

Finham Park MAT Fun Filled Family Pack



FINHAM PARK
MULTI ACADEMY TRUST



Easter Special!

April 2020

Colouring pages



Highlights

Include

Pamper Ideas



Plank Challenge



- Fun Family Activities
- Family Film recommendations
- Games and Puzzles
- Links to useful FREE resources
- Competitions
- Arts and Crafts
- In the Lion's Den
- Book recommendations



Produced in collaboration with our partners



Welcome from Mr Bailie



Hello!

I hope, if you are reading this, that life at home is treating you well and that you and your loved ones are healthy!

All the schools in Finham Park Multi Academy Trust, and some of our new partner schools, have been searching far and wide to bring this 'Fun Filled Family Pack' to you in time for the Easter holidays! Hopefully there will be something inside to tempt almost everyone to have a go...and there are also several competition opportunities to suit different interests – whether you are a budding author, artist, scientist or even a Joe Wicks!!! These can be used by anyone – even your parents if you let them!

I do hope you enjoy your Easter holiday – it may feel very different from those you have had in the past – but whatever you end up doing with your time – make sure you have a rest from your subject studies; enjoy yourself; try something new and above all else, care for those around you – for we will hopefully never have so much time on our hands ever again when the World returns to normality!

Happy Easter holidays!

Mr Bailie

**Executive Headteacher
Finham Park Multi Academy Trust**

Note to parents:

Thank you to everyone who has contributed to this Easter Special!



FINHAM PARK
MULTI ACADEMY TRUST

We hope that you will find some fun activities and ideas to complete over the Easter Holidays. This Fun Filled Family Pack has a wide range of activities for children of all ages—please do check the suitability for your children and families. These activities have all been selected with the most recent Government Guidance to stay at home. We would ask you to act responsibly and complete them at home or in your garden, maintaining appropriate social distancing. We have also selected activities which are free or should require minimal resources which you may already have at home.

The aim of the Fun Filled Family Pack is to help families enjoy the time at home together, be creative, have fun and keep safe. We would love to see your photos and hear about how you have completed some of these suggested activities. We are always looking for new suggestions too!

Email your pictures , competition entries and ideas to:

familyfun@finhampark.co.uk

I hope you have a Fun Filled Easter break!

Mrs Pettman
MAT School Improvement Leader
Finham Park Multi Academy Trust

Contents: Page:

• Introduction.....	2
• Things to try at home	6
• Art and Design.....	10
• James Dyson Foundation Challenge Cards.....	12
• Let's Get Crafty.....	22
• Join the Dots.....	24
• Easter Crafts.....	26
• Let's Get Physical.....	28
• Pampering at Home.....	34
• Lights, Camera, Action.....	36
• RE TV.....	38
• New on TV for April.....	40
• Comic Fun.....	41
• Connected.....	42
• Yes Chef!.....	44
• Useful links.....	48
• In the Lion's Den.....	50
• World Class Explorer.....	52

- **Book Worms.....58**
- **Activities to try.....60**
- **Competition Time.....64**
- **Look after yourself.....68**
- **‘Bored’ Games.....72**
- **Experiment with Science.....74**
- **Out of this world.....76**
- **Hands on History.....78**
- **How to support children.....82**
- **Easter word search.....86**

Please check the suitability of these activities for your children and family

Please follow Government Guidance



Things to try at home

On these pages you will find a range of fun activities to try whilst at home.

Create a bottle vortex

Use two large pop bottles. Fill one with water and use strong tape to connect the two bottles together with one on top against the other (to create one large bottle). Flip it upside down and get the water spinning. This should create a vortex

<https://www.youtube.com/watch?v=dv6vQU94wws>

Do an Easter egg hunt using clues or a simple map of your garden or house .



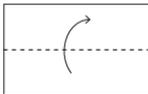
Have a paper aeroplane competition

Using two pieces of paper make an aeroplane and see whose can fly the furthest.

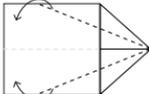
Why not try different styles / shapes

How to Make a Paper Aeroplane

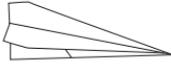
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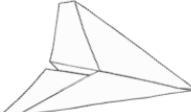
1 You will need a piece of A4-sized paper.
- 

2 Make a line in the centre by folding the paper in half longways then opening it out flat.
- 

3 Fold in two of the corners so they meet at the centre fold.
- 

4 Fold the outer edges in again to meet at the centre fold.
- 

5 Turn the paper over and then fold it in half in the middle.
- 

6 Fold down the wings on each side so that they meet with the bottom of the plane.
- 

7 Your plane is ready to fly! How far can you make it go?

Work together using sheets, pillows, towels and blankets to make an indoor den.

Free guitar lessons from Fender <https://www.fender.com/play>

Get playing now



The image shows three panels from the Fender Play app. The first panel, titled 'Step-by-step learning', shows a tablet screen with a lesson plan for 'My Path: Rock' with levels 1 through 5, and a 'Play Notes Now' button. The second panel, titled 'Easy-to-follow lessons', shows a close-up of hands playing a guitar. The third panel, titled 'Track your progress', shows a progress bar at 75% and a 'Mark as Complete' button.

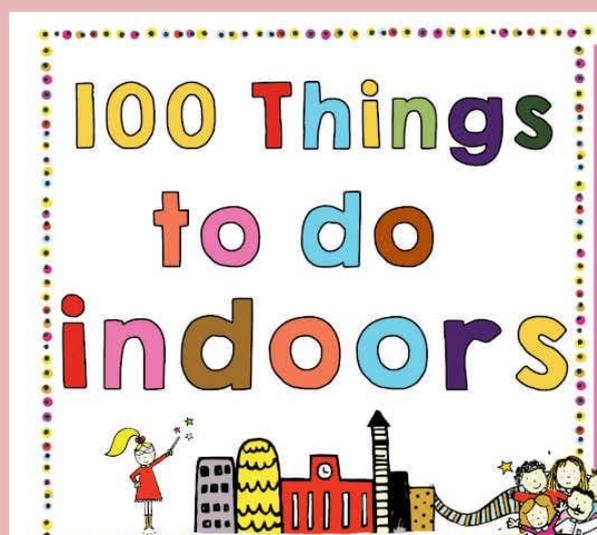
Step-by-step learning Easy-to-follow lessons Track your progress

The RSC www.rsc.org.uk Find details of Live Lessons to access any time, Shakespeare Learning Zone with games, videos etc... plus watch full productions of RSC shows for free at Marquee TV.



100 things to do indoors
/60 things for adults to do
indoors

www.spreadthehappiness.co.uk



Things to try at home

On these pages you will find a range of fun activities to try whilst at home.

Create your own family quiz—maybe children V parents!

Produce a piece of Art on the theme of kindness.. Send a photo to familyfun@finhampark.co.uk

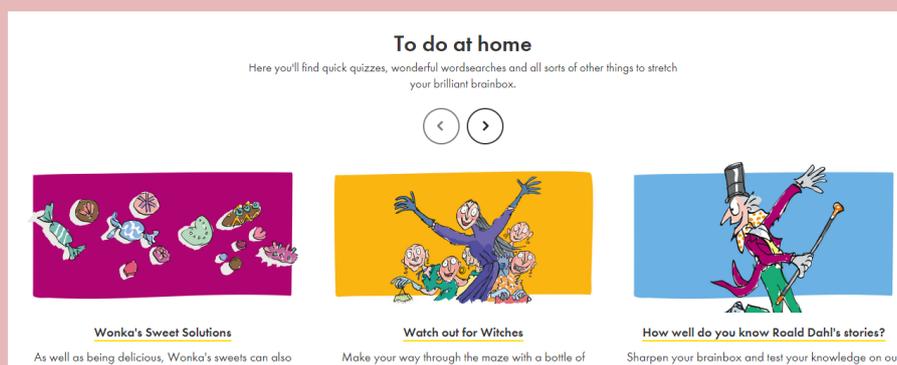
Make a cake or a loaf of bread and take a picture of it, send it to familyfun@finhampark.co.uk

Record yourself singing a song and send it to:
familyfun@finhampark.co.uk

You will find some great Roald Dahl ideas on the site below:

<https://www.roalddahl.com/things-to-do-indoors>

They include quizzes, arts and crafts, listening to stories and much more!



Make some music following the simple instructions here:

<https://learningmusic.ableton.com/>

Minecraft have a fantastic education section that will keep everyone entertained for hours: you can be a marine biologist, explore the international space station or explore the human eye from within!

<https://www.minecraft.net/en-us/article/free-educational-content-minecraft-marketplace->



Enter the Little Mix competition:

<https://www.ditchthelabel.org/choose-kindness-competition/>



Create colourful elephants using milk cartons

See ideas for milk glue on later pages

Art and Design

There is a wide range of FREE ideas and resources available to all. These include online tutorials, as well as virtual tours of art galleries and museums from around the world.

Learn to draw cartoons with Sheffield artist Pete McKee

<https://www.youtube.com/watch?v=q8f8ag58jDs>



Whilst we may not be able to get out and visit museums or art galleries in person, that doesn't mean we can't access some inspiring pieces of art work. You can appreciate a huge range of art work from the comfort of your own home.

Virtual tours of museums and art galleries:

<https://tinyurl.com/vsh5prp>

Some of the places you can visit are:

Guggenheim Museum, New York

British Museum, London

Pergamon Museum, Berlin

Musée d'Orsay, Paris

Van Gogh Museum, Amsterdam

MASP, Sao Paulo

Sarah Graham Artist is offering FREE online tutorials:

<http://sarahgraham.info/>

<https://www.youtube.com/watch?v=rB0h2CS1Jy8>

Some examples of her work are below



Learn by Layers Tutorials and Lessons for TinkerCAD.

TinkerCAD (a 3D Cad modelling software) is free for students to use:

<https://www.tinkercad.com/>

Learn by layers is free while schools are closed

<https://www.learnbylayers.com/beginners-lesson-1/>

James Dyson Foundation – Challenge Cards

**Fancy yourself as an Engineer or Product Designer...
Or just enjoy problem solving STEM challenges?**

Why not have a go at some of the STEM (Science, Technology, Engineering and Maths) activities that can be downloaded from this website:

<https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

Dyson engineers have designed these challenges specifically for children. Ideal for home, they encourage inquisitive minds to get excited about engineering.

There are 44 STEM challenges that you can have a go at some of the examples on the next few pages.



HOW MANY CAN YOU COMPLETE?

Tick the box once you've completed the challenge.

SCIENCE CHALLENGES		01 CHANGING STATES	02 UNDERWATER VOLCANO	03 FLOATING PING-PONG BALLS	04 BALLOON KEBABS
05 LIQUID DENSITIES	06 EXPANDING GASES	07 TORNADO IN A BOTTLE	08 NON-NEWTONIAN FLUID	09 BRIGHT AS A NEW PENNY	10 LENZ'S LAW
11 INERTIAL EGGS	12 $100 + 100 = 192?$	13 MEASURE THE SPEED OF LIGHT	14 WEATHER BALLOON	15 FLOATING PAPER CLIP	16 FIRE EXTINGUISHER
17 SCARED PEPPER	18 DANCING RAISINS	19 HOW TO MAKE A LAVALAMP	20 IVORY SOAP	21 COLOURED CARNATIONS	22 INVISIBLE INK
ENGINEERING CHALLENGES		01 GEODESIC DOMES	02 MARBLE RUN	03 SPAGHETTI BRIDGES	04 STRONG AS A DRINKING STRAW
05 ELECTRIC MOTOR	06 COTTON REEL TANK	07 CARDBOARD BOAT	08 CARDBOARD CHAIR	09 BOAT POWERED BY A CHEMICAL REACTION	10 CARTESIAN DIVER
11 BALLOON CAR RACE	12 DESIGN AND BUILD A HELICOPTER	13 WATER CLOCK	14 METAL ETCHING	15 JELLY AND OIL	16 BUILD A COMPASS
17 A TOUGH NUT TO CRACK	18 BURNING CUSTARD	19 HOMEMADE WATER BOMB	20 POTATO POWER	21 MAKE A PERISCOPE	22 ATTRACTIVE NAILS

CHANGING STATES

SCIENCE CHALLENGE 01

Designed by Charles,
Design engineer at Dyson

The brief

Make an egg fit into a bottle without breaking it.

The method

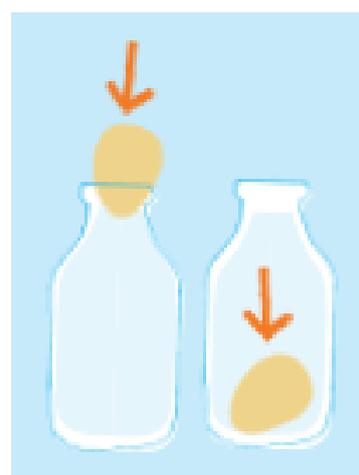
1. Submerge the egg in a glass of vinegar for two days: the shell will become rubbery.
2. Heat the bottle in hot water – remember to use gloves or a tea towel when handling it.
3. Rest the egg on the neck of the bottle.
4. As the air inside the bottle cools down, it will contract and suck the egg down.

Top tip

Try lubricating the egg with cooking oil or washing up liquid.

Materials

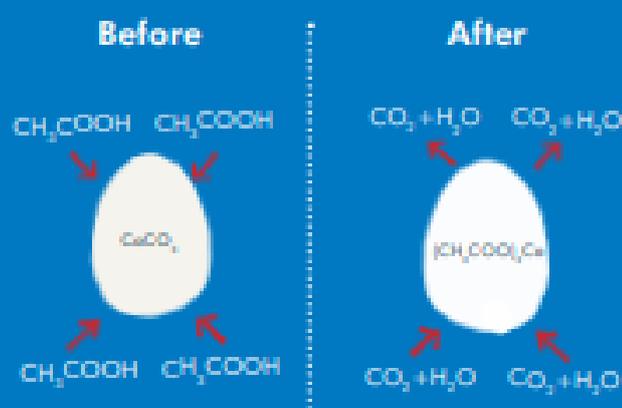
- An uncooked egg
- A pan of boiling water (with adult supervision)
- A glass of vinegar
- A wide-mouthed glass bottle



How does it work?

