **#FutureHeartChallenge** and post your drawing on your social media page.

- 1 piece of A4 Paper
- Pencil
- Colouring pencils or Felts
- Rubber

Steps

- In artistic form draw a heart with 'Future Youth Zone' also on the page
- Colour in the drawing
- Post the picture on your social media or send it to us via email with the hashtag **#FutureHeartChallenge**
- Examples of some artistic hearts are below!



Learn How to Draw Heart with Wings ...
drawingtutorials101.com



Easy Love Heart Drawings
laboratoriorojan.com.br



How To Draw - Love Heart Drawings Easy ...
kindpng.com

Related searches



cute heart drawings



broken heart drawings



pencil heart drawings



Heart Drawings Vector Stock ...
istockphoto.com



How To Draw Human Heart - Real Easy



DrawingTeachers.com, Artist Michael Thoines



FREE 12+ Heart Drawings in AI



Heart Drawings. Download F



Heart Drawing by JAP D

Create Your Own Rec Game

Equipment

- Paper
- Pen
- Bowl
- Cup
- Cooking pot
- Soft bouncy ball (or screwed up paper)

Steps

- With this equipment from your home, create your own rec game, a game you would love to see played next time you are at Future!
- You DO NOT have to use ALL equipment
- There are no limits, you only have to make sure your game is **SAFE, INCLUSIVE & CHALLENGING**
- You must create your game and then test it out
- If you are happy with your game, send us a video to our email & we may show the world your creativity!

Video

- In the video state your name 'my name is...'
- Now say 'I have accepted Future's challenge of creating my own rec game'
- - Next explain the rules 'The rules of my game are...'
- Finally show us how to do it, 'Now I am going to show you how to play my game'
- When finished send your video to our email!

Future Acrostic Poem Rec Challenge

Equipment

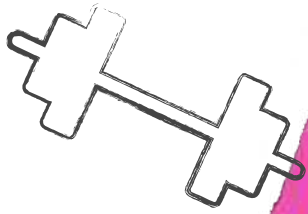
- Paper
- Pen

Steps:

- Create an acrostic poem about Future, there is an example below
- Tag us using the hashtag **#FuturePoemChallenge** and post the poem on your social media

F Future is fantastic
U Unique in every way
T Teamwork makes the dreamwork
U Up, Up and away
R Respect is our motto
E Experiences like no other

NOW YOUR GO!



Mr Strength

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1		2		3		
Week 2	2		3		1		
Week 3	3		1		2		
Week 4	1		3		2		
Week 5	3		2		1		
Week 6	2		1		3		

- These workouts can be done together as a family or by yourself in a small space. This is an example, if you can not do these days, change the days so it fits you
- In the gaps, we encourage you to add in walks/activities with friends or family within the Covid guidelines

Workout 1

The 10-10-10 Workout:
10 exercises, 10 reps each, 10 minute goal.

Burpees x10
Press Ups x10
Lunges x5 each leg
Plank Shoulder Touches x10
Star jumps x10
Mountain Climbers x10
Squats x10
Superman Plank x10
Tuck Jumps x10
Ab crunches x10

Time each completion & your goal is to complete this in 10 minutes by the 6th week

Workout 2

The Cardio Blaster:
5 minute rounds, 5 exercises 1 min each, 1 min rest between each round. 3 round total.

• High Knees Scissor Jumps
• Star Jumps
• Burpees
• Kickboxing Kicks

Workout 3

The 40-20 Split:

Rounds 1 Cardio:

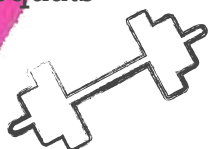
• High Knees
• Mountain Climbers
• Side to Side Agility shuttles
• Heel Flicks
• High Knees again burn out

Round 2 Upper Body:

• Press ups
• Bear Crawl
• Tricep Dips
• Pike Push Up
• Door Rows (20 seconds each arm)

Round 3 Lower Body:

• Alternate Lunges
• Squats
• Hamstring Calf Raises
• Side Lunges
• Round 4 Abs
• Sit ups
• Crunches
• Leg raises
• Heel touches
• Plank



5K Unity Fun Run/Walk

Here at Future we understand the importance of being active but equally we understand the imperative role families/carers continuously play in young people's development.

Resources:

- Water
- Trainers
- Comfortable Clothing

- We are challenging you to enjoy a 5k walk/run together at least once throughout the 6 week holidays.
- In order to prove you have completed your 5k run/walk, download 'Strava' or the 'Nike' running apps, both are free.
- When going on your run/walk ensure your phones location is turned on and you have started recording your activity in the app
- When completed, take a picture of you and your family, post it on your profile with the hashtag #UnityFutureFunRun' OR send it to our email with your names & the hashtag.

We will complete a raffle to award a young person who participated in the challenge a £10 voucher of their choice!



Ur Wheels

Challenge 1 'The 10k Cycle'

Resources:
Phone, Helmet & Pads, Bike

Steps:
Cycle 10k on road OR on an exercise bike

Use the **Nike** or **Strava** app (or any activity distance tracker) if you are on road Send us a picture of your completed activity with a proven date of completion

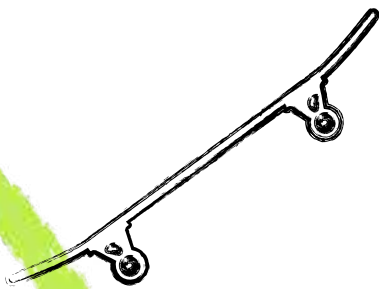
Post it on your social media with the hashtag
#Future10kcycle



Challenge 2 'Future Wheels freestyle'

Resources:
Bike, Skateboard, Roller Blades or Scooter & Phone

Steps:
Send us a video of your best freestyle moves
In the video state your name & that you are completing the 'Future Freestyle challenge'
Post the video on your socials with the hashtag
#Futurewheelsfreestyle



NO ENTRY INTO OUR COMPETITIONS WILL BE ACCEPTED IF THE CORRECT SAFETY EQUIPMENT IS NOT SEEN TO BE USED, THANK YOU



Mr Creation

Self Portrait Challenge

Resources: Paper, Pencil, Rubber, Youtube access

- Draw yourself as best as you can & send your self portrait to us and post it on your social media
- Use the hashtag **#FutureSelfPortrait**
- A winner will be selected to win your very own art set
- If you wish to learn how to draw a self portrait type 'how to draw faces' on youtube and select the first video

Nature Painting

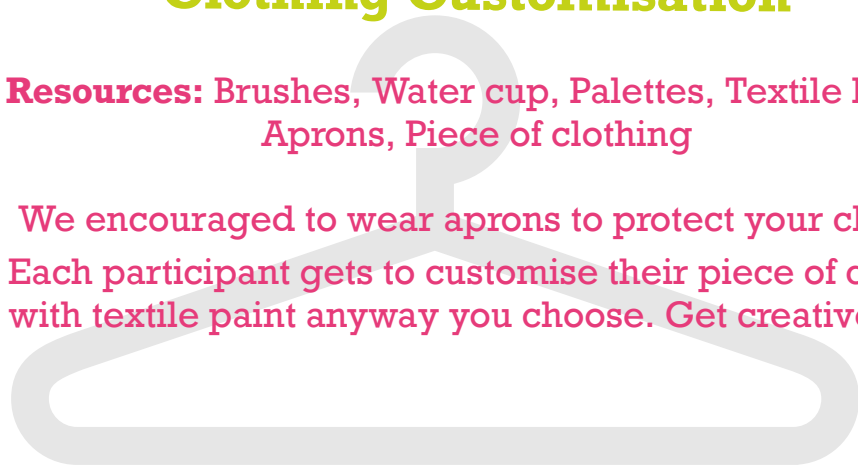
Resources: Brushes, Pencils, Paint, Water cup, Palette, Paper or cardboard, landscape visuals, pieces of nature (leaves, sticks, grass, stones, flowers you can find outside)

- We encourage you to explore the park and find few pieces of nature (e.g a leaf and a flower)
- Choose a view you would like to draw and find a comfortable position for painting
- You can also use pieces of nature instead of brushes and recreate the view!