Eggs are rich in protein. When heat is applied, chemical bonds within the protein molecules are broken, and new bonds are formed between adjacent molecules. This creates a network of inter-connected proteins which causes the egg to go hard.

Vinegar contains acetic acid (CH_3COOH) that dissolves the calcium carbonate (CaCO_3) shell but leaves behind the egg's springy membrane.



UNDERWATER VOLCANO

SCIENCE
CHALLENGE

02

Designed by Ian,
Design engineer at Dyson

The brief

Create a colourful underwater volcano.

The method

1. Cut a two foot length of string with a pair of scissors. Tie a knot around the neck of a salt shaker with one end of the string. Double-knot it to ensure the knot is secure. Repeat this process with the other end of the string, resulting in a handle to lower your shaker.
2. Empty and clean a large jar. Fill the clean jar about three quarters full with cold water.
3. Fill the salt shaker with hot water (with adult supervision) – as hot as you can get from your tap – to just below the neck. Add three to four drops of red food colouring.
4. Hold your salt shaker over the mouth of the jar by the string handle. Slowly lower the salt shaker into the jar until the shaker is completely submerged and resting upright on the bottom of the jar. Observe how the coloured water erupts from the shaker into the cold water.

Materials

String

Scissors

(with adult supervision)

An empty salt shaker

A large jar

Food colouring



How does it work?

This shows how convection currents work. A convection current is the way that heat rises and falls in liquids and gases.

Design icons

Hot air balloons use convection currents. As hot air rises, so too does the balloon.



HOW TO MAKE A LAVA LAMP

SCIENCE CHALLENGE 19

Designed by Gemma,
James Dyson
Foundation executive

The brief

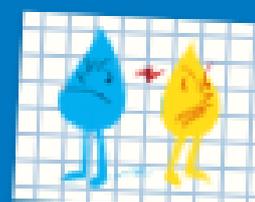
Make your own lava lamp.

The method

1. Fill the empty bottle $\frac{3}{4}$ full with vegetable oil.
2. Top it off with water and about 10 drops of food colouring.
3. Break an Alka-Seltzer® tablet into pieces, and add pieces of the tablet to the bottle. The mixture will bubble.
4. Put the cap on and gently tip the bottle back and forth. This will cause the tiny droplets of coloured water moving around inside the oil to join together, making bigger blobs. Do not shake the bottle.
5. Shine a torch into the bottle from underneath, illuminating the bubbles.

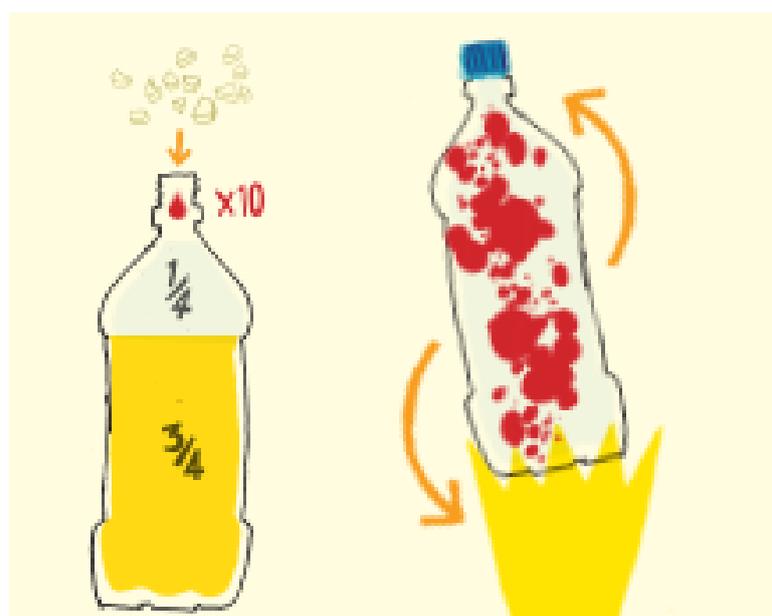
Materials

Empty water bottle
A large bottle of vegetable oil
Food colouring
Alka-Seltzer® tablets
(with adult supervision)
Water
A torch



How does it work?

Oil is hydrophobic – it will not mix with water – even if you try to really shake the bottle. The Alka-Seltzer® tablet reacts with the water to make tiny bubbles of carbon dioxide which are lighter than water. They attach themselves to the blobs of coloured water, causing them to float to the surface. When the bubbles pop, the coloured blobs sink back to the bottom of the bottle.



INERTIAL EGGS

SCIENCE
CHALLENGE

11

Designed by Tom,
Design engineer at Dyson

The brief

Use eggs to find out about momentum and changing direction.

The method

1. Spin each egg, one hard boiled and one fresh, on a table.
2. Leave it to spin for a few seconds then momentarily stop it by placing your finger on top.
3. Release the egg and observe what happens next.

Materials

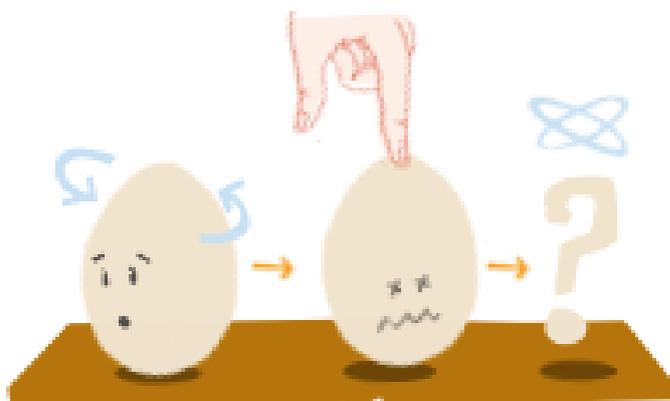
One hardboiled egg

One fresh egg –
the fresher the better

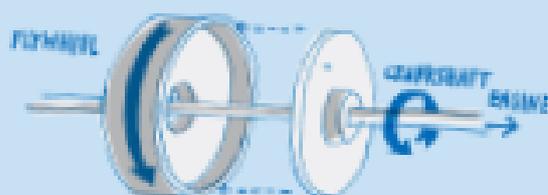
How does it work?

The fresh egg will start to spin again when the finger is released, while the other will remain at a dead stop. The fresh egg has egg fluid and yolk inside it which gains momentum.

When the egg is momentarily stopped, the yolk continues to turn inside the shell. When it is released, the viscosity of the fluid between the still spinning yolk and the shell causes the shell to spin again.



Design icons



Inertia is the tendency of a moving object to remain moving or a stopped object to remain stopped. In engineering, flywheels are big, heavy wheels that are spun to gain inertia. The energy is stored and released to smooth out the operation of engines that have a short burst of power during their running cycle.

SPAGHETTI BRIDGES

ENGINEERING CHALLENGE 03

Designed by Kristian,
Design engineer at Dyson

The brief

Construct a free standing bridge out of spaghetti, strong enough to support a 250g bag of sugar.

The method

Think about bracing strands together for strength. Some shapes are better at absorbing loads – triangles are particularly strong. Rubber bands make for good junctions.

Top tip

Be patient. Through trial and error, you'll become proficient at working with spaghetti.

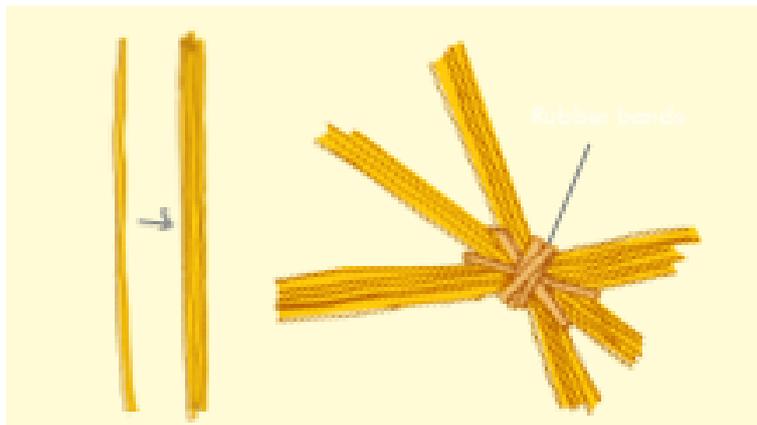
Materials

Spaghetti

Small rubber bands
or bag ties

Sticky tape

250g bag of sugar



How does it work?

Bridges manage two important forces: compression and tension – pushing and pulling. Too much of either and they buckle or snap.

Design icons

Why not take inspiration from these iconic bridge designs?



Beam bridge



Truss bridge



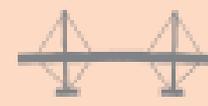
Cable stayed bridge



Arch bridge



Suspension bridge



Cantilever bridge

MARBLE RUN

ENGINEERING CHALLENGE 02

Designed by Coco,
Design engineer at Dyson

The brief

Use a cardboard box and cardboard struts to create a marble run. The marble must run for 60 seconds.

The method

1. Use sticky tape to attach the cardboard struts to the cardboard box, creating a run for the marble.
2. Place the marble at the top of the run and time how long it takes for it to reach the bottom.
3. Keep improving your design until the marble takes exactly 60 seconds to reach the bottom.

Top tip

If you can't find cardboard struts, make your own by folding four inch wide strips of cardboard in half to create a V shape.

Materials

Large cardboard box

Cardboard struts

Sticky tape

Marbles

Scissors

(with adult supervision)

How does it work?

To help you to control the time your marble takes to run its course you'll need to consider a few factors:

Potential energy = mass x gravity x height

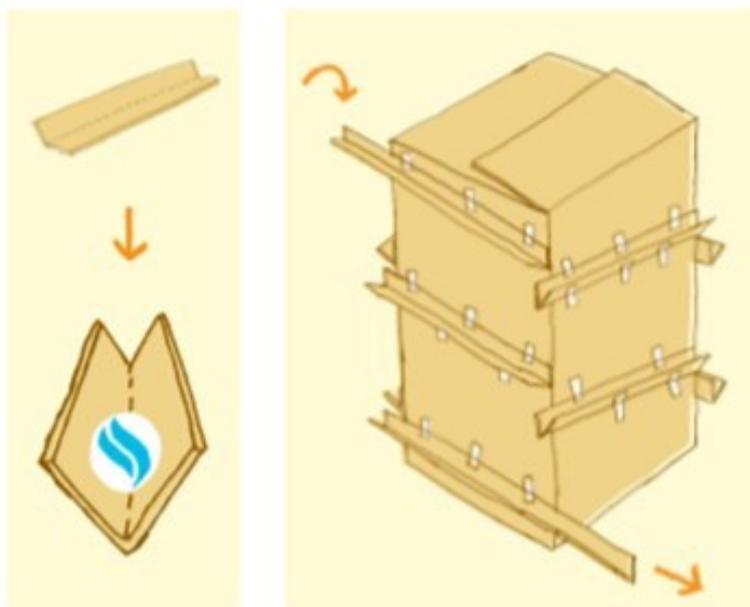
The heavier your marble and higher your slope, the more energy your marble will have.

Friction

The rougher or stickier the surface, the slower your marble will travel.

Angle of the slope

The less steep the angle of the slope, the longer the marble will take to reach the bottom.



CARDBOARD CHAIR

ENGINEERING CHALLENGE 08

Designed by Andy,
Design engineer at Dyson

The brief

Construct a chair that you can sit on using only cardboard. No glue, tape or other fixing materials allowed.

The method

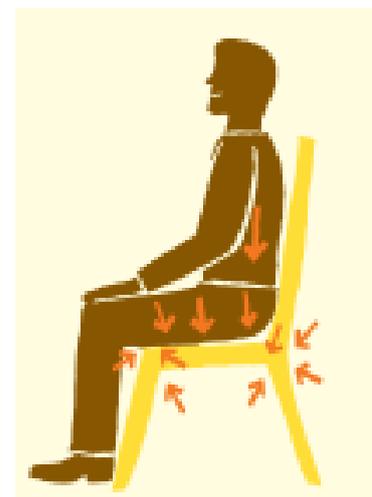
1. Write down or sketch some ideas as to how you will construct the chair.
2. When you are planning, think about using cones, interlocking sheets, spirals, tubes – or even using strips of card like sewing thread.
3. Use the materials to create a chair made from cardboard.
4. If your first design doesn't work, evaluate what went wrong and try again.

Top tip

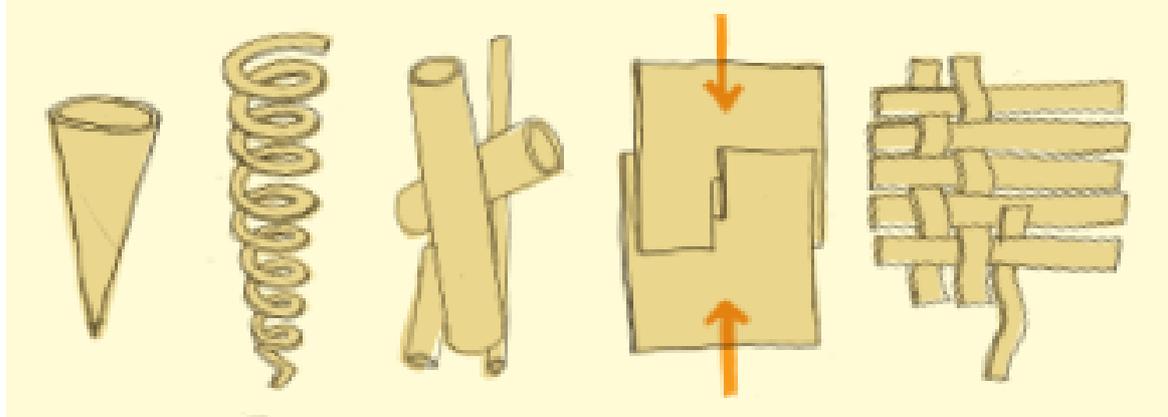
Think about structure.

Materials

- Cardboard
- Cutting equipment (with adult supervision)
- Rulers
- Pencils



Examples of different structures:



HOMEMADE WATER BOMB

ENGINEERING CHALLENGE 19

Designed by Louis,
Design engineer at Dyson

The brief

Make your own water bomb out of paper.

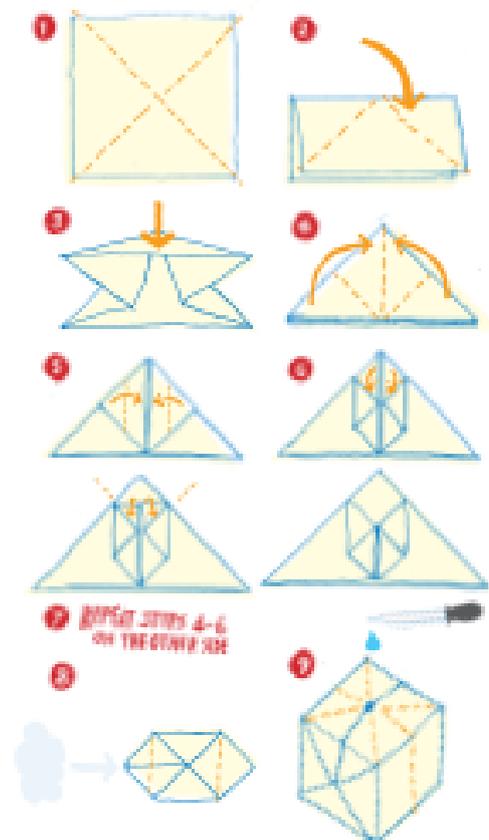
The method

1. Take a square piece of paper, fold it in half diagonally to create a crease and unfold. Repeat in the opposite direction so you have an 'x' shape.
2. Flip the paper over and fold in half top to bottom.
3. Flip the paper over again and press down in the middle, while folding in the flaps on the side. You should get a triangle.
4. Take the flaps on the front side and fold them up to the middle.
5. Fold the side corners to the middle line. This should create little pockets.
6. Take the flaps above the pockets and push them in to the pockets.
7. Repeat steps 4 – 6 on the other side.
8. Blow in the little hole in the bottom to inflate.
9. Use the pipette to fill your water bomb.

Materials

.....
Square piece of paper
.....

Water and a pipette



Design icons

Christchurch Cathedral in New Zealand is made from 98 giant cardboard tubes and designed to last for up to 50 years. The tubes are coated with three layers of waterproof polyurethane.

The cathedral was designed by Shigeru Ban, a Japanese architect who has been building with cardboard since 1986. The new cathedral is earthquake-proof, fireproof and won't get soggy in the rain.

How does it work?

Folding paper makes it more rigid.

Let's get crafty

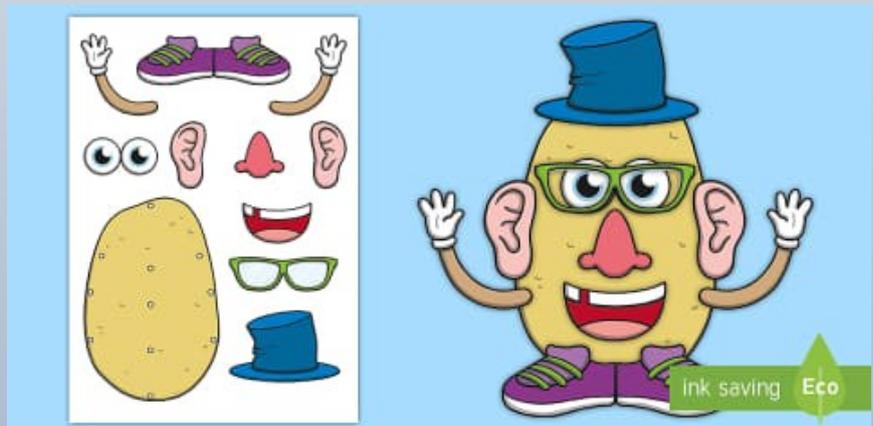
Do you have a budding Picasso, Monet or Andy Warhol in your family? Why not express your creativity? Arts and crafts are great fun and can involve all the family.

Some creative suggestions include:

Chalk Art



Potato Character



Paper Flowers



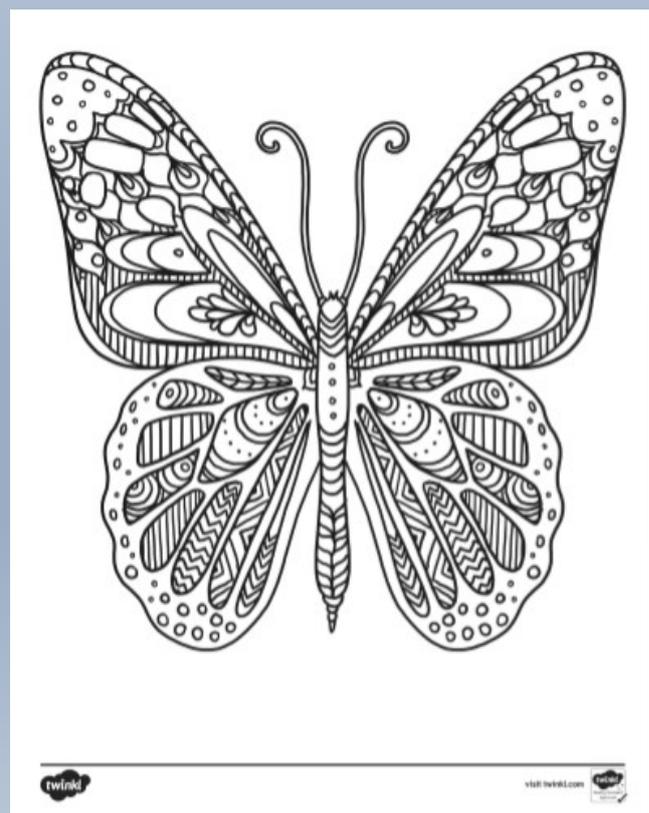
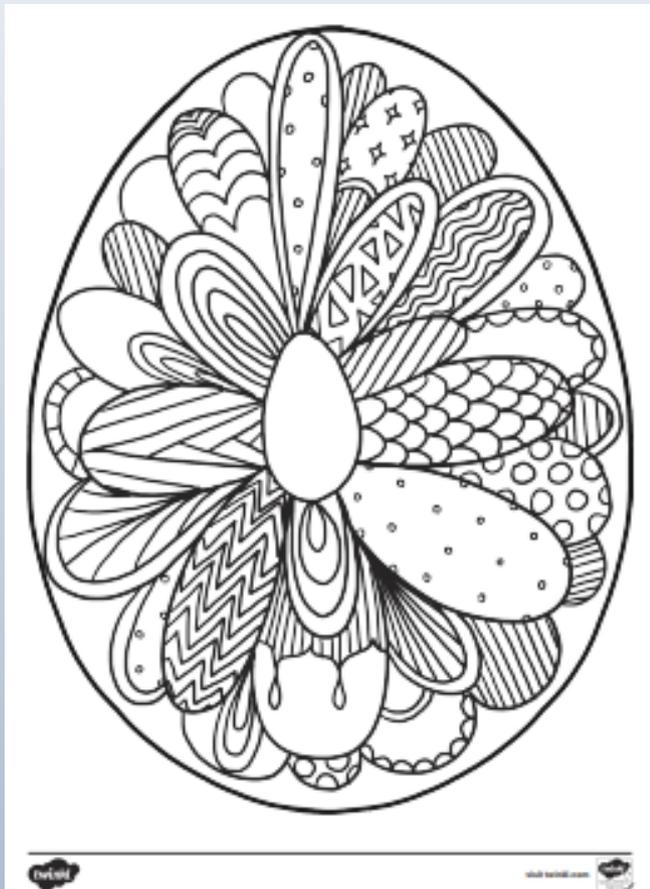
Dream Catchers



Why not print out these fun Easter themed drawing to colour?

We would love to see yours—send them to:

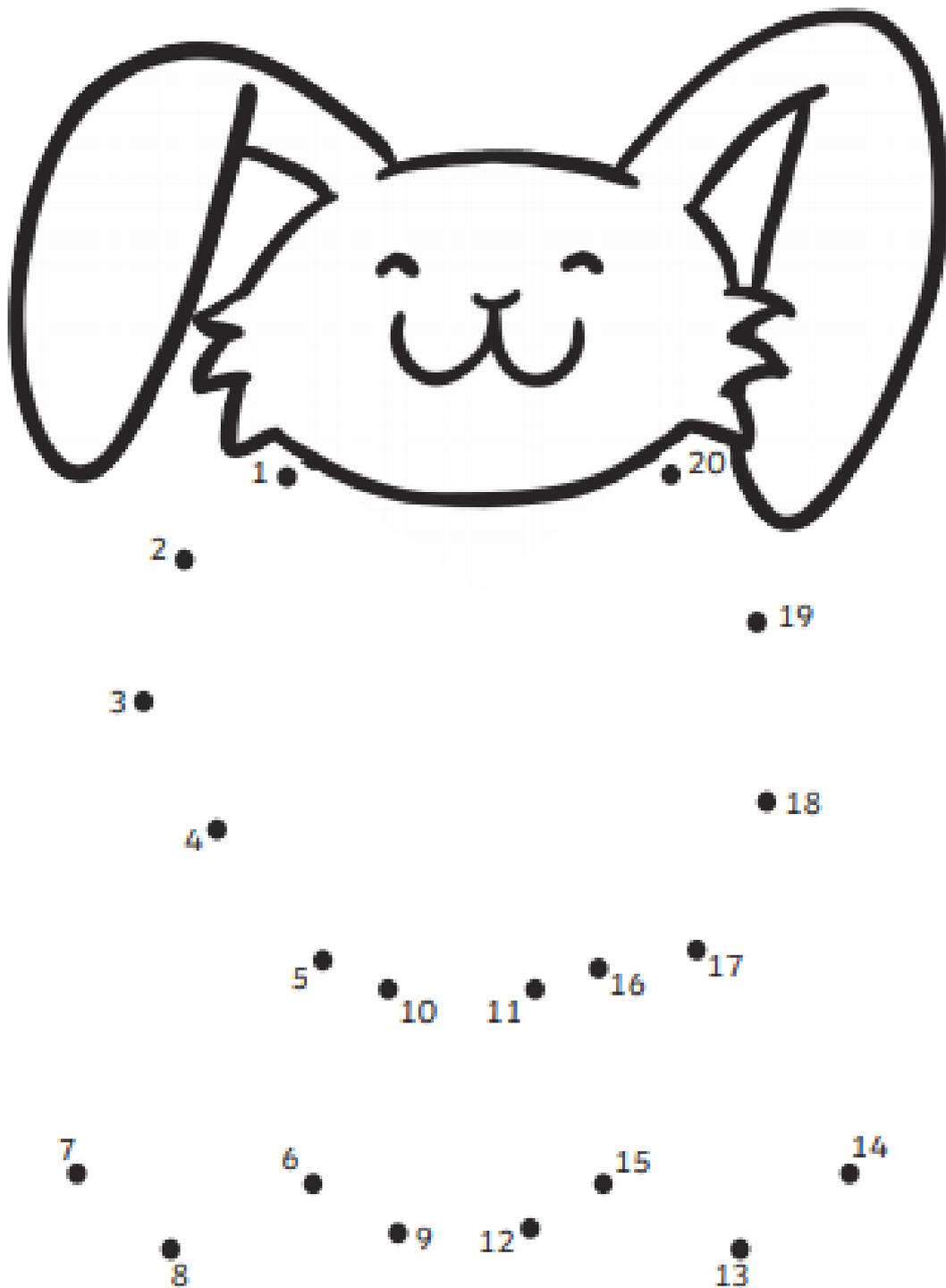
familyfun@finhampark.co.uk



Join the Dots

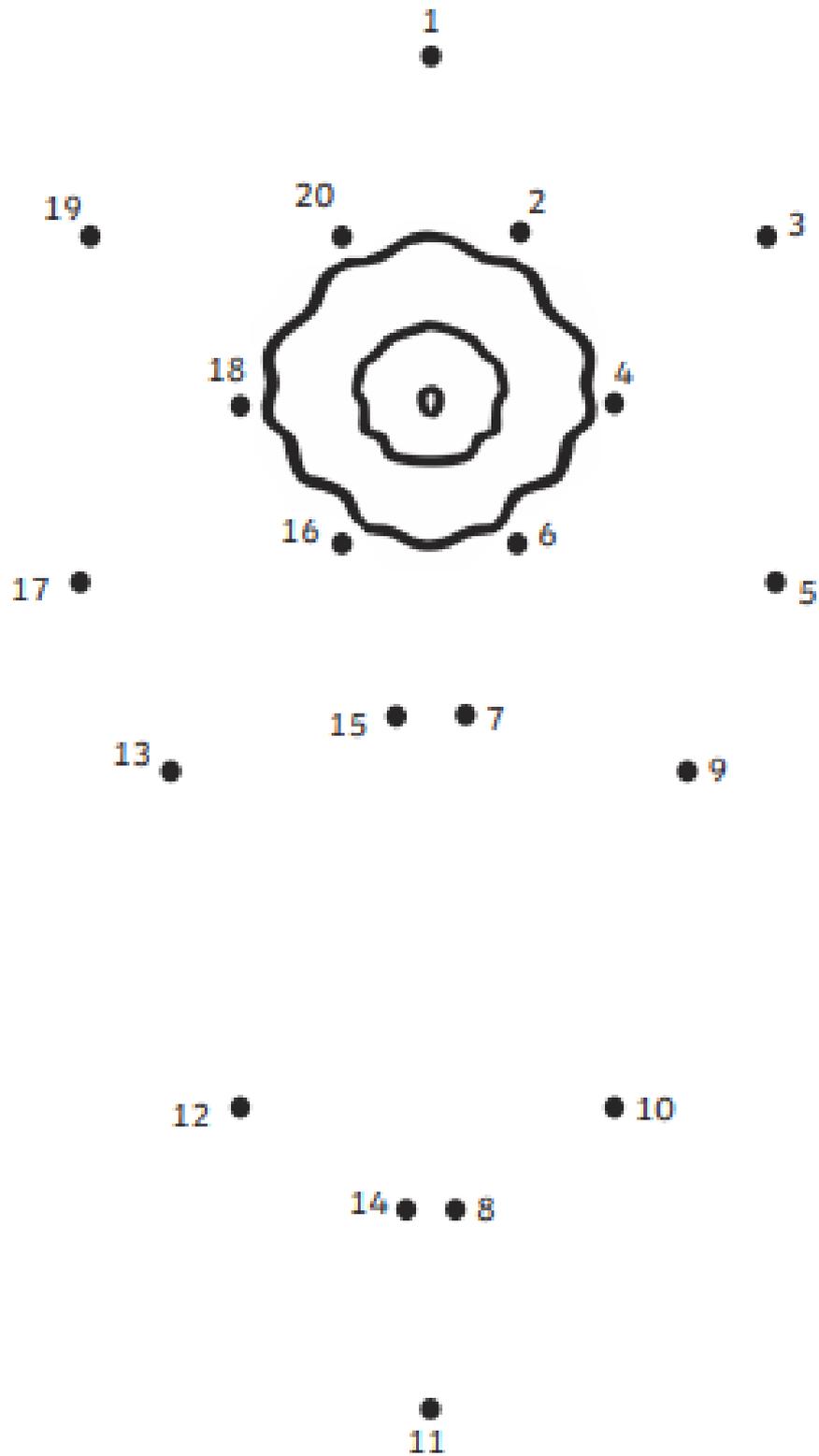
Dot to Dot

Join the dots to reveal the full picture!