Share your paintings with us via email or using the hashtag **#FutureNaturePainting**

Clothing Customisation

Resources: Brushes, Water cup, Palettes, Textile Paint, Aprons, Piece of clothing

- We encouraged to wear aprons to protect your clothing!
 - Each participant gets to customise their piece of clothing with textile paint anyway you choose. Get creative!
- 

Mr Inclusion

Awareness Poster

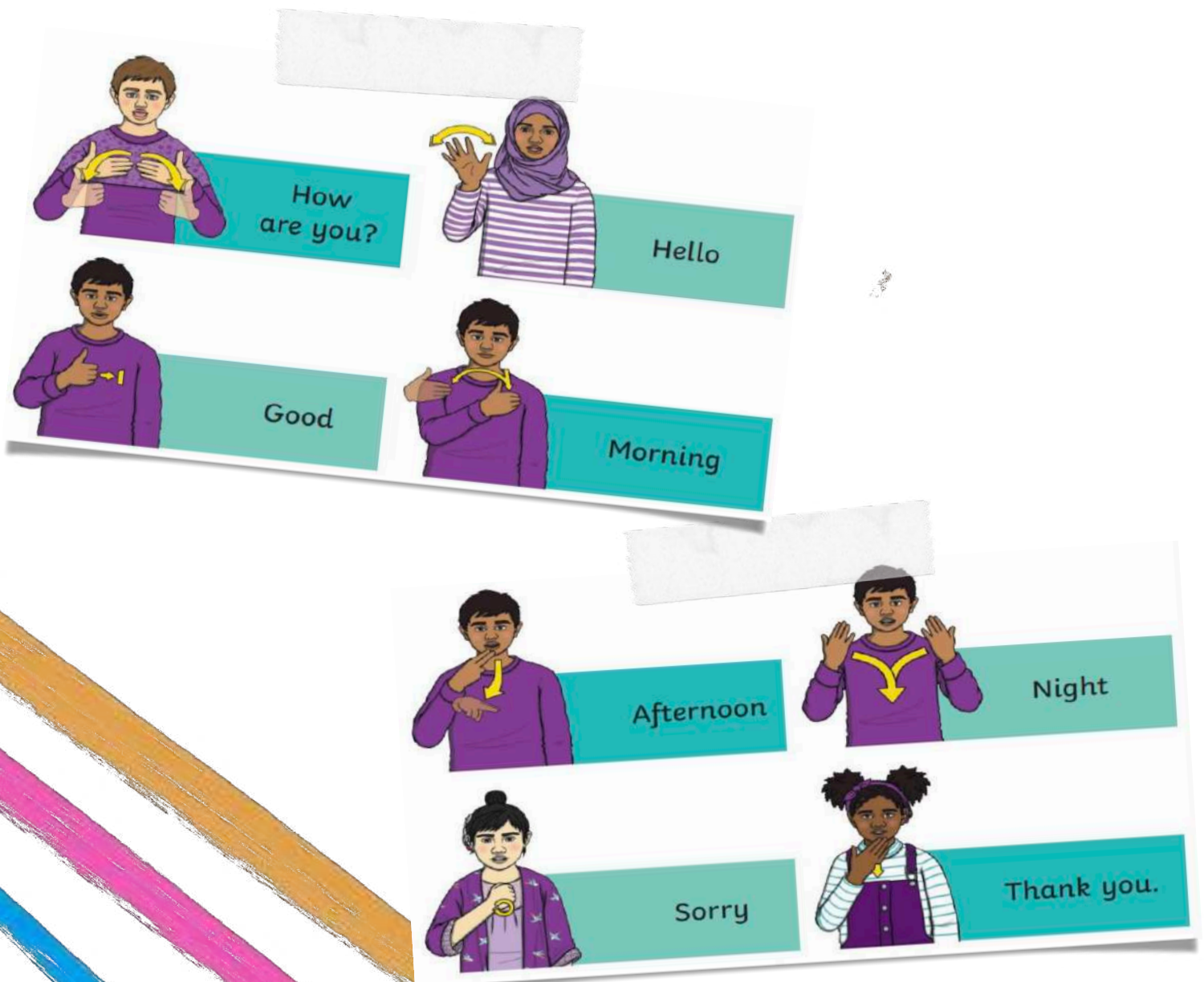
Resources:

Pencil, Paper, Colours

Create a poster to raise awareness for a cause that is passionate to you. Whether you are diagnosed with something directly, you know someone who is affected, or you are just genuinely passionate about the cause.

Let's create awareness as a team, **#ONETEAM**

Send all of your posters to us and post them on your social media with the hashtag **#FutureAwarenessPoster**



Mr Care

Self Care Planner

Resources: Paper, pen, ruler or straight object

Sometimes planning a whole week can seem overwhelming, so plan your days 1 at a time. Fill your day with a variety of things aimed to make you feel better & keep your mind occupied.

Ensure you include activities or challenges that cover your mental health (how you feel & growth mindset), physical health (keeping active) and social health (contacting friends/family & developing trustworthy bonds).

Copy our planning table below

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 minute walk						
2	10 minute meditation						
3	Call a friend						
4	Read a book						

Research & Education on Mental Health:

Resources:

Phone or laptop

youngminds.org.uk/find-help/your-guide-to-support/

Visit 'Young Minds' and research the various links they have towards education and self help.

Daily Summer Diary

Resources: Phone, a diary or paper & pen

Every day write in your diary if you have one.

You can make a diary on your phone through your 'notes' section or on a file no one else can access.

Express how you feel in your diary, your feelings are always better out than kept bottled in.



Mr Stage

Challenge 1 'Drama'

Resources:

Phone, paper, pen

Reenact a scene from a book, movie, series, documentary or anything of your choosing and record it (about 1 minute long)
You can do an individual monologue, or produce something with your friends, family or carer.

When sending us the video, state your names and tell us what scene you are reenacting. OR tell us if you have created something unique

Send us your videos and post them online with the hashtag **#FutureDramaChallenge**

Challenge 2 'Dance off':

Resources:

phone or laptop

Produce or copy a dance by yourself or with a partner/group to win a prize We want all types of dancers to show us their moves, whether it is contemporary, afro beats, kpop, tap or the salsa. The floor is yours!

Record yourselves & send us your video, then post it on your socials with the hashtag **#FutureDanceOff**

The winner of our 'Dance off' will receive a £10 voucher!

Challenge 3 'Comedy Challenge'

Resources:

Phone or Camera, paper, pen

Complete a video of your very best impressions or stand up jokes. Why not go a step further and complete a duet with someone in your home? The young person can act like the parent, and the parent like the young people.

Show us your comedy talents

Again send us your videos & share your impressions on your socials with the hashtag **#FutureImpression!**



Mr Skill



Football Freestyle Competition

Resources: Football, a small space, phone

Simply record yourself performing your best tricks
Send your video to us and post it on your socials
using the hashtag

#Futurefootballfreestyle

Take the challenge to the next step and challenge a
friend or staff member at Future to produce a better
freestyle than yours!

The winner will be rewarded with a brand new
Football!

Football Fitness Timed 'T Drill' Challenge

Resources: Football, cones or clothing,
stopwatch, phone

Mark out a rough 60 metre straight line
with 2 cones or a jumper

From the the second cone mark out a
20 metre area to the right AND left to
create a

T. Now from the start line, grab your
ball press record or start your
stopwatch

You are dribbling straight to the second
cone, then to the right cone, then all the
way to the left. From there you are
dribbling back to the finish as fast as
you can.

Send us your recording with your time
& post the challenge on your socials
with the hashtag

#FutureTdrillchallenge

The Rugby Kick & Catch Challenge

Resources: Rugby, a park, phone or
camera

Steps: Simply Kick the rugby ball high
up in the air and about 10-15 feet in
front of you

You now have to run and catch the ball
(For those without a rugby
specifically, we will accept a
challenge with a football!)

Now record your challenge and send
it to us, with the hashtag
#Futurerugbychallenge

We will award a young person with the
best looking kick and catch their very
own rugby ball & gum shield

Mr Production

Create a Summer Holiday Video Diary

Resources:

Phone or camera

Steps: At the end of each day video yourself and answer the following questions
How was your day? What did you do? Who were you with? How do you feel? What
are you hoping for tomorrow?

At the end of each week edit your diary in your gallery or on your laptop and make it
funky!

Barking & Dagenham Historical Landmark Photography Challenge

Want to get out of the house & visit historical Barking & Dagenham
landmarks?

Resources: Phone or camera, oyster or bike (optional)

Attend the landmark & take a selfie with the landmark in the background - Try
and visit 2 per week so you can spread out the fun!

When you have completed each visit, upload your photos onto a powerpoint
or any document you have access to

Produce a slide on each landmark and tell us why it is historic, what is the
landmark's background?