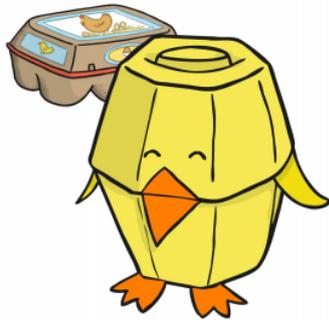
Dot to Dot

Join the dots to reveal the full picture!



Easter Crafts

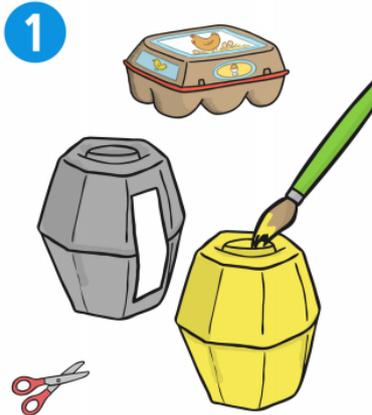
MAKE AN...



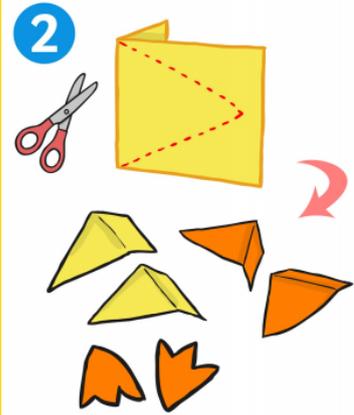
Egg Box Easter Chick



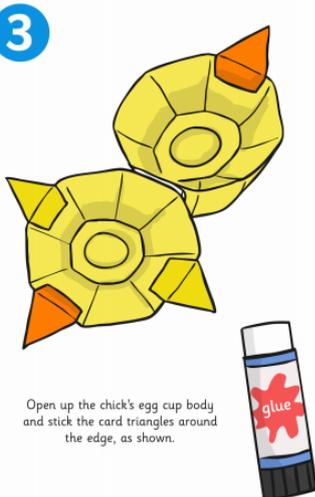
Materials and equipment:
stiff coloured card
glue stick
egg box
marker pen
scissors
paint
paintbrush



1 First, cut 2 egg box cups and stick a strip of paper on one side. The strip of paper acts as a hinge.



2 Now fold 4 rectangles of card (approx. 0.5" x 2") and cut a triangle out of each. The folded tabs are for glueing and should be about 1/4" of an inch deep. Next, cut out 2 feet, as shown above.



3 Open up the chick's egg cup body and stick the card triangles around the edge, as shown.

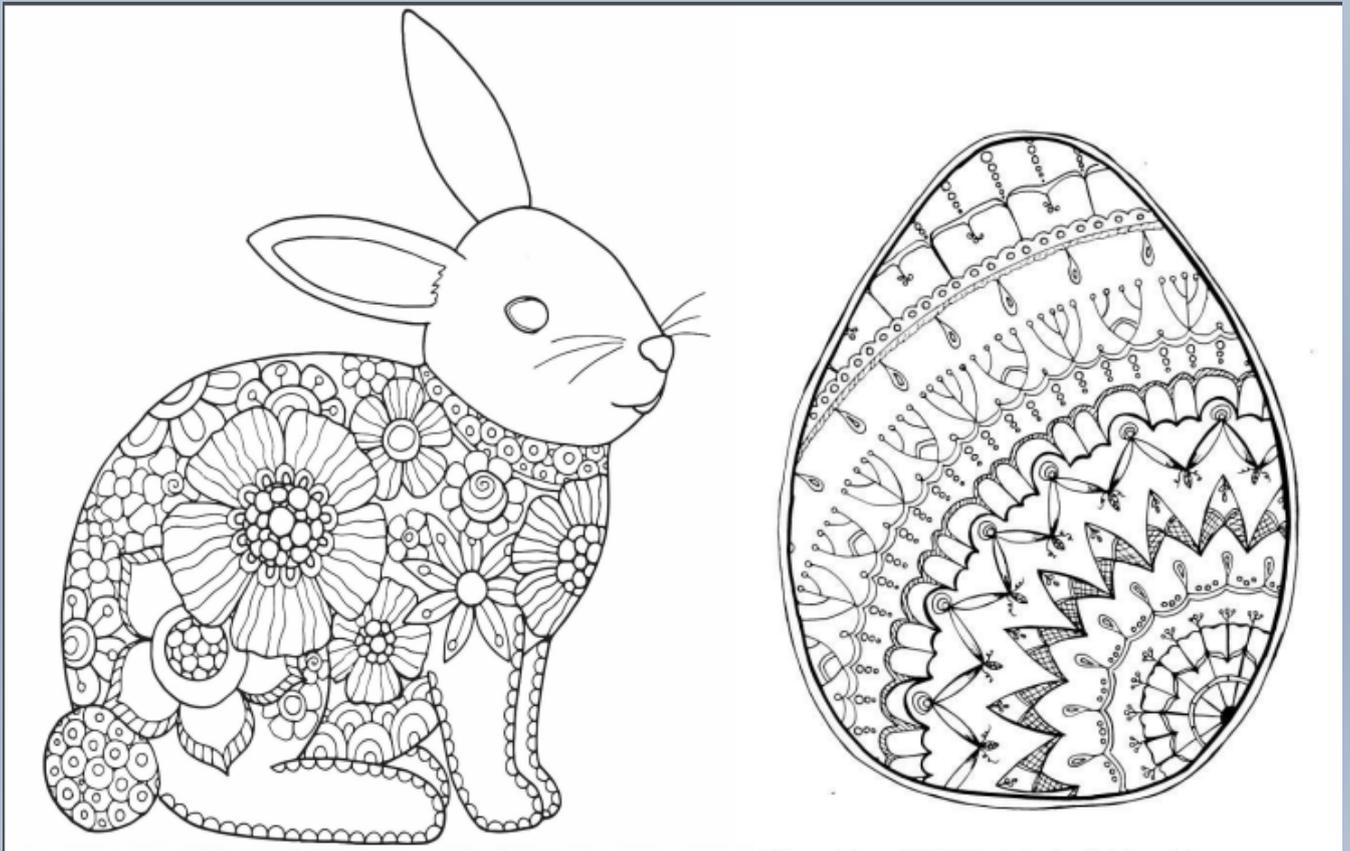


4 Finally, stick the chick's little feet onto the bottom of its body. Try making a nest of Easter chicks.

You can open your chick up and fill it up with lots of yummy chocolate eggs!

3 D Easter Cards

Use the template below or get creative with your own drawings to create 3D or Pop Up Easter cards



Let's get physical!

The Plank Challenge

Who can hold the plank for the longest in your family?

For younger children you may need to stagger the start!

See different plank positions below.



You can also find great free workouts from Joe Wicks

These sessions are proving very popular with children and parents!

Joe Wicks The Body Coach – Daily Exercise

<https://www.youtube.com/user/thebodycoach1/videos>

DESIGN, MAKE AND APPLY YOUR OWN FITNESS CIRCUIT

If you cannot get to the gym, why not bring the gym to you?

It's free, in the privacy of your own home and you can personalise it to suit you! See the hand circuit plans and exercise ideas on the next pages.

Design:

- ◇ Use the guide on the next page to create a 10 station fitness circuit
- ◇ Use some of the example exercises to add to your circuit
- ◇ When planning, think about what space and equipment you need
- ◇ Make sure you don't use the same body part on two stations in a row

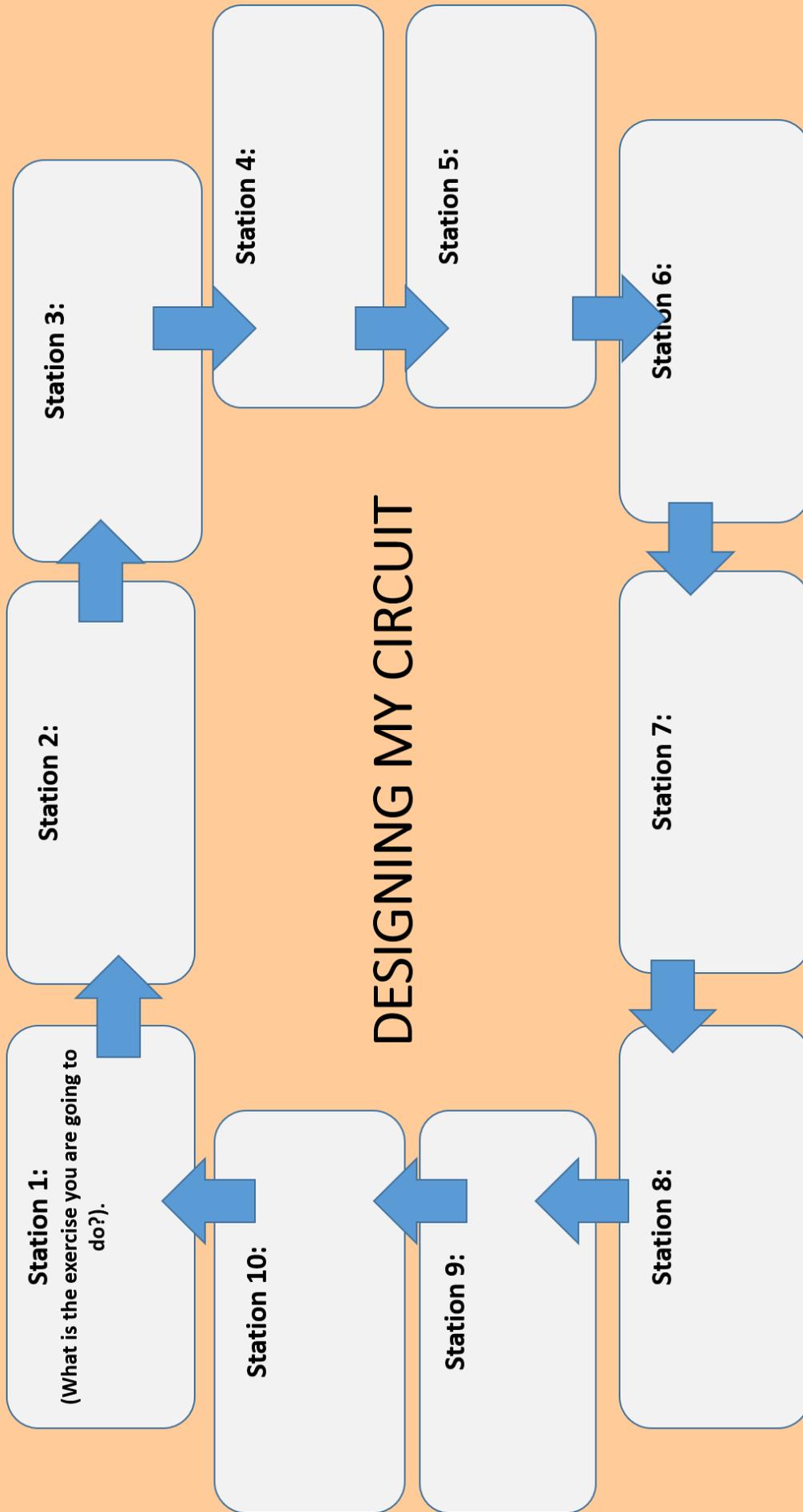


Make:

- ◇ Build your fitness circuit in your house or garden
- ◇ Make sure all the activities are safe

Apply:

- ◇ How long will you do each exercise for?
- ◇ Are you going to use music to motivate you?
- ◇ Can you get everyone in your family involved?



CIRCUIT EXERCISE IDEAS

Jumping jacks

Wall sit

Push-up

Abdominal crunch

Step-up on to chair

Triceps dip on chair

Plank

High knees running in place

Lunge

Push-up and rotation

Side plank

Squat

Finham Primary's Mr Tickle has set a weekly challenge

Mr Tickle's Weekly Challenge



- 1 - Choose any ball/equipment you like.
- 2 – Do as many of that skill as you can (e.g bouncing basketball, keep ups with a football, hits up with a tennis racket, dribbling with a hockey stick+ball, throwing and catching etc). Try and keep beating your record.
- 3 – Create your own skills/tricks
- 4 – ENJOY and let me know what you do!

Standing Long Jump

A two-footed horizontal jump from a standing position.

Instructions

Start by standing with both feet as close to the take-off line as possible.

Both feet must stay in contact with the ground until the start of the jump.

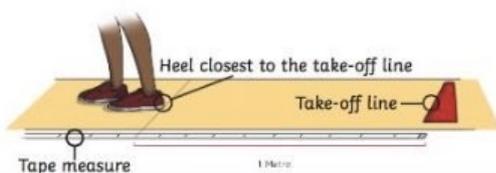
No part of the body must touch in front of the take-off line prior to take off.

Jump as far as possible from a standing position, with a two-footed take off.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line to the back of the closest heel on landing.



How to do the Standing Long Jump Step-by-Step

You may prefer a crouching or a rocking motion prior to the jump.

Bend ankles, knees and hips.

Keep eyes focused forward.

Swing arms behind body.

Straighten legs.

Both feet leave the ground together.

Arms swing forward and up.

Land on both feet at the same time.

Ankles, knees and hips bend to absorb impact.