Send us your powerpoints when finished via email.

Landmarks to visit; 1. St Margaret's Parish Church 2. Curfew Tower 3. Church of St Peter & St
Paul 4. Barking & Abbey Football Club 5. A visit to YOUR school 6. Goodmayes Park 7. Valence
Park 8. Future Youth Zone!

Some landmarks may be closed or require a fee for entrance. BUT we are only asking for a
picture of you being close to the landmark, so please be safe and stay within the Covid
guidelines.

Create a Family or Friend Photo Album Activity

Resources: Photos, laptop or phone

Create a photo album for your family or
friends to cheer them up during tough times

You can create a photo album through
whatever device you have access to. Let's
have a minimum 10 photos for the album
If you want to take it the extra mile, write a
little message below each photo,
highlighting why that photo means
something to you



Mr Voice

Write a Letter to Your Favourite Musician

Resources: Paper, pen, internet

Find your best musicians contact details through a google search or social media check

Write them a positive & supportive letter using the below format and questions

Dear..... I am writing to you to thank you for showing the world your talent... How did you first come across the artist's music?

How has your artist's music helped you through a difficult period?

What is your favourite track or album?

Who would you love to see them collaborate with ? Any other info you wish to add?

Yours Truly..... (add your name)

Spoken Word Poetry Competition

Resources: Paper, Pen

Create a piece of spoken word poetry about Future & or the lockdown experience

Send us your creative pieces and post it on your socials with the hashtag **#Futurepoetrycompetition**

The winner will receive a book of their choice

Text Review Challenge

Reading is a great development tool, so why not read something and tell Future about what you have read?

Resources:

A piece of chosen text, paper, pen

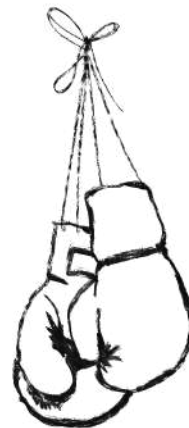
Tell us what the text was, was it a book, a magazine article or a tabloid?

Some questions to answer: What was it about? Who were the main characters? Was there a moral to the story? Why should other young people read it?

Send us your review and post it on your socials with the hashtag

#Futuretextreview

Mr Bout



Video Analysis:

Resources:

Laptop or Phone, Pen and Paper

Whether you are interested in Boxing or Mixed Martial Arts, video analysis for combat sports is essential. Here we encourage you to watch YOUR favourite fighter. If you do not have one watch videos of the following athletes.

Boxing = Muhammad Ali, Mike Tyson, Vasyl Lomachenko, Floyd Mayweather, Tyson Fury, Nicola Adams, Katie Taylor

Mixed Martial Arts = Giorgio Petrosyan, Robin Van Roosmalen, Georges St Pierre, Conor McGregor, Ronda Rousey, Amanda Nunes

Mixed Martial Arts fighters usually have a favourite discipline, so as well as watching videos study their discipline specifically.

When watching videos take notes on how they move, how they set up punches or kicks, the combinations they use, Difference between fighting southpaws/orthodox fighters & head movement

The 1 Minute Punch Challenge

Steps:

Record yourself throwing as many punches as possible in one minute

Watch it back and tell us how many you did, we will re watch to confirm Send us your completed challenge and post it on your socials using the hashtag **#Futurepunchchallenge**



The 6-6-6 Workout & Shadow Boxing

Resources:

A small space

Complete the 6-6-6 workout (Inspired by 1 of our partners Left Hook Boxing gym).

6 burpees, 6 squats, 6 press ups, 6 squat thrust 6 press ups 6 lunges (3 each leg) x 2 rounds.

The target is to complete this in 6 minutes, but even if you do not immediately achieve 6 minutes, make it your summer goal! Follow the workout with 3-12 rounds of shadow boxing (depending on levels of fitness)

PRACTICE MAKES PERFECT!

Mr Game

Basketball Free Throw Challenge:

Resources:
Basketball & Hoop

In two minutes how many free throws can you make?
Record the completion of the challenge, send it to us & post it on your socials using the hashtag
#Futurefreethrowchallenge

Racket Sports Target Challenges:

Resources: Bucket, A racket, ball (or scrunched paper)
How many 3 pointers can you make in 2 minutes?

This will be intense if you are alone on the court due to having to keep collect any rebounds, so get a friend or family member to help you out

Record the challenge, tell us your score & send it to us. Also post it on your socials with the hashtag
#Futuretreychallenge

Favourite Athlete Poster or Drawing

Resources:

Paper, Pencil, Colours

Produce a poster or drawing on your favourite sporting athlete, whether they are from the past or present

For those choosing the poster, tell us interesting facts about your athlete. What have they achieved? Their statistics, and more!

For those who wish to draw, draw a picture of your favorite athlete Send us all completed tasks & post it on your socials with the hashtag

#Futureathleteposter OR #Futureathletedrawing



Ur Beats & Booth

Compose Your Own Song Cover Competition

Resources:

Music access, Pen & Paper

Using the beat to a song of your choice, write your own lyrics to it.

Practice rehearsing your version of the song

Now record your cover on your phone or any device you have capable - Now record your final version & send it to us to view

Post the video on your socials and use the hashtag

#Futuresongcover We will judge who has performed the best cover song or made an original

The winner will receive a £10 voucher

Natural Beats Competition

Resources:

Pots, Pans, Wooden Spoons etc

With equipment from your household we want you to create a beat - Let the music run through your body

Record your creation & send it to us and post it on your socials using the hashtag **#Futurenaturalbeats**

The winner will receive a £10 voucher

Beatbox Challenge

Resources:

Phone or Camera

Record yourself performing your best beatboxing skills
Send it to us and post it on your socials with the hashtag **#Futurebeatboxchallenge**

Singing Competition

Resources: Phone or Camera, Laptop

Starting from July 20th we will be taking entries into our music competition - We will run a competition for 6 weeks, 6 rounds

The future staff team as well as Instagram voters such as young people and parents, will use the power of their vote to put you through to the next round

Deadlines for the first round will be July 23rd - Get recording and send us your entries!

Ur Journey

Ur Journey is a fitting name for our climbing wall and was created by some of our very own young members at Future Youth Zone. It really is about a journey towards overcoming fears, a journey towards learning a new skill and a journey to new heights.

Travel Bucket List

Resources:

Pen, Paper, Colours

Produce a bucket list of countries you want to travel to in your lifetime

Where are they? And tell us why you want to go there

Send us your lists through email or social media and use the hashtag **#Futuretravelbucketlist**

Mountain Peaks Powerpoint

Resources:

Pen, Paper, Colours or Laptop, Phone

If climbing mountains however big or small is an interest of yours, produce an artistic fact sheet list.

What mountains do you want to climb? How tall are they? Where are they located

Take a video recording of your powerpoint and send us the video

Family Park Day Out

Resources:

Phone, Water, Comfortable Clothing

Plan a day out with your family at a local forest or park

Take pictures of your day out and create a picture collage



Mr Chef



Quick Oreo & Ice Cream CheatCode Dessert

Equipment:

- 1 spoon or ice cream scooper
- 1 plate
- Sharp knife

Ingredients:

- Oreo biscuits x3
- Ice cream
- Strawberries x2
- Chocolate sauce

Method:

1. Place 3 oreos flat on a plate
2. Using an ice cream scooper, put one scoop of ice cream on each oreo
3. Cut each strawberry in half and place the strawberry on top of the ice cream
4. Add some chocolate sauce

Chocolate Cornflake Cakes

Equipment:

- Saucepan
- Cooking tray
- Cupcake holders
- Tea spoon
- Wooden spoon
- Large bowl

Ingredients:

- 3 tablespoons golden syrup
- 100g of cornflakes
- 50g butter
- 100g of chocolate

Method:

1. Weigh out the ingredients. Put 50g butter, 100g milk or dark chocolate, broken into chunks and 3 tbsp golden syrup in a saucepan or microwavable bowl.
2. Put 100g cornflakes in another large bowl.
3. Grown ups: Melt the weighed butter, chocolate and golden syrup in the saucepan over a low heat or briefly in the microwave.
4. Children: Stir the ingredients together gently using a wooden spoon.
5. Spoon the mixture into 12 cupcake cases arranged on a muffin tray
6. Put cakes in the fridge to set after cooled down and cooked

Banana Split

Equipment:

- Frying pan
- Sharp knife
- Tea spoon
- Spatula
- Chopping board
- Bowl

Ingredients:

- 1 banana (per 1 person) - Butter
- Ice cream of your choice
- Toppings of your choice

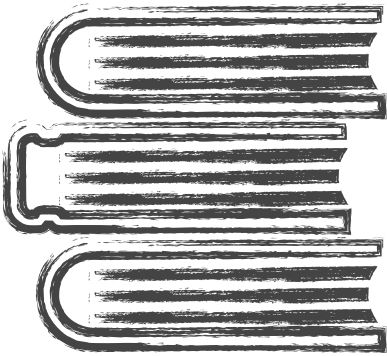
Method:

1. Peel the banana and then hold it in position to the 2 ends are facing upward
2. Grab your sharp knife and cut the banana in half, you nice should be going downwards
3. Grab you frying pan and place it on a hob
4. Add 2-3 tablespoons of butter and turn the hob on medium-low heat
5. Whilst the butter melts place both banana slices on it's cut side in the pan
6. Now wait for the banana to brown off, this should take around 1-2 minutes
7. When cooked place the banana slices in a bowl
8. Add your ice cream and toppings.