1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler

- ▶ Copy their facial expression and sounds
- ▶ Sing songs, make music with pots and spoons
- ▶ Stack cups or blocks
- ▶ Tell a story, read a book, or share pictures

Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- ▶ Talk about something they like: sports, music, celebrities, friends
- ▶ Cook a favorite meal together
- ▶ Exercise together to their favorite music

Ideas with your young child

- ▶ Read a book or look at pictures
- ▶ Make drawings with crayons or pencils
- ▶ Dance to music or sing songs
- ▶ Do a chore together – make cleaning and cooking a game
- ▶ Help with school work

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



unicef
for every child



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Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WMO, CIDA, the National Research Foundation of South Africa, Ife Labantwana, Rand Merchant Bank Fund, the Apexi Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.

Pampering at Home



Coconut oil really is the miracle stuff. It moisturises, it soothes and it has antibacterial properties. Use it as a facial cleanser, with a facecloth or cotton wool pad to remove make-up. Use as a hair conditioner – rub into your scalp and through your hair, wrap your hair in a towel and leave on while you watch your favourite film. To rinse off, put your shampoo on BEFORE you get your hair wet, then rinse as normal.



Get baby-soft feet by slathering coconut oil on your feet, put on a pair of socks and leave on overnight.



Honey makes a fab face-mask – after cleansing, rub honey on your face, leave on for 10 minutes and then rinse off with warm water. This leaves your skin soft and as honey has antibacterial properties, it helps with breakouts too!

Nail Art – a fun way to add some colour to your look! Find some inspiration here: https://www.momjunction.com/articles/nail-art-designs-for-teens_00400750/



Tomato and Cucumber Toner



Ingredients

One cucumber

One tomato



Blend your (chopped) veggies in a food processor until smooth. Pat the mixture onto your face using a cotton pad or your fingers. Leave on for five minutes, and then rinse with warm water. Note: For oily or acne-prone skin, use every day for the best results. And since this mixture will keep for four days in the fridge after, that should be easy-peasy!



Find more homemade beauty treatments here:

<https://www.savethestudent.org/save-money/health/homemade-beauty-treatments.html>

Of course, the best way to look good is to eat healthily and exercise daily - fill your plate with as many colours as you can and watch your skin glow!

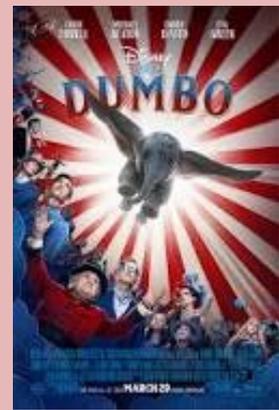
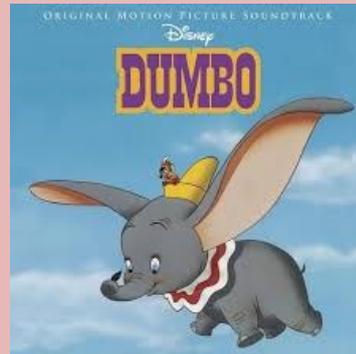
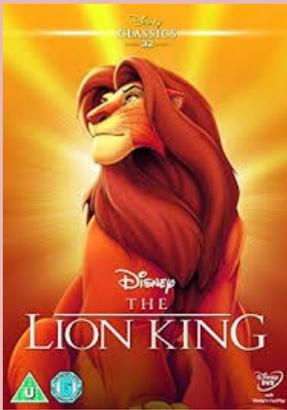
Lights, Camera, Action

Take 2

Bored of watching the same film? Did you know that these films have all had a remake? Which one do you prefer?

If you enjoyed watching any of these, we would love to receive your film reviews and recommendations. Please send them to :

familyfun@finhampark.co.uk



Can you think of any of film remakes?

Film recommendations

Films to watch (Please check the age rating)

The Avengers End Game (12)

Spectre (12)

The Hunger Games: Catching Fire (12)

Spider-Man: Into The Spider-Verse (PG)

Paddington 1 or 2 (PG)

Zootopia (PG)

Jurassic Park (PG)

BFG (PG)

Fantastic Mr Fox (PG)

The Lion King (PG)

Little Women (U)

Frozen 2 (U)

Wonder (PG)

Johnny English (PG)

The Man with The Golden Gun (PG)

Pay it Forward (12)



Are you the next Steven Spielberg or Martin Scorsese?

Why not enter these media competitions:

<https://www.radiotimes.com/news/tv/2020-03-23/bbc-scriptwriting-competition/>

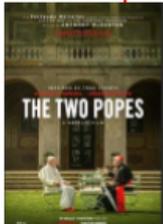
<https://www.bbc.co.uk/programmes/articles/2jKS9ctBd8k4BPg1McVlvjX/calling-all-budding-filmmakers-into-film-needs-you>



CHANNEL	TITLE	OVERVIEW	Suitable for
 	The Story of God 	<p>Morgan Freeman explores the meaning of life, God, and many big questions in between in an effort to understand how religion has evolved and shaped society. A different divine subject is covered in each hour-long episode.</p> <p>Season 1: "Creation", "Who is God?", "Why Does Evil Exist?", "The Power of Miracles", "Apocalypse", "Beyond Death"</p> <p>Season 2: "The Chosen One", "Heaven and Hell", "Proof of God"</p> <p>Season 3: "Search for the Devil", "Gods Among Us", "Visions of God", "Deadly Sins", "Divine Secrets", "Holy Laws"</p>	All students
 	Big Questions The BIG Questions	Nicky Campbell hosts a series of moral, ethical and religious debates.	All students
 	Round the world in 80 faiths 	Pete Owen Jones presents the definitive guide to faith on earth, with eighty rituals across six continents in the space of a year.	All students
	Sacred Wonders 	Find out what people do for faith in the most spectacular sacred places on the planet.	All students

	Civilizations 	<p>Professor Mary Beard explores the controversial topic of religion and art. How, and at what cost, do different religions make the unseen visible?</p>	All students
 	Muslims like us 	Ten British Muslims with contrasting world views move into a house together. Their passionate debates, honest disagreements, humour and insights reveal what is like to be a British Muslim today.	All students
	Young, Welsh and Pretty Religious 	<p>A fresh and eye-opening look at religion and faith in the Welsh Under-30's.</p> <p>Episode 1: Niqab-wearing Muslim Sahar takes her first solo skydive, Hannah invites us in for the Jewish Shabbat, and transgender pagan Mhara performs a spring ritual.</p> <p>Episode 2: Niqab-wearing Sahar speaks out about being abused on the streets and how she tackles it head on, Hannah talks about the rise in anti-semitism and the lengths the Jewish community have to go to in order to protect themselves, and bi-sexual Christian Will and a group of his LGBT+ friends share their experiences of being rejected by the church</p> <p>Episode 3: 29-year-old Hare Krishna monk Gopal Roy Das takes to the streets to try to persuade the good citizens of Aberystwyth that reading the Hindu holy book the Bhagavad Gita is the way to true spiritual enlightenment.</p> <p>Episode 4: In this episode we take in three of them: Hare Krishna monk Gopal guides us through the colourful Hindu Ratha Yatra festival, which celebrates the God Jagannath through music, dance,</p>	Year 9 - 13

food and a chariot of gods. Mhara performs the pagan spring ritual of Imbolc, and Father Ross delves into his fantasy DVD collection to inspire a midnight mass sermon with a difference for the most celebrated religious festival in Wales: Christmas. Finally, do you believe in life after death? All nine contributors to the series tell us what they believe happens after we die.

	Extraordinary Rituals 	Extraordinary Rituals explores the spectacular and emotional world of rituals.	All students
	Strictly Soulmates 	Series in which members of different faiths look for their perfect partner.	Years 9-13
	The Good place 	Four people and their otherworldly frenemy struggle in the afterlife to define what it means to be good.	Year 10-13
	Noah 	Noah is chosen by God to undertake a momentous mission before an apocalyptic flood cleanses the world.	All students
	Exodus, Gods and Kings 	The defiant leader Moses rises up against Egyptian Pharaoh Ramses II, setting six hundred thousand slaves on a monumental journey of escape from Egypt and its terrifying cycle of deadly plagues.	All students
	Messiah 	A wary CIA officer investigates a charismatic man who sparks a spiritual movement and stirs political unrest. A fictional story not based on true events. This is a controversial series that has offended some people of faith so please do some research before watching	Year 10-13 .
	The Two Popes 	Behind Vatican walls, the conservative Pope Benedict XVI and the liberal future Pope Francis must find common ground to forge a new path for the Catholic Church.	All students

Why not write a review of one of these programmes?

Think about the messages and themes within the programme.

How did it make you feel?

How did it portray identity?

Who would you recommend it to?

New on TV for April 2020

(Please ensure programmes are age appropriate for your family)



Comic Fun

Use the comic strip template below to create your own comic strip.

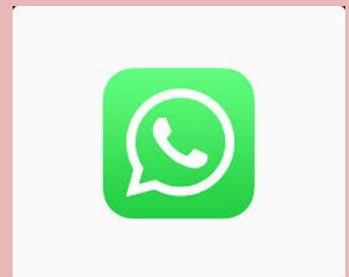
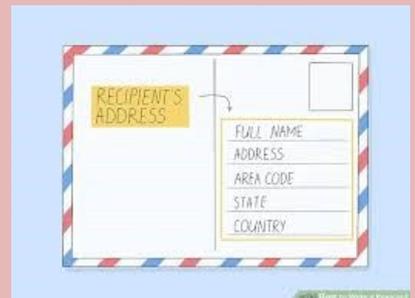


Comic Strip

Connected!

There are lots of ways you can keep in touch with people:

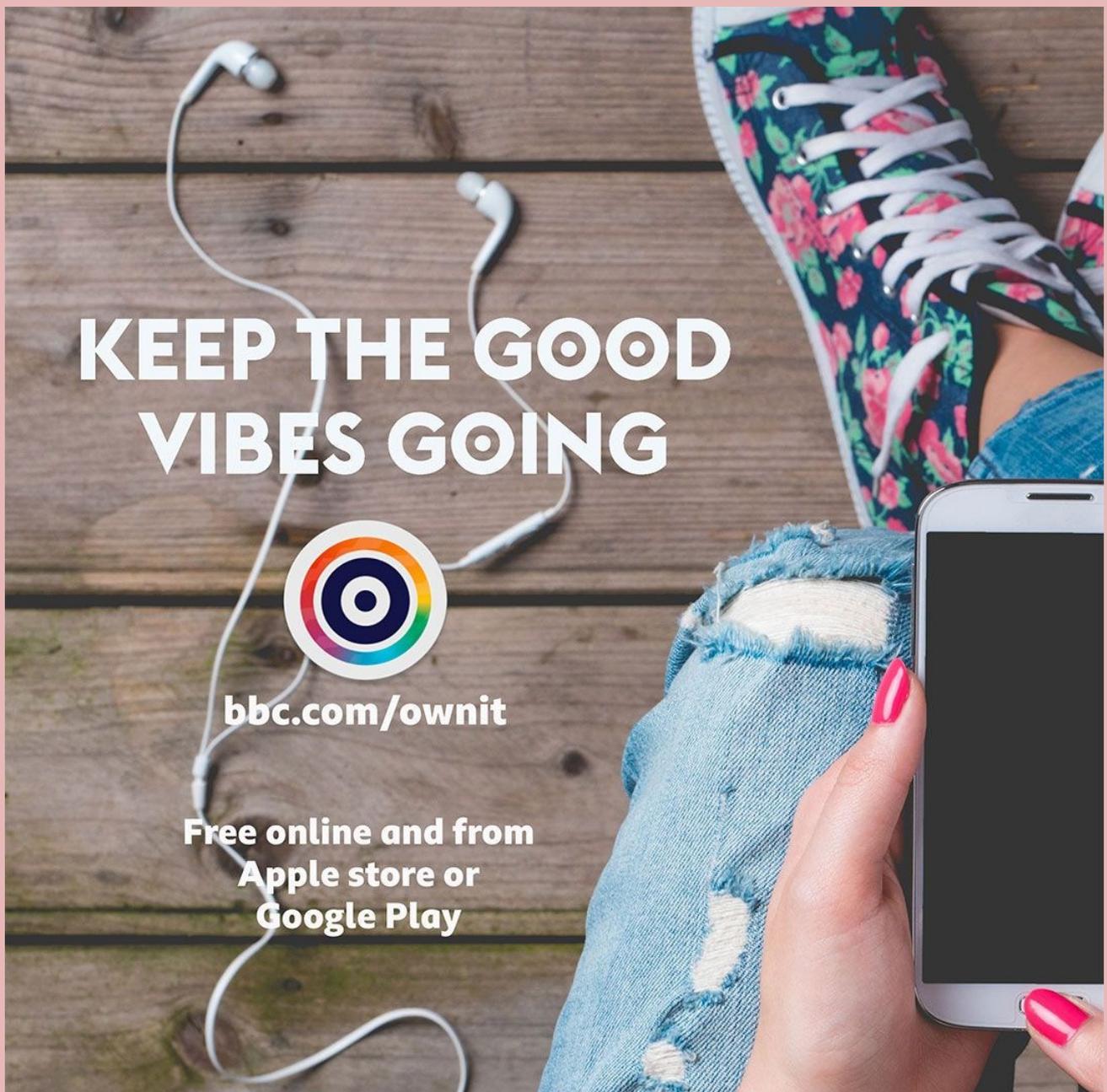
Make sure you follow any age restrictions and remember to stay safe online.



How are your 11 to 16-year-olds coping with not being at school?

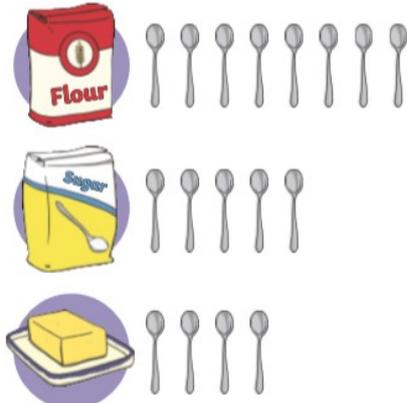
The #BBCOwnIt app is here to help them with their wellbeing and with staying safe and in touch online.

<https://www.bbc.com/ownit> <https://www.bbc.com/ownit>



Yes chef! Here are some fun recipes to try at home.