Mr Future

Due to lockdown the world's access to education has been unfortunately limited, therefore in this section you will be provided with some information on free access to websites, as well as mental health helplines if you're ever struggling.



- 
- BBC bitesize website = (recommended due to use from most schools)
 - Khan Academy (website and youtube channel) = Various educational videos
 - Mathantics (Youtube) = Maths specific videos
 - Reverso (phone app) = Multiple language app
 - Seneca (website) = Science revision

Help When Need It

'Childline' 9am until midnight = 0800 1111

More info: <https://www.childline.org.uk/get-support/>

'Samaritans' 24hour calling = 116 123 Email:

jo@samaritans.org

More info: www.samaritans.org

'Shout' 24hr FREE TEXT service

You must text 'SHOUT' to 85258

More info : <https://www.giveushout.org/>

'Switchboard' LGBTQ help 10am-10pm everyday = 0300

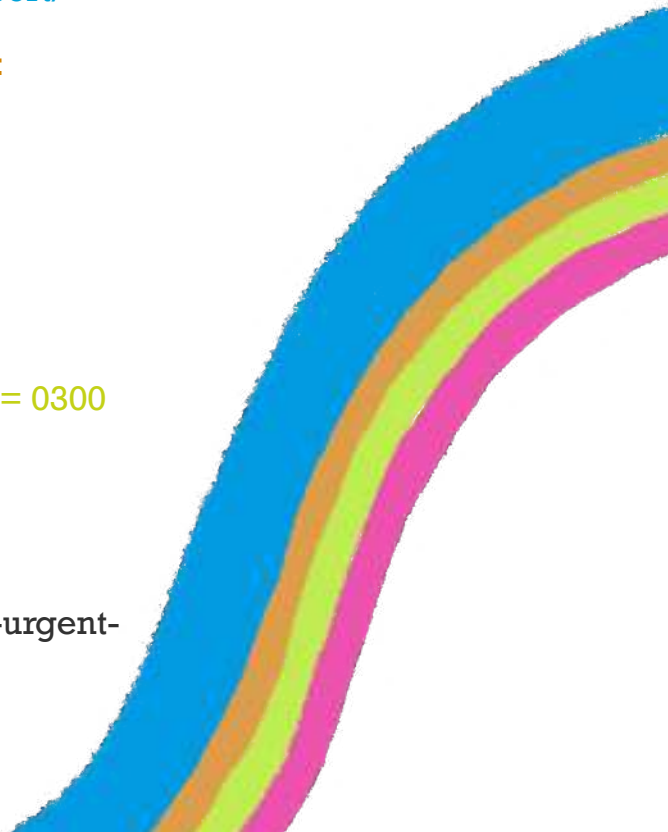
330 0630 Email: chris@switchboard.lgbt

More info: <https://switchboard.lgbt/>

'YoungMinds' FREE 24hr text service

You must text 'YM' to 85258

More info: <https://youngminds.org.uk/find-help/get-urgent-help/>



Extra Home Game Activities

Rec Home Table Tennis

- 1 table
- 1 bouncy ball (Tennis ball, bouncy ball, ping pong ball, Elastic band ball etc)
- X5 PLASTIC cups OR a large object to use as a 'net'
- Anything your parents allow for you to use as a bat OR just your hands



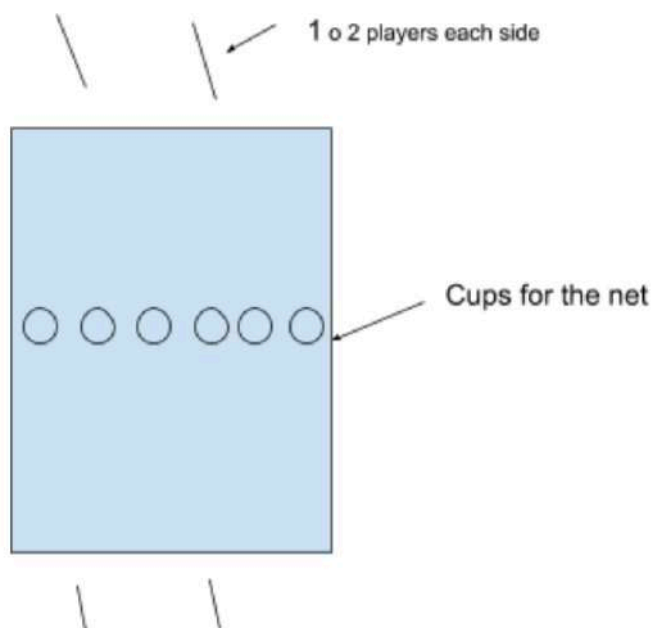
Rules

For a serve you may hit it straight over to your opponents half, change the person who serves after 2 points have been played

The ball can only bounce once on your side, if it bounces twice you lose a point
You are aiming to outsmart your opponent to win the point

First to 11 wins

Best out of 5 (first to 3 games) wins overall



Rec Paper & Cup Challenge

Equipment

Paper x1 Screwed up
1 empty cup (strong and sturdy)
A piece of clothing to use as a cone

Rules:

Place down your piece of clothing to use as a marker, then step a foot forward to place the cup down. Then start chucking the paper in the cup. Once you get it in, Take a step back and keep going until you have no room left to use.

Next Challenge

Same rules put place the cup at different heights to make it harder

Next & final Challenge

For those with stairs, place the cup at the bottom of the stairs whilst you work your way up from step 1. Every successful throw into the cup means you can move up a step.

Can you make it to the top!?



Spoon Keepy Ups



Equipment:

- One regular spoon
- X1 piece of screwed up paper

Rules:

- Similar to football when players keep the ball up with their feet, your job is to keep the paper up with the spoon
- Write your score down below, how many times can you keep the paper up???

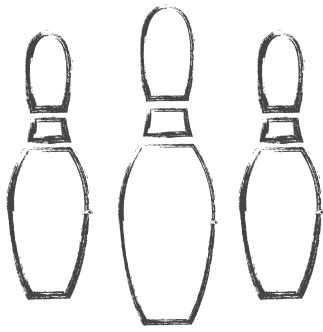
Advanced Challenge:

- Change the size of the spoon, either get a wooden spoon or a small tea spoon.
- If this is all too easy, attempt keepy ups in the usual way with your feet

Regular Spoon Score(best 3)	Small Spoon Score(best 3)	Keepy Ups Score (best 3)

TOO EASY?

Now try it with a family member or friend, both of you get a spoon!