Tablespoon Biscuit Recipe



twinkl
www.twinkl.com



twinkl
www.twinkl.com

Easter Egg Biscuits

Ingredients

225g unsalted butter (room temperature)
225g caster sugar
1 tsp vanilla extract
1 egg
330g plain flour
2 tsps baking powder
A pinch of salt
400g icing sugar
3-4 tbsps warm water
Food colouring
Sprinkles

Equipment

Baking trays
Baking paper
Mixing bowls
Wooden spoon
Rolling pin
Egg-shaped cookie cutters
Cooling rack
Sieve
Small bowls
Small spoons or blunt knives

Method

1. First, wash your hands and put on an apron.
2. Preheat the oven to 180°C and line baking trays with baking paper.
3. In a large mixing bowl, cream together the butter and sugar until light and fluffy.
4. Next, beat in the vanilla extract and the egg.
5. In a separate bowl, mix together the flour, salt and baking powder.
6. Gradually mix the dry ingredients into the wet ingredients - adding a little of the flour mixture at a time, to make a stiff dough.
7. Use your hands to lightly knead the mixture into a dough.
8. Divide the dough into small portions and roll out on a lightly floured surface.
9. Use cookie cutters to cut the dough into egg shapes and place onto the lined baking trays.



10. Bake for 8 to 10 minutes.
11. Leave to cool on the baking tray until firm enough to transfer to a cooling rack.
12. Once cool, the cookies can be decorated! Sift the icing sugar into a bowl and gradually stir in enough water to create a smooth mixture. You could add a couple of drops of food colouring too if desired.
13. Use a small spoon or knife to gently spread the icing over the cooled biscuits.
14. Carefully, sprinkle over some sprinkles! Try different shapes, sizes and colours to create different effects.

Jamie Oliver Youtube channel has loads of videos to inspire some home cooking: <https://www.youtube.com/user/JamieOliver>

Jamie Oliver

RECIPES LEARN HEALTH VIDEO SHOP

SIGN UP / LOG IN





Smoky veggie chilli

SWEET GEM & CHEESY JACKET SPUDS

VEGETARIAN GLUTEN-FREE

“Using cocoa powder helps to add a lovely depth of flavour here, and nutritionally – it’s high in the mineral copper, which we need to keep our skin and hair strong and healthy.”

SERVES 8 COOKS IN 1 HOUR 45 MINUTES DIFFICULTY NOT TOO TRICKY

Super Food Family Classics, Vegetables, Potato, Sweet potato, Healthy meals, Healthy vegetarian recipes

NUTRITION PER SERVING							
Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
445	14.2g	5.8g	18.1g	0.7g	17.9g	65.1g	11g
22%	20%	29%	20%	12%	36%	25%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

G / ML CUPS / OZ

- 2 onions
- olive oil
- 1 heaped teaspoon cumin seeds
- 2 heaped teaspoons smoked paprika
- 2 teaspoons quality cocoa powder
- 1 heaped tablespoon peanut butter
- 1-2 fresh red chillies
- 3 large mixed-colour peppers
- 2 sweet potatoes , (300g each)
- 1 bunch of fresh coriander , (30g)
- 2 x 400 g tins of butter beans
- 3 x 400 g tins of plum tomatoes
- 8 small jacket potatoes
- 140 g Cheddar cheese
- 4 little gem lettuces
- 8 tablespoons natural yoghurt

Method

1. Put a large casserole pan on a medium-low heat and a griddle pan beside it on a high heat. The idea here is to work in batches, starting by charring the veg on the griddle to add a smoky flavour dimension.
2. Peel the onions and cut into 1cm dice, char on the griddle for 3 minutes, then place in the casserole pan with 2 tablespoons of oil, the cumin seeds, paprika, cocoa and peanut butter, stirring occasionally.
3. Slice the chilli(es) 1cm thick and griddle while you deseed and roughly chop the peppers and chop the sweet potatoes into rough 2cm chunks (leave the skin on for extra nutritional benefit, just give them a wash).
4. Griddle it all, adding to the casserole pan as you go. Finely chop and add the coriander stalks.
5. Preheat the oven to 180°C/350°F/gas 4.
6. Drain the beans in a sieve over the casserole pan so the juices go in, then tip the beans into the griddle pan in an even layer. Have faith and leave them without stirring until they start to char and burst, then add to the veg.
7. Pour in the tinned tomatoes, breaking them up with a wooden spoon. Stir well, then pop the lid on ajar and leave for 1 hour, or until thickened, stirring occasionally.
8. Meanwhile, wash the potatoes, prick, then bake for 1 hour, or until crispy on the outside, fluffy in the middle.
9. Just before serving, finely chop the coriander leaves and stir through the chilli, taste and season to perfection.
10. Cut a cross into each spud, pinching the bottoms so they open up, then grate the cheese and divide it between them, stuffing it in well. Pick apart the gem lettuces, and serve each cheesy spud with a good portion of chilli, some gem leaves and a dollop of yoghurt.



Super shepherd's pie

SMASHED NEEPS & TATTIES

“Lean minced lamb works a treat here, and gives us a bumper hit of vitamin B12, keeping our immune and nervous systems healthy and preventing a drop in our energy levels.”

SERVES 6 COOKS IN 2 HOURS 15 MINUTES DIFFICULTY NOT TOO TRICKY

Super Food Family Classics, Healthy dinner ideas

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
436	12.2g	5g	15.2g	0.4g	31.2g	51.2g	11.8g
22%	17%	25%	17%	7%	62%	20%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

G / ML CUPS / OZ

- 500 g lean minced lamb
- 2 sprigs of fresh rosemary
- 1 x 400 g tin of cannellini beans
- 2 onions
- 2 carrots
- 2 sticks of celery
- 250 g chestnut mushrooms
- 1 heaped tablespoon plain flour
- 800 ml organic chicken or veg stock
- 800 g swede
- 800 g potatoes
- 2 tablespoons semi-skimmed milk
- 15 g mature Cheddar cheese
- 1 tablespoon Worcestershire sauce
- 1 teaspoon mint sauce
- 350 g frozen peas

Method

1. Put the mince into a cold casserole pan. Place on a high heat, add a really good pinch of black pepper and cook for 15 minutes, or until dark golden, breaking it up with a wooden spoon.
2. Pick and finely chop the rosemary leaves, drain the beans, then stir both into the pan. Cook and stir for 8 minutes, or until the beans start to pop and it's all getting dark and gnarly.
3. Peel the onions and carrots, trim the celery, wipe the mushrooms clean, then finely chop it all (or blitz in a food processor). Stir into the pan and sweat for 10 minutes on medium-high, stirring occasionally.
4. Stir in the flour, followed by the stock. Bring to the boil, then simmer on a low heat with the lid on for 30 minutes.
5. Meanwhile, preheat the oven to 180°C/350°F/gas 4.
6. Wash the swede and potatoes (leaving the skins on for extra nutritional benefit) and cut into 3cm chunks.
7. Cook just the swede in a large pan of boiling salted water for 10 minutes, add the potatoes for 10 more minutes, or until cooked through, drain well, mash with the milk and grated cheese, and season to perfection.
8. Check the consistency of the mince – you want it slightly wetter than you think, as it will thicken further in the oven. Add the Worcestershire and mint sauces, taste, and season to perfection.
9. Sprinkle the peas over the mince, letting them sit on the surface to help prevent the mash from sinking in too much. Put spoons of mash randomly on top, using a fork to scuff it up and make valleys and mountains, increasing the surface area, and the crispy bits.
10. Bake for 50 minutes, or until golden and bubbling. Nice with seasonal greens.



Why not create your own recipe? Or at a twist to some of these classics?

Have you got a signature dish or family recipe you'd like to share?

We'd love to see your culinary skills—send us your photos and recipes to: familyfun@finhampark.co.uk

The BBC has lots of great recipes too: <https://www.bbc.co.uk/food>

Indian-spiced potato wraps

★★★★★ 2 ratings

[Rate this recipe](#)



Preparation time
less than 30 mins

Cooking time
10 to 30 mins

Serves
Serves 2

Dietary
V

Spicy potatoes, sharp pickled red onion and cooling raita all folded up in a wrap or naan bread make a quick, easy and satisfying vegetarian midweek meal.



By Rachel Phipps

Ingredients

For the Indian-spiced potatoes

2 large waxy potatoes, scrubbed and cut into small bite-sized cubes
vegetable oil, for frying
1 tsp cumin seeds
1 tsp hot chilli powder
½ tsp ground turmeric
½ tsp ground coriander
½ lemon or lime, juice only
sea salt
2 large or 4 medium naan or flatbreads, to serve

For the pickled red onion

½ small red onion, thinly sliced
1 tbsp apple cider vinegar

For the raita

¼ cucumber
60g/2oz low-fat yoghurt (5% fat)
large handful fresh mint leaves, roughly chopped
¼ tsp golden caster sugar
½ lemon or lime, juice only

Method

1. To make the spiced potatoes, boil the potatoes for 10–15 minutes until tender. Drain well.
2. Meanwhile, make the pickled onion by mixing the onion slices with the vinegar and 2 tablespoons of cold water in a small bowl. Set aside.
3. To make the raita, grate the cucumber (don't bother peeling it) and gently squeeze out any excess water. Mix the cucumber in a small bowl with the yoghurts, mint and sugar and add a squeeze of lemon juice.
4. Heat a generous splash of oil in a large frying pan over a high heat and add the potatoes. Fry for 4–5 minutes, until just starting to colour. Add the spices, stir well to coat and fry for another 5 minutes, until golden. Season with salt and a squeeze of lemon juice. Place the potatoes on a plate lined with kitchen paper to absorb any excess oil.
5. Serve the naan or flatbreads with the potatoes, pickled onion and raita and roll up before eating.

Links to some interesting free websites:

Interesting Websites with activities to try

<https://www.sporcle.com/> - A free interactive quiz site

<https://www.youtube.com/watch?v=TVGhhMTk8rA> – General Knowledge Quiz

<https://www.youtube.com/watch?v=q77hxagoV3M> – Movie Sound-track quiz

https://www.quizmasters.biz/3rd_Party/A-F.html - Free Quizzes in Excel

<https://kahoot.com/> (use your phone to play)

<https://www.boatloadpuzzles.com/playcrossword> - Crossword puzzles

<https://thewordsearch.com/> - Word searches

<https://www.quizmasters.biz/DB/Pic/Dingbats/Dingbats.html> - Dingbats Quiz

<https://www.sporcle.com/games/tags/emoji> - Sporcle Emoji Quizzes

<https://www.jigsawplanet.com/> - Online Jigsaw Puzzle Site

<https://www.countryliving.com/diy-crafts/how-to/g1111/easter-crafts/> - Click on “View Gallery” for the different ideas

Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15–30 seconds

In the LION's Den



Visit one of these Zoos from the comfort of your own home – see how many of these animals you can spot!

Chester Zoo – Watch Live at 10am every day. Catch up if you missed today's live stream.

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

Edinburgh Zoo – Live Webcams. Watch any time.

<https://www.edinburghzoo.org.uk/webcams/>

San Diego Zoo – Live Webcams (London GMT is 8 hours ahead of San Diego – some animals may be asleep if you tune in during their night-time hours! Eg. 10am in England is 2am in San Diego)

<https://kids.sandiegozoo.org/videos>



Elephant – What were they doing?



Panda – What is their name?



Which Penguin has Royal Connections?



How many Tigers can you see?

Colour Me In



“Wrong will be right, when Aslan comes in sight,
At the sound of his roar, sorrows will be no more,
When he bares his teeth, winter meets its death,
And when he shakes his mane, we shall have spring again.”

– **C.S. Lewis, The Lion, the Witch and the Wardrobe**

“Wrong will be right, when Aslan comes in sight,
At the sound of his roar, sorrows will be no more,
When he bares his teeth, winter meets its death,
And when he shakes his mane, we shall have spring again.”

– **C.S. Lewis, The Lion, the Witch and the Wardrobe**

World Class Explorer

Whilst we might be in our homes, there is still a big world out there which you can still connect with. Use some of these ideas!

Why not learn a language?

There are lots of free resources and apps you can use.

<https://www.duolingo.com/>

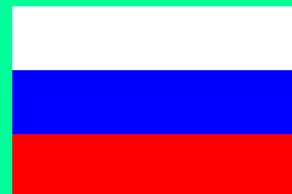
<http://www.bbc.co.uk/languages/>

<https://www.open.edu/openlearn/languages/free-courses>

<https://www.rosettastone.co.uk/>



Here are just some of the language you can learn for free:



World Class Challenge

Why not set you and your family a challenge to learn the flags of the world?



World Class Explorer

Why not select a country to find out more about? Perhaps it's a country you have always wanted to go to?



What is the capital city?

What language is spoken?

Which continent is it in?

What currency do they use?

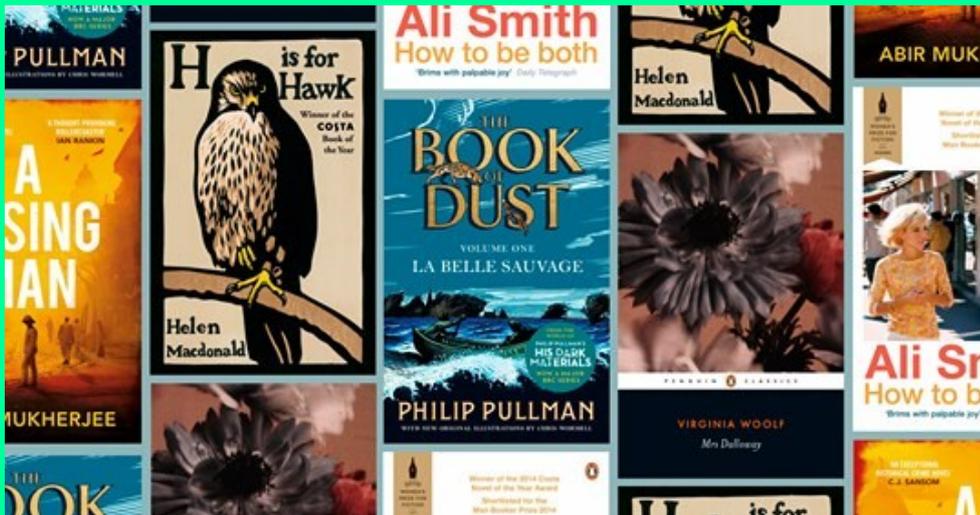
What is the climate like?