Home Bowling

Equipment:

- 5 cups
- One small ball

Rules:

- Place the cups in a pyramid, 3,2,1 like normal bowling
 - Take 4 big steps back (more if you can)
- From where you stand, bowl the ball to hit the cups down
 - A strike is 5 points
- Each skittle is worth 1 point, if you only knock 3 down that means you are awarded 3 points
- You have 2 attempts to knock the cups down before having to start again
 - Complete a full 10 rounds
 - Use the table below to record score

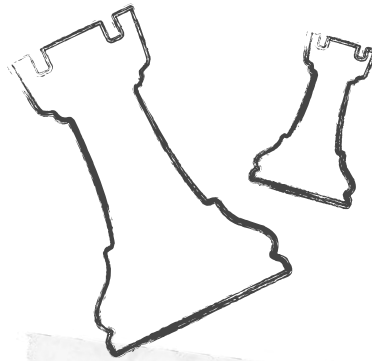
Name	1	2	3	4	5	6	7	8	9	10

Total =

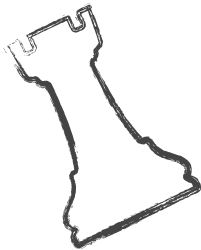
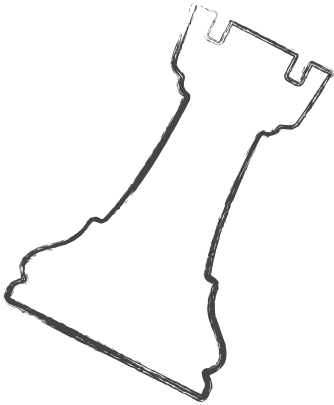
Create Your Home Checkers Kit

Equipment:

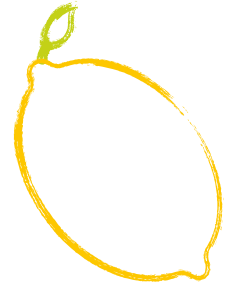
- Pen or Pencil
- Ruler or something straight
- X2 pieces of normal size paper
- Black colour pencil or felt tip
- Scissors



- ### Rules:
- Draw the following table on your own sheet, make it as big as possible
 - It is an 8 by 8, meaning 8 boxes sideways, 8 boxes downward (64 total boxes)
 - Colour the shaded boxes with black and leave the others white
 - Now to create the checkers markers out 12 'X' and 12 'O' on your second sheet of paper.
 - One player will be X the other will be O, usual checkers rules (See below)
 - X will be classed as whites, Black as O



Lemon Volcano Experiment



Equipment

- 1 pencil
- 1 paper
- Tape
- Scissors
- Colour pencils (optional)

Rules

- Cut the lemon in half
 - Add 1 drop of food colouring of each colour on to the lemon
 - Using the knife, poke a few holes in the lemon so the colouring spreads
 - Now add a teaspoon of baking powder on to the lemon
 - Grab the knife and spread the baking soda into the lemon
- Watch the magic happen...

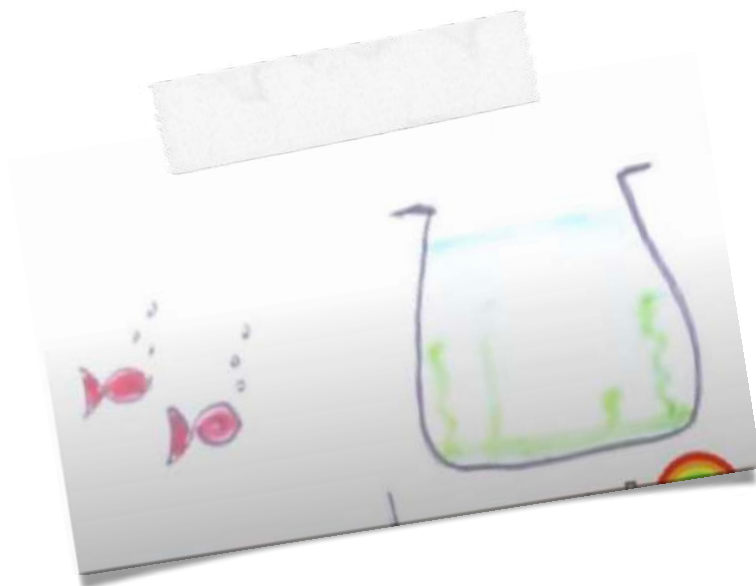
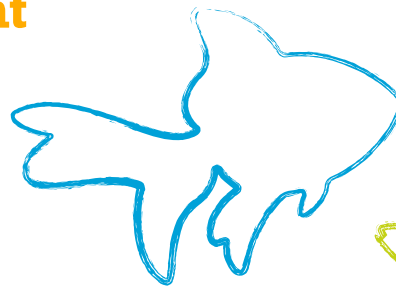
The Illusion Experiment

Equipment

- 1 pencil
- 1 paper
- Tape
- Scissors
- Colour pencils (optional)

Rules

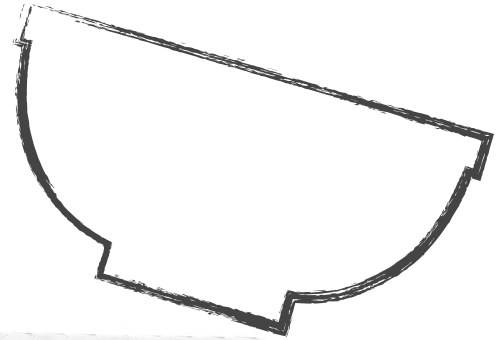
- Draw the two pictures >>>>> on a piece of paper
- Once drawn cut them out into two separate drawings
- Now tape the drawings back to back on to the thicker side of the pencil
- Finally using the thin tip of the pencil spin the pencil around fast and the fish should look like they are inside the bowl.



The Skittle Experiment

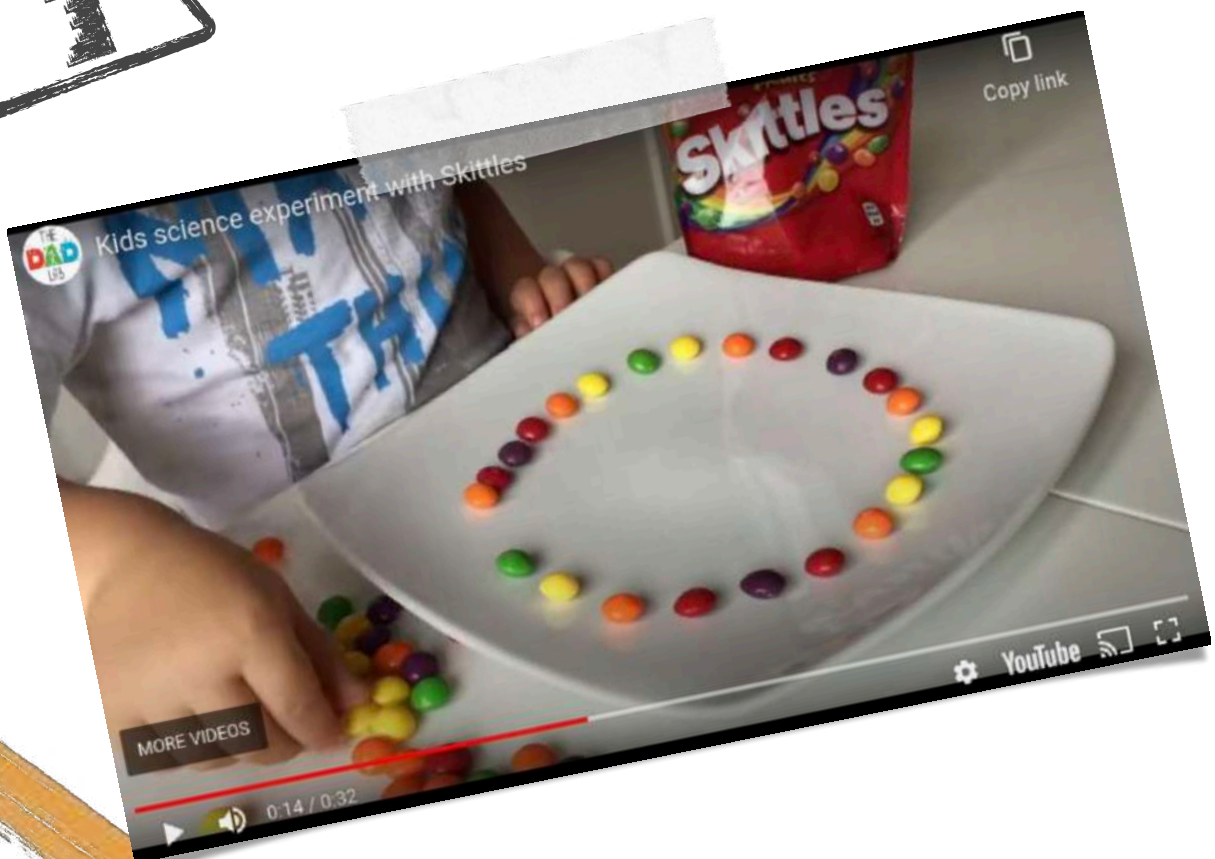
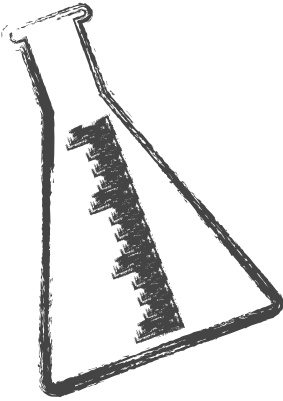
Equipment:

- A pack of skittles
- A plate
- A warm (not boiling) cup of water



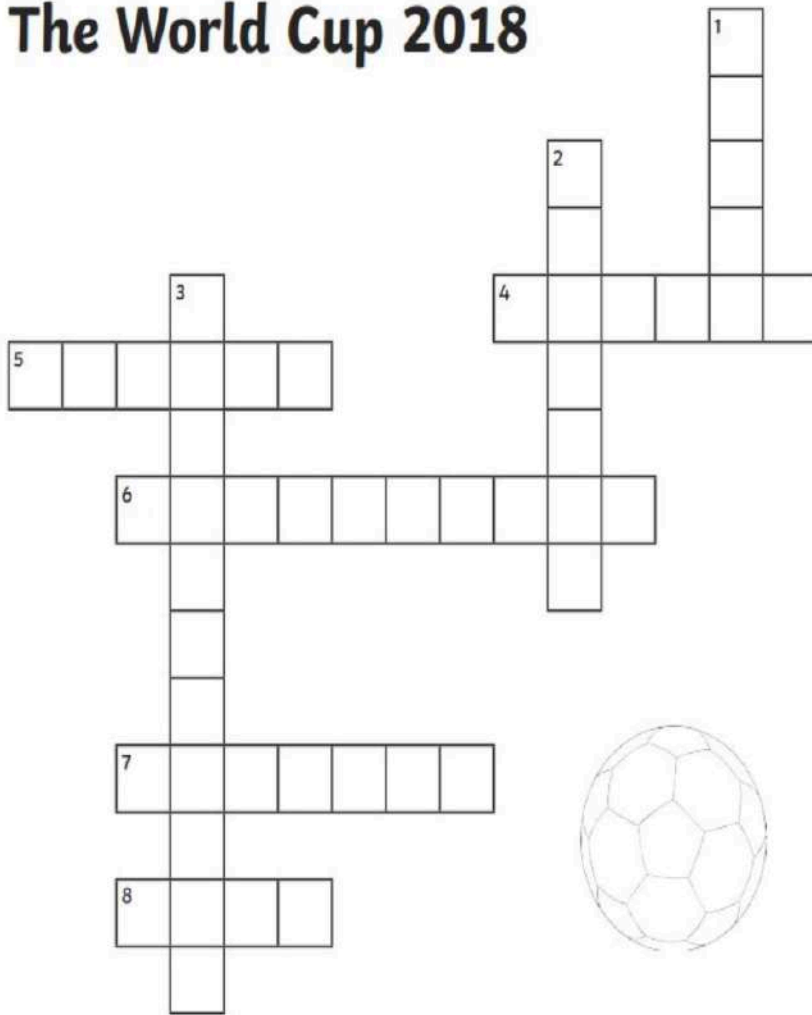
Rules:

- Place the skittles on the outer side of the plate
- Pour warm water in the middle slowly until the water covers all of the skittles
- Now watch magic happen in a couple of minutes



Instant Puzzles & Activities

The World Cup 2018



Across

- The award for achieving first place in the The World Cup.
- The country in which the 2018 The World Cup will be held.
- The person whose job is to prevent the ball from entering the net.
- A building in which large football matches take place.
- The World Cup is held every _____ years.

Down

- A name for the field on which a game of football is played.
- The person on a football team whose position is to score goals..
- The acronym FIFA stands for Fédération Internationale de Football _____.

An A - Z of Sports

Amazing Fact

The sport of Jai-Alai is commonly believed to be the fastest sport in the world – the ball can travel at speeds of up to 300 km/h or 190 mph.

Challenge

Try to think of a sport or sports person for each letter of the alphabet.

You could use the Internet or non-fiction books to research lesser-known sports.