10 interesting facts about that country

What is the population?

Design an information poster or tourist leaflet

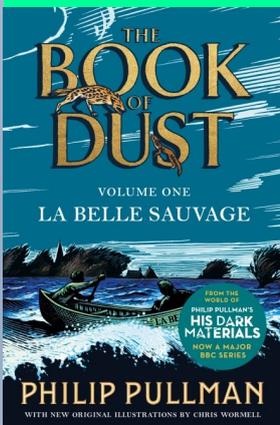
Escape to another world with Penguin books



Books have always had the power to take us to somewhere other than where we are, whether that's a fantasy land, outer space, or to a different time and place in history.

Now, perhaps more than ever, being able to "travel" via the medium of books is important. Here, the Penguin.co.uk team shares the books they read when they want to escape their surroundings.

Although all books have the power to transport you, my favourite stories are those that reference our own world. You know, the books that tell you that if you just stepped in-between platforms 9 and 10 at King's Cross you might end up on a train to a rather famous school for witches and wizards, or if you fell down a rabbit hole you would emerge into an enchanted land of grinning cats and Mad Hatters.



Philip Pullman is a master at this, as demonstrated with the *His Dark Materials* series, where portals allowed characters (and readers) to travel from Oxford to the Arctic, and even into a mysterious land in the sky.

Pullman's not-quite-prequel series *The Book of Dust*, which began with *La Belle Sauvage*, grounds us in a bygone Oxford a bit like the one from our own history books, but different enough that it proves exciting. Our hero is Malcolm Polstead, who is charged with seeing a baby Lyra Belacqua to safety through a flooded city with evil on his tail.

If you're up for an adventure full of magic and fantasy, this is the book for you.

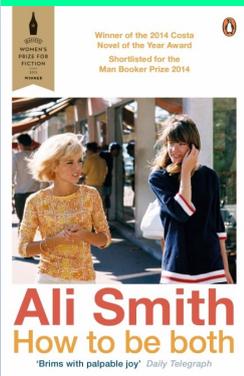
Chosen by Sarah McKenna



Treasure Island by Robert Louis Stevenson

It's the sand, sea and sunshine, mostly – so soul-warmingly un-British! But also the cutlasses and the eye-patches, the jolly rogers, the black spots, and the 'seaward hos!' Robert Louis Stevenson's 1882 coming-of-age classic about a boy who goes on a pirate adventure has been my turn-to book since I first read it as a child (actually, it was first read to me, across many consecutive bedtimes, by my dad). I have come back to it many times when I've fancied an escape. Never usually all at once, mind – I know the story well enough now that I can dip in and out, like a wind-weary seagull diving for scraps of the past. I can still hear my dad's voice when I read it. It's become a kind of anchor, I reckon, carrying my mind to a faraway world of pirate hats and treasure maps, but also back to a world that sometimes feels even further away than that: my childhood, when nothing mattered. Nothing, that is, except pirate hats and treasure maps.

Chosen by Matt Blake



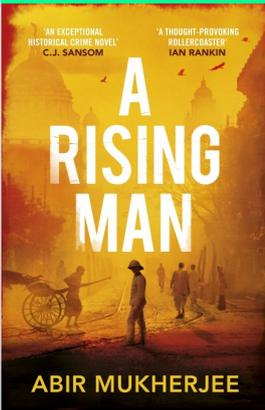
How to be Both by Ali Smith (2014)

Has there ever been a more fitting time to long for the Palazzo Schifanoia, or the Palace of Not Being Bored? Ali Smith makes a character of the Italian building in *How to be Both*, her shapeshifting 2014 novel on loss, ambiguity and identity, catapulting the reader back to the 15th century in the process. We learn of the palace through its now-famous frescoes (the palace is real, and remains intact today) and the artist who paints them, Francesco del Cossa, who was born female but binds her chest and lives as a man.

Smith twists between Francesco's narrative and that of George, a bereaved teenage girl living in Cambridge, but her poetic insights into the former's life – and how it manifests on the walls on which she paints – make it both so intriguing and intimate that it becomes irresistible. Here, there isn't just life in the world continuing beyond the palace walls (the spring flowers, the street workers) in early Renaissance Italy, but also in the vivid frescoes that Francesco creates. Both demand to be sunk into.

Chosen by Alice Vincent

[A Rising Man](#) by Abir Mukherjee (2017)

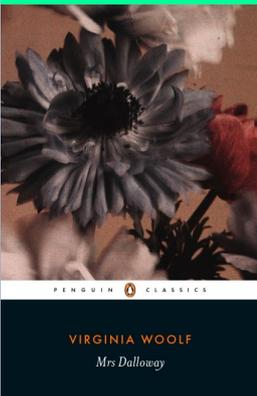


Crime might seem a strange genre to use as an escape, but it's so all-encompassing that it actually proves quite easy to forget where you actually are in favour of solving a mystery. Add in a completely different place to my suburban surroundings – like 1920s Calcutta – and I'm fully immersed.

Abir Mukherjee's *A Rising Man*, the first novel in his Wyndham and Banerjee series, whisks readers to post-First World War India. In the bustle of Calcutta, Sam Wyndham must find his place as a detective on the police force, with the help of police officer Surendranath Banerjee. But before he can settle in, a senior official is found dead, and there's a note in his mouth telling the British to leave India.

Mukherjee's descriptions of Calcutta are so vivid that you can almost hear the noise and breathe in the heat of the city, while his mysteries always have you guessing to the last page. The perfect escape.

Chosen by Sarah Shaffi



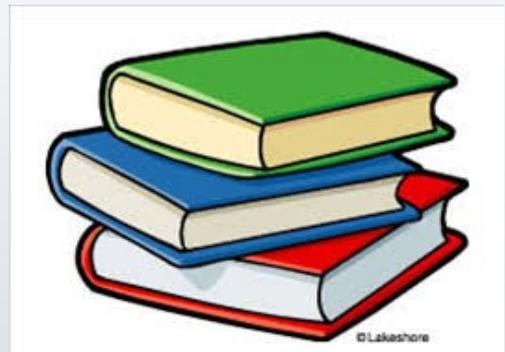
[Mrs Dalloway](#) by Virginia Woolf (1925)

There are so many ways a book can transport you – through time, around the world or to far-off fantasy worlds – and yet, I still can't think of a more transportive book than Virginia Woolf's evergreen classic, *Mrs Dalloway*.

From the moment the eponymous character has agreed to "buy the flowers herself", readers are enrobed in Dalloway's every thought and feeling, propelled along by a stream-of-consciousness writing style that makes the novel's events unfold in something resembling real time. It may not take you somewhere otherworldly, but where else can you be transported so wholly into the mind's eye of another?

Chosen by Stephen Carlick

Book Worms



Why not try one of these book recommendations. Many books are now available on line free

Audible app – Free story books for children <https://stories.audible.com/discovery>

Books for KS3

Madame Doubtfire – Anne Fine
Welcome to Nowhere – Elizabeth Laird
Watership Down – Richard Adams
The Goldfish Boy – Lisa Thompson
Hatchet – Gary Paulsen

Books for KS4/KS5

A Monster Calls - Patrick Ness
13 Minutes – Sarah Pinborough
Atonement – Ian McEwan
Looking for Alaska – John Green
The Westing Game – Ellen Raskin

Further KS3 booklist by topic

<https://www.dropbox.com/sh/kh09a39zzh3vt99/AAAvqVSd1BAU-Uk-q4m-AYjBa?dl=0&preview=KA+Y7+and+8+reading+list+2019-2020.docx>

Further KS4 booklist by topic

<https://www.dropbox.com/sh/kh09a39zzh3vt99/AAAvqVSd1BAU-Uk-q4m-AYjBa?dl=0&preview=KA+Key+Stage+4+reading+list+2020.docx>

Listen to a David Walliams audio book together. He is releasing a free book every day on the internet

[\(https://www.worldofdavidwalliams.com/elevenses/\)](https://www.worldofdavidwalliams.com/elevenses/)



Make a power point presentation about a famous character from history.

Keep a journal about your days at home. Think about things that have happened that are funny and write them down to cheer people up.

Write and perform a monologue. There are lots of ideas to start you off here...

<https://www.dramanotebook.com/monologues-kids/>

Perform and record your monologue and post it to

familyfun@finhampark.co.uk

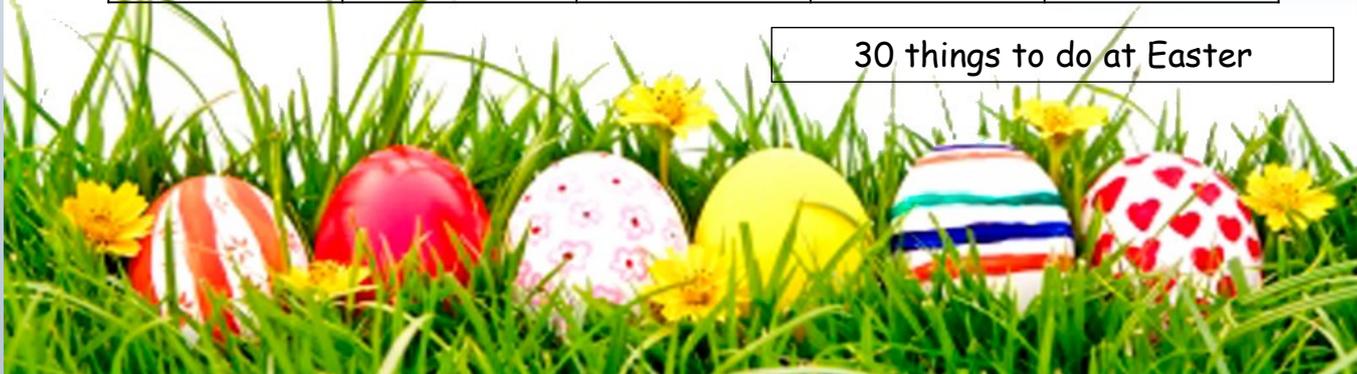
Read a newspaper.

An excellent newspaper for teenagers is First News. An electronic copy of the newspaper can be found on our Family Fun Frog site each week. It contains news, games and competitions.

Keep a journal about your days at home. Think about things that have happened that are funny and write them down to cheer people up.

Plan an interview with a famous person, what questions would you ask them?

Have an egg and spoon race in the garden - use real or chocolate eggs!	Plant flowers or vegetables in the garden or in containers or pots. Sow seeds - can you create a mini Easter garden?	Decorate an Easter egg 'tree' - find a fallen branch to use as your tree or make your own. Or decorate a tree or bush in your garden.	Make Easter decorations and bunting - then decorate your house or bedroom with them.	Make Easter nests, cakes or biscuits then share them with your family who you live with. Lots of recipe ideas out there!
Design an Easter Egg hunt - lay clues for your family to work out and find the egg!	Write Easter riddles for different members of your family to solve.	Set an Easter reading challenge - can be anything - maybe all read the same book and form a book club!	Make cool Easter baskets to collect your eggs in.	Go on an Easter scavenger hunt when you go on a walk or in your garden. Find things the same colour as your egg!
Decorate hard boiled eggs and make a table display.	Find things in your garden that spell out the word EASTER!	Make your own Easter 'eggs' try melting chocolate with a grown up help. Use 'moulds' to set them in different shapes.	Complete as many different Easter crafts as you can. Take photos on Frog Snap and share them with us! Lots of ideas online!	Make an Easter card and send it in the post to someone you can't see at the moment.
Watch an Easter themed film with your family. Try making your own popcorn to eat while you watch!	Melt chocolate with a grown up and dip fruit in. Leave to set in the fridge then eat!	Make brunch together - why not make pancakes or try hot cross buns!	Try to eat or do something you've never tried before.	Learn a new skill for Easter.
Set yourself an Easter fitness challenge - set up 'stations' inside or out. Can you do one more each day?	Plant cress seeds in empty egg shells - when it grows it looks like hair! Draw on a funny face!	All the family make an Easter bonnet. Have your own Easter parade! Friends and family can join in over FaceTime!	Design a successful egg drop! Look here for ideas! https://sciencing.com/successful-egg-drop-ideas-8424463.html	Have an egg roll race - use hard boiled decorated eggs and roll them down a hill or ramp. Whose will stay whole?
Make a den in the house or garden. Have an Easter picnic or tea party in there. Read in there too!	Design a menu for an Easter meal. Try cooking and preparing it with your grown ups.	Make Easter table decorations and set the table with them. Enjoy a meal with your family.	Design and make an Easter themed board game. Will your counters be egg shaped or Easter Bunny shaped?	Tell some Easter or egg jokes. They will be eggcellent!



30 things to do at Easter

Activities you can do from home - KS3

Aim for 100 points a day - cross them off once completed.

<p>Write a letter to a local care home to help cheer up the elderly people who may not have many visitors at this time, then post it.</p> <p style="text-align: right;">10 Points!</p>	<p>Read 2 chapters of a book and summarise what you have read in 3 pictures.</p> <p style="text-align: right;">10 Points!</p>	<p>'Humans are entirely dependent on technology'. Write points for and against this statement. (10 points! + 10 bonus points if you write a newspaper comment piece, arguing your point of view)</p> <p style="text-align: right;">10 Points! + 10 Points</p>
<p>Watch an episode of BBC Newsround each day and write down 3 things that you have learned from it.</p> <p style="text-align: right;">10 Points!</p>	<p>Spend 15 minutes learning your times tables. If your school has set you up, you could use the PiXL Timestables app to help you.</p> <p style="text-align: right;">10 Points!</p>	<p>Read a non fiction article and write down the 5 most interesting things that you have learned.</p> <p style="text-align: right;">10 Points!</p>
<p>Turn a page of a book into 5 pictures that summarise what you have just read.</p> <p style="text-align: right;">10 Points!</p>	<p>Write a diary entry on your thoughts and feelings today. Aim to include 3 things you are grateful for.</p> <p style="text-align: right;">10 Points!</p>	<p>Play a board game with a friend or family or an online board game like 'chess'.</p> <p style="text-align: right;">10 Points!</p>
<p>Watch an Informative video on a topic of your choice and write down 5 pieces of information that you didn't know before you watched it.</p> <p style="text-align: right;">10 Points!</p>	<p>Make and send a card to a next door neighbour who may living alone.</p> <p style="text-align: right;">10 Points!</p>	<p>Record the weather for 5 days. You could measure rainfall, sunlight, cloud coverage. Record the information in a table.</p> <p style="text-align: right;">10 Points!</p>

Research a river near you. Find out how long it is. How many towns does it pass through?