A _____ K _____ U _____

B _____ L _____ V _____

C _____ M _____ W _____

D _____ N _____ X _____

E _____ O _____ Y _____

F _____ P _____ Z _____

G _____ Q _____

H _____ R _____

I _____ S _____

J _____ T _____





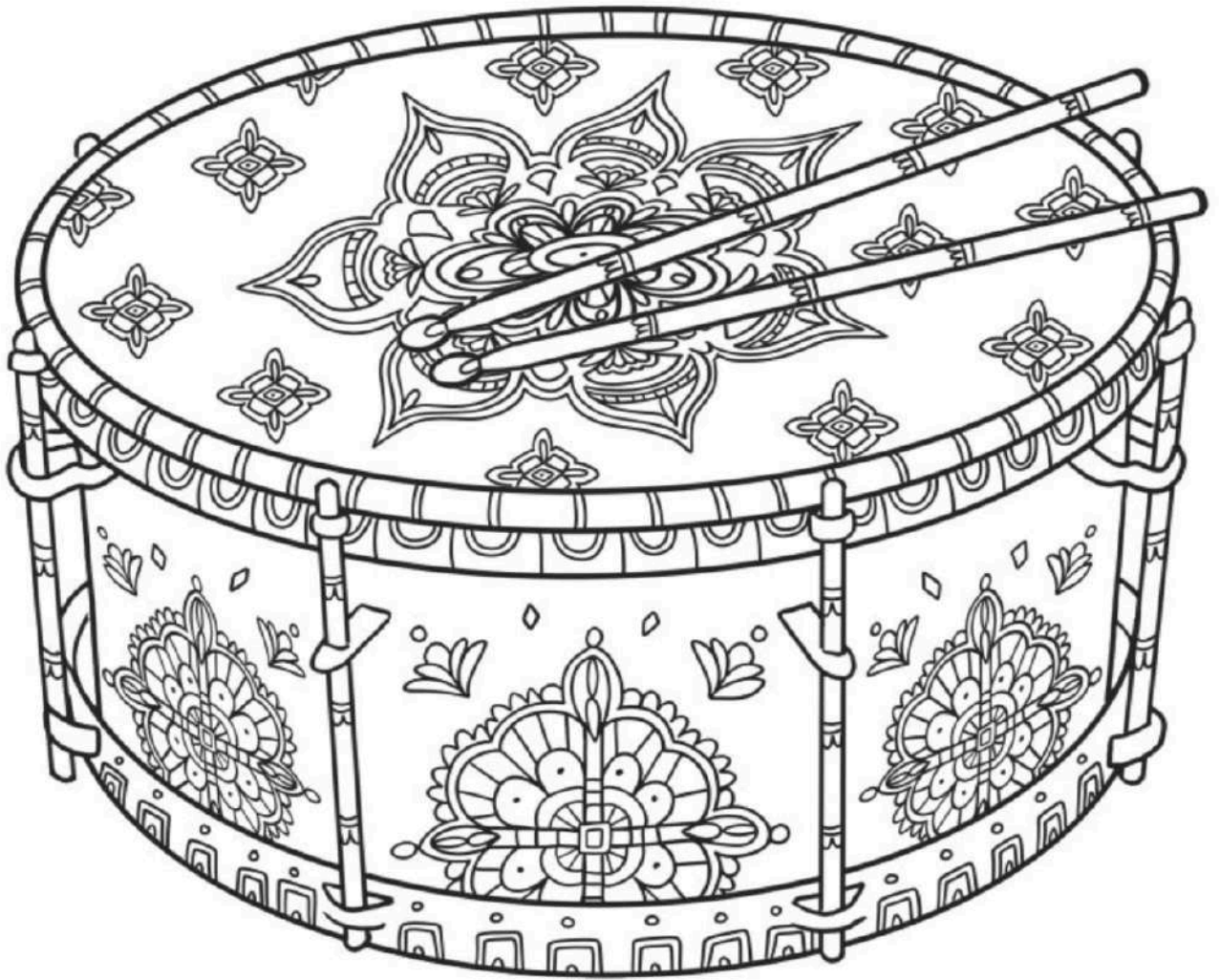
Musical Instruments

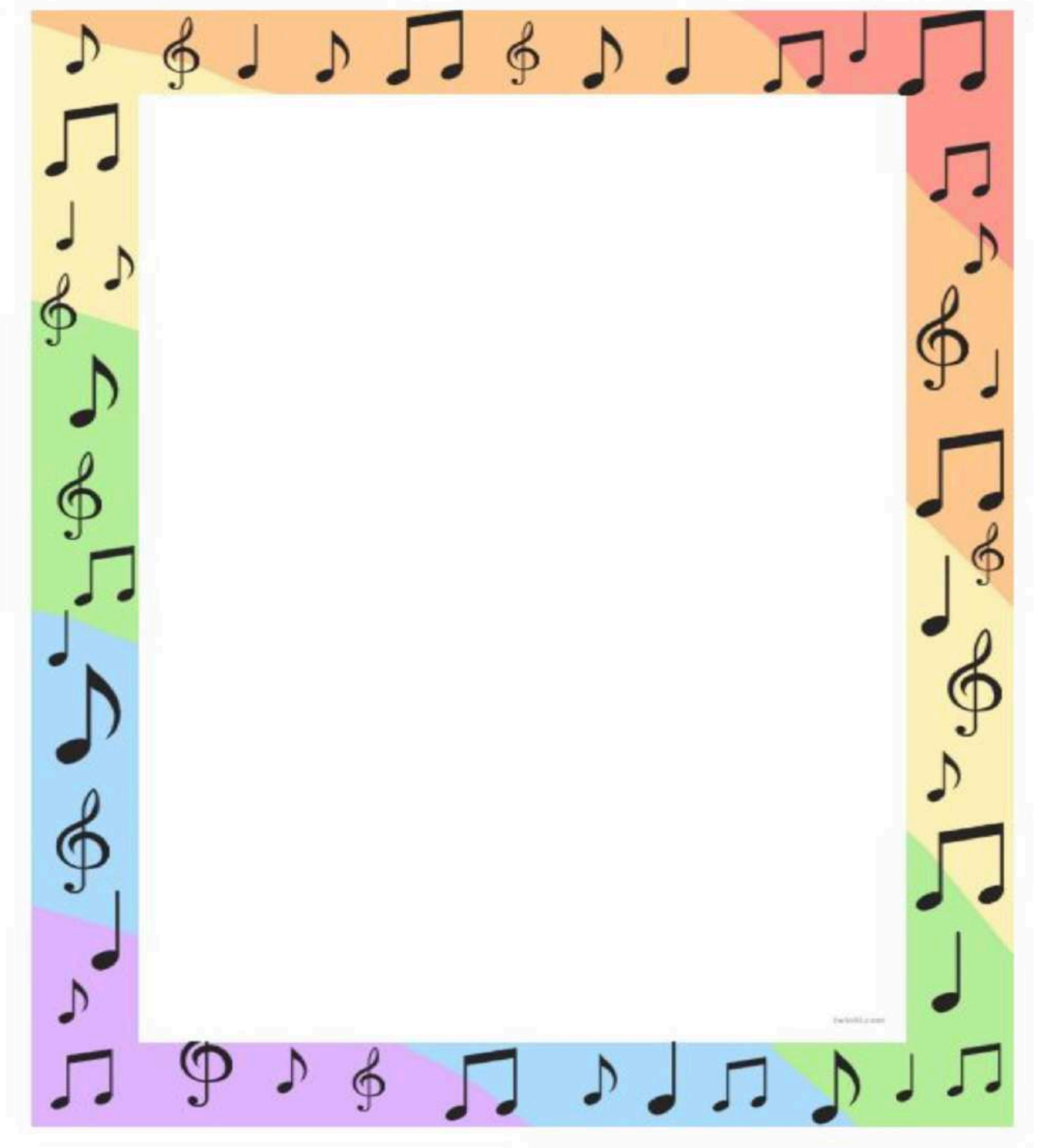
s m a r a c a s f x y c
m n g u i t a r y n j a
u i p n u i s r b r y s
r l r e c o r d e r n t
d o r q e l n d e o t a
i i n u o t p e o n r n
v v a u e e l c y a i e
t i t r u m p e t i a t
l q o b h d u g e p n s
t i c l e r e s t u g e
c y m b a l s z g n l d
t a m b o u r i n e e z

drums
cymbals
guitar
triangle

recorder
tambourine
maracas
violin

piano
trumpet
castanets
viola





Create Your Own Music Page

- Logo & name of your band/artist name
- Your Music Genre
- Favourite Instrument? Inspired Artists/Musicians ?

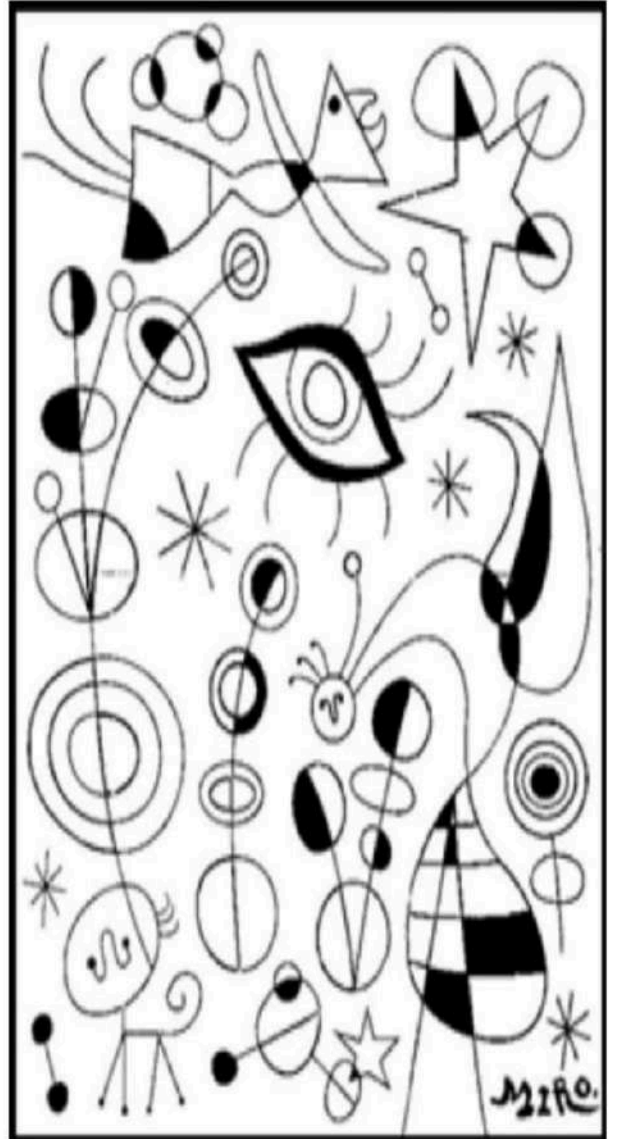


Create Your Own Mask

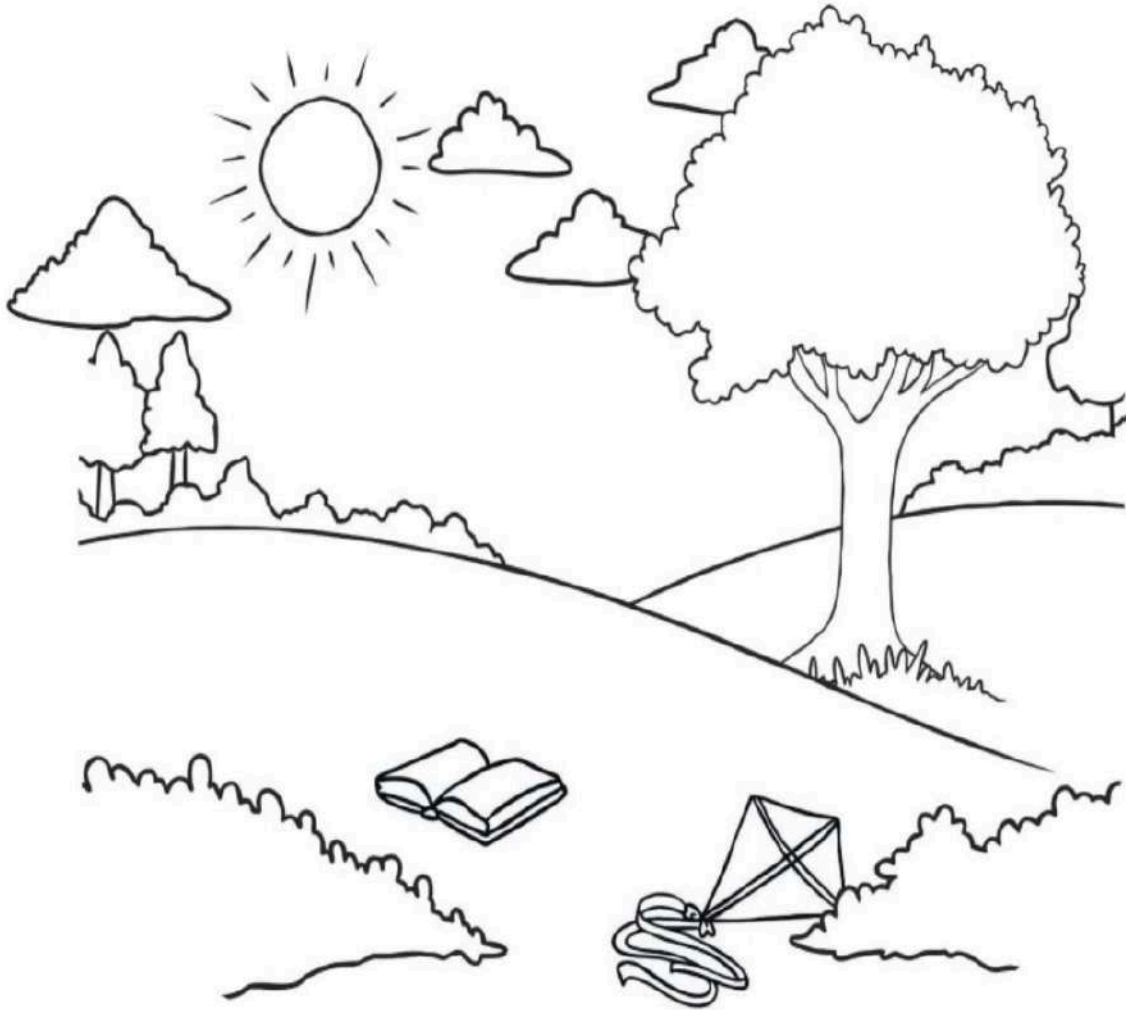
Resources: Paint & Brush (optional), Pencil, Water, Colouring Pencils/Pens

Colour like Joan Miró

Colour this famous painting by Joan Miró. You can copy it or being as creative as you wish.



Cotton Bud Painting



Resources:

Cotton buds, paint, paper, table cover, cup & water

Steps:

1. Using your primary paint colours and your paint mixing chart use a COTTON BUD to now paint the above picture
2. Let's see how neat you can paint the picture

Food as Energy

k e t k n p r o t e i n
c a r b o h y d r a t e
s h l m c r c t v t w n
c m x z m e m o r i a l
w u t q l c c c j r k m
o s w x a o a g p u c u
b c a t p v l s a v f x
j l t d f e c c x d a x
n e e x k r i d n z t q
k o r h k m u f u e l d
w u h m p u m v z f f o
o r b o n e s a a u e j

carbohydrate

calcium

memorial

protein

fuel

fat

recover

muscle

bones

water



Healthy Eating

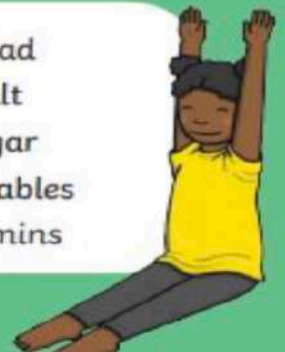


p r o t e i n d e s o f
b o n e s h a n e m h r
d i e t c l a l x d f u
i o y d a a b c e f e i
r g t s u a l m r t s t
s i h k t t u c c n o s
m i n e r a l s i i s u
y u g y a s f m s u e g
a e d y u l a r e n m a
v o y t e t t l b e t r
b a e c i s i h t o d a
s n h v a a e i y e d t

body
bones
calcium
diet
exercise

fat
fruit
healthy
minerals
protein

salad
salt
sugar
vegetables
vitamins



NUTRITION

K F V L E Z Q E V N P P M K N N O F P M F L S R
 S L A R E N I M G Q D E G R S M Y S O H D Y Q O
 D Q B G F R F F W D I M A R Y P Y M D O D E Y D
 X A N F V E G E T A B L E S G G J X Y Q D J Y S
 V Q I X Y H S I K H C U D P Y M B J Y Y Q S L E
 I G T R E F V N R E B I F P I Y Q O C D E G A U
 T V D R Y A X E V Z N U T R I E N T S K E L Z T
 A N E W U S T N E I D E R G N I M B Q B R C Z P
 M L W D P F M J Y S E S D E T A R U T A S V Q A
 I A Q C G K R R F E M J P R O T E I N V G W B W
 N W K U I P D R C R K H M O H D E G F V P C K Z
 S I C S L C U K A V S V U C P W V B Z L C Y N O
 R J I L Z I N A R I L M I B J V D T G I A L G F
 F A T S T X T R B N O Q C H F A M R C L X M C H
 D M A S M H E N O G R D L D E T A R U T A S N U
 C M A L X T I W H K E M A H E I Z S S R N L Z B
 B M T U A S S E Y P T O C Q N I K M E A T O P M
 Q E M W L L H S D X S Q V S A Y L F I W T P H S
 L Z I E V B W O R H E V T V X R F J R S O W Z Y
 Q Z Y O N Z C D A G L I I Z J N A U O G T K M T
 U Q W R T O M I T I O N I I O N O E L V Q O E Z
 Z P I W Y Z D U E Y H F C U R I W R A F W Z Z H
 A M X A Y O Z M S K C E I D L G Z J C Y G F J I
 O U E N O I T I R T U N Z E T A L P Y M K N P U

CHOLESTEROL
 NUTRIENTS
 CALORIES
 DAIRY
 MINERALS
 MYPYRAMID

SERVING
 UNSATURATED
 INGREDIENTS
 GRAINS
 VITAMINS
 MYPLATE

FIBER
 SATURATED
 VEGETABLES
 FATS
 CARBOHYDRATES
 FOODS

SODIUM
 CALCIUM
 FRUITS
 WATER
 PROTEIN
 NUTRITION

Extended Mr Chef Recipes

Ingredients

120g plain flour
350g milk
1 egg
Butter or oil in the pan
Your choice of toppings

Equipment

Frying pan
Whisk or fork
Measuring jug
Spatula
Adult to help you with the frying pan if needed

Method

1. Crack the egg into the measuring jug. Add 50 ml of milk to the egg.
2. Add the flour to the measuring jug
3. Pour in the remainder of the milk and then mix thoroughly for at least a minute (add less milk if you like thicker pancake batter)
4. Heat your frying pan on a medium heat. Once heated, add a little of butter or oil
5. Pour the pancake batter into the centre of the pan and continue to pour until you reach your desired size
6. Fry the first side for 1-2 minutes. Flip to the other side when you see little bubbles appearing (this means the mixture is coming together)
7. Fry the 2nd side for another minute (you can reduce the time if it has cooked sooner than 1 minute)
8. Top your pancake with the toppings you have chosen, roll up and enjoy!

Ice Cream Experiment



Ingredients PER PERSON:

- 1 medium Ziploc freezer bag
- 1 small Ziploc freezer bag
- 118ml whole milk
- 3 teaspoons sugar
- $\frac{1}{2}$ tsp vanilla extract
- Ice
- 144g salt

Method:

- 1) Add the milk, sugar and vanilla to the small freezer bag, zip it up and give it a shake
- 2) Then, put the small freezer bag into the medium freezer bag
- 3) Fill the medium freezer bag with ice
- 4) Pour the salt on top of the ice
- 5) Zip up the medium sized bag (also double check that the small freezer bag is zipped up) and give the bags a shake for about 10-15 minutes
- 6) Shake until the ice cream mixture is solid
- 7) Scoop and enjoy! (you can eat from the bag, don't bother putting it in a bowl)



Granola Protein Bars

Makes 18

Ingredients:

- 370g porridge oats
- 125g plain flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon vanilla extract
- 150g butter softened
- 175g honey
- 5 tablespoons brown soft sugar
- 170g raisins
- 170g chocolate chips

Method:

Prep: 15 mins > Cook: 20 mins > Cooling: 20 mins > Ready in: 55 mins

- 1) Preheat oven to 150 degrees (fan). Lightly grease a 20cm x 30cm baking dish
 - 2) In a large mixing bowl, combine the oats, flour, bicarbonate of soda, vanilla, butter, honey and brown soft sugar. Stir in the raisins and chocolate chips
 - 3) Lightly press the mixture into the prepared dish. Bake for 18-22 minutes or until golden brown
 - 4) Let cool for 10 minutes then cut into slices
 - 5) Place in fridge to cool for a further 10 minutes. Then remove from dish, serve and enjoy!
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