10 Points

Learn a card trick.



10 Points

Make a scale drawing of a room in your house.



10 Points

Play a game of rock paper scissors with someone. Can you find a strategy to win?



10 Points

Create a coded message for someone. Ask them to crack the code and send you a message back.



10 Points

Can you calculate how many hours you have been alive?



10 Points

How long would it take you to walk around the UK?



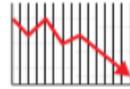
10 Points

Design a poster to revise any topic you have learned this year.



10 Points

Look out of a window and create a tally chart for the different colour cars you see. Represent this information in a graph. If your windows don't overlook a road, you could do the same for birds, or insects in the garden.



10 Points

Find a recipe and design a menu for you and your friends. How long would it take to make the meal? Can you write a timetable for cooking the meal?



10 Points

Make a set of loop cards. Each card needs a question and the following card has the answer.



10 Points

Look at a car number plate. How many different combinations can you make from the digits and letters?



10 Points

www.pixl.org.uk

BETTERFUTUREBRIGHTERHOPE

Look at some flags of the world. Can you find lines of symmetry? How many shapes can you find?



10 Points

Investigate whether shapes with the same areas have different perimeters.



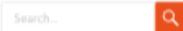
10 Points

Research different artists and discuss with someone at home what you see, what you think about the picture and how the artist has created what they have. Use this as inspiration for a piece of creative writing.



20 Points

Use an opening line generator online (such as <https://writingexercises.co.uk/firstlinegenerator.php>) and continue writing the story you imagine based on it.



20 Points

Read a book and then watch its film. Discuss the differences with someone and/or write a review for a magazine or blog.



40 Points

Read a non-fiction article about a topic of your choice online. Summarise what you have read into six points and then rank these in order of importance.



10 Points

Start a diary based on your experience of being at home. Try to include one new thing you've never done before each day. (10 points! + a bonus 10 points if you keep it up for a whole week!)



10 Points + 10 Points

Choose a sentence from an article or book. How many words can you make from the letters in the sentence?



10 Points

Write an email to a family member or friend to share what you've been doing this week.



10 Points

Watch an informative video on a topic of your choice and write down 5 pieces of information that you didn't know before you watched it.



10 Points

Read a text (online article or book, for example) and identify five words that you are unfamiliar with. Find the definition of these and learn them. Write two sentences using each of these new words.



10 Points

Cook something you haven't made before (a cake or meal). Write a blog post reviewing the process and taste, as well as the recipe people should follow to do this themselves.



20 Points

Use the Internet to find a variety of poems about different topics and from different time-periods.



20 Points

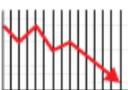
Read a non-fiction text, such as an online newspaper article. Write three questions you would like to ask the journalist or an expert on the topic. (10 points! + a bonus 10 points if you can research what the answers might be)

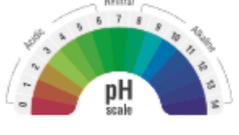


10 Points + 10 Points

Identify a list of spellings that you know you regularly get wrong. You can check your exercise books for feedback if that will help! Make a list of these across all of your subjects. Find out the correct spelling and write them on slips of paper - pop them in a jar. Ask someone at home to test you on these regularly.

10 Points

<p>20 Points!</p> <p>Have a go at a Marvin and Milo experiment – what did you find out? http://www.physics.org/marvinandmilo.asp</p>  <p>10 Points!</p>	<p>10 Points! + 10 Points</p> <p>Try a science museum kitchen experiment – what did you find out? https://learning-resources.sciencemuseum.org.uk/wp-content/uploads/2017/09/Kitchen-science.pdf</p>  <p>10 Points!</p>	<p>you on these regularly. 10 Points!</p> <p>Write a letter to a local newspaper explaining why you think climate change is an issue.</p>  <p>20 Points!</p>
<p>Use BBC Bitesize to research how vaccines work – explain this to your parents/carers.</p>  <p>20 Points!</p>	<p>Create a leaflet explaining to a primary school student how to plot a line graph.</p>  <p>10 Points!</p>	<p>Research the life of a famous scientist – write 10 sentences about them.</p>  <p>10 Points!</p>
<p>Listen to an episode of the podcast '60 Second Science'.</p>  <p>10 Points!</p>	<p>Look at the stars and the Moon one clear night – can you identify any constellations?</p>  <p>10 Points!</p>	<p>Find out about the scientist Dr Maggle Aderin-Pocock.</p>  <p>10 Points!</p>

<p>Find out about a famous living scientist – write 10 sentences about them.</p>  <p>10 Points!</p>	<p>Watch a science-based television programme.</p>  <p>10 Points!</p>	<p>Find out about a scientist at your nearest university, using their website.</p>  <p>10 Points!</p>
<p>Watch an episode of 'Mythbusters' on YouTube.</p>  <p>10 Points!</p>	<p>Name as many pieces of science equipment as you can.</p>  <p>10 Points!</p>	<p>Find out the science behind making food.</p>  <p>10 Points!</p>
<p>Listen to an episode of the podcast 'The Show About Science'.</p>   <p>10 Points!</p>	<p>Watch an episode of Blue Planet II – write about how it made you feel.</p>  <p>10 Points!</p>	<p>Find out about the topic 'carbon footprint' – write a list of 3 things your family could do to reduce your carbon footprint.</p>  <p>20 Points!</p>
<p>Use BBC Bitesize to revise a KS3 topic area for 30 minutes. Wait an hour and write down everything you can remember.</p>  <p>20 Points!</p>	<p>Research how to make pH indicator with red cabbage.</p>  <p>10 Points!</p>	<p>Carry out a 30-minute survey of the birds in your garden or outside your house. Use the RSPB Identify a Bird site to find out their names. Represent your information in a graph.</p>  <p>10 Points!</p>
<p>Find out about the differences between the American Robin and the British Robin.</p>  <p>10 Points!</p>	<p>Research how to make a home for bees, the different types of British bee and why it is important to protect them.</p>  <p>10 Points!</p>	<p>Carry out a survey of the trees in your local area. Represent your information in a graph.</p>  <p>10 Points!</p>
<p>Create a pitfall trap using a yogurt pot – what did you catch?</p>  <p>10 Points!</p>	<p>Take part in a 'buglife' survey https://www.buglife.org.uk/get-involved/surveys/</p>  <p>10 Points!</p>	<p>Explore the English timeline on the British Library website: https://www.bl.uk/englishtimeline. Identify ten things that you didn't know before that you found interesting.</p>  <p>10 Points!</p>

Create a pudding out of no more than **three ingredients**.



10 Points!

Choose a topic from the Museum of London website: <https://www.museumoflondon.org.uk/schools/learning-resources?s=true&foundationAndPrimary=6secondary-1&specialSchoolAndSEN=6internationalAndESOL=6supplementary=6ages=6historicPeriod=6topic=6type=6textSearch=> Identify ten things that you didn't know before.

10 Points!

Create a structure out of two types of material, using what you have **around the house**. For example, blutack and matches. How strong can you build it? Can you create a structure that will hold various weighted items such as a letter or a book?



10 Points!

Create a small card/note for everyone who lives in your house. Tell them three things you like and **appreciate about them** and one thing you enjoy doing with them around the house, or



List at least **ten things** that you are grateful for during this time. Remember, some things we may take for granted at times, but really recognise now. Do this every day to keep positive thoughts in your mind.



If you have access to **social media**, search **#TogetherAtHome** and choose an artist to watch with your family. For example, on Monday 16th March, Chris Martin from Coldplay did a live video performance.



Make a **playlist** of your favourite music to help keep you feeling upbeat. **Share** this with friends online and ask them to do the same.



10 Points!

Create a **picnic** for your family to have on the floor with the windows open. Make sure there are no screens and that you enjoy each other's company in the fresh air. If you have a garden, you could do this outside! **You could even invite friends/family to join via Skype/FaceTime.**

10 Points!

Make **homemade pizza** with any leftovers in the fridge. Get creative: you could make your own dough, add leftovers to a plain frozen pizza or use a slice of toast, tomato purée/passata and any toppings you can find.



10 Points!

Make your own **play dough** with someone at home and then challenge each other to guess what you make with it!



10 Points!

Create a **time-capsule envelope** or shoe box to remember this time. You could include a news **article from the time** and a **diary notebook** of your experiences.



10 Points!

Get in touch with **three people** to ask how they're doing and to share ideas for keeping upbeat. You could do this via **phone, video call, text or email**. Don't forget people you may know elsewhere in the country or world may also be going through the same situation.



10 Points!

Start writing a **story**, then share it with someone at home or a friend via email and ask **them to continue it** and send it back. Read what they have done and then continue it - send it back and repeat!



10 Points!

Offer to do a **job around the house** that someone else normally does to give them a break.



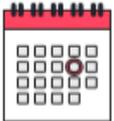
10 Points!

Choose a **story you know** (any story - from a film, book or even a fairytale). **Pick a character** from the story to write an 'alternative' narrative for. For example, the real story of the 'big, bad wolf'.



10 Points!

Keep a **kindness diary** and write down the things that you have done for others during this time. Challenge yourself to do more each week.



10 Points!

Write to the **local hospital** thanking them for all the work they do, find the address and **post it**.



20 Points!

Write a **card to someone** in your family explaining how you are handling this uncertain situation. Post it as soon as you are able to.



10 Points!

"Science is all we need".

Write **points for and against this statement**. (10 points! + 10 bonus points if you write a newspaper comment piece, arguing your point of view)

10 Points! + 10 Points

If you have a younger sibling, **play a game** of their choice with them. Or **create a new game** together!



10 Points!

Robert Myles, an actor, has co-ordinated professional and amateur actors to perform Shakespeare's plays in the order they are believed to have been written. **Follow him on YouTube** and watch various videos of the plays as they are performed. The first one will be Thursday 19th March - The Two Gentlemen of Verona.

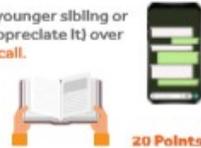
30 Points!

If you don't already know how to, **learn to play Sudoku**. If you do, select a higher difficulty rating and challenge yourself to improve! You can use various websites, such as: <https://sudoku.com>



10 Points!

Read to someone (a younger sibling or a relative who may appreciate it) over the **phone/via video call**.



20 Points!

If you don't already know how, **learn to juggle**. You will need a different method once you move from three to four - **watch videos on YouTube to help you!**



20 Points!

Every morning, **research positive news** and text family and friends to share what you've found to help **spread positivity**.



10 Points!

In light of the current situation, we are all aware that we don't know what is around the corner. This can be both positive and negative. Spend time thinking about **what you think the country (or world!) might look like in the future** - or what you would like it to look like. Use this as a basis for a piece of dystopian fiction!

30 Points!

Often, we leave **photos and memories on our phones**. Use this time to create an **online photobook or zipped folder of all your memories**. Message your friends and family with photos that they may like to see as well.



20 Points!

Experiment with ways to **use up leftover food**. You could learn to make **different meals** such as frittatas, pies or try pickling vegetables. Avoid any food waste by using up as much as you can!



10 Points!

Download an **e-book** to your phone or read a book that you haven't read before.



20 Points!

Ask friends or family members for **book recommendations** - read a **book they have recommended** to you. Share your recommendations with them too.



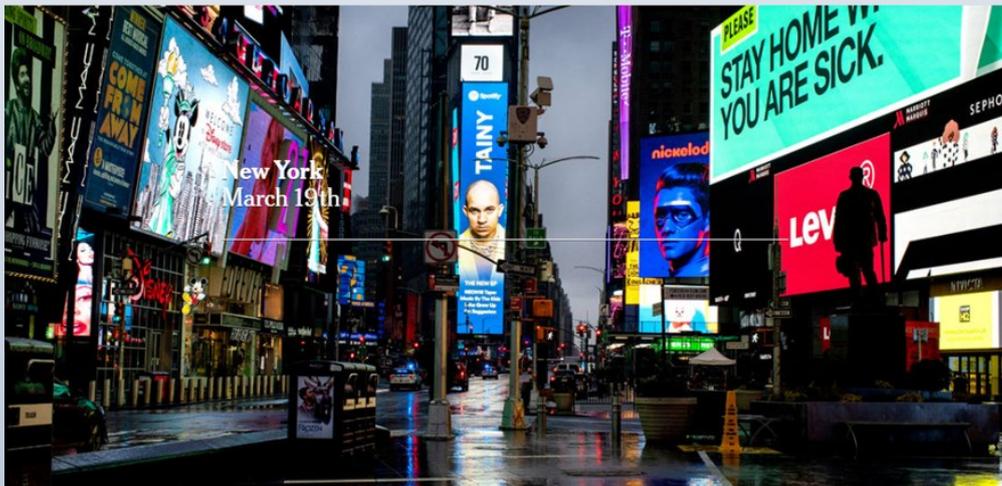
20 Points!

In it to win it!

Competition Time

500 words Competition

THE GREAT EMPTY



Times of hardship are times when creativity flourishes. Writers throughout history have produced great works of literature in response to the challenges humanity has faced.

How to Enter

Your task is to produce a short story (max 500 words) or poem in response to the images in this article:

<https://www.nytimes.com/interactive/2020/03/23/world/coronavirus-great-empty.html>

Entries will be judged in categories:

- KS1 (Year 1- 2)
- KS2 (Year 3—6)
- KS3 (Year 7 and 8)
- KS4 (Year 9, 10 and 11)
- Staff

Send entries to: familyfun@finhampark.co.uk

Prizes include:

A personalised leather notebook and pen



Instax Camera



£ Foyles voucher

Deadline
30th April



“Smile” for the Camera

We are looking for photos you have taken which have made you smile and will make others smile too.



How to Enter

- Take a photograph from inside your home or garden (not from anywhere else due to social distancing and government guidance)
- The photo must represent something that has made you smile and will make others smile too
- You must have permission from anyone or anything that features or appears in the image
- You can use editing tools to enhance your image within reason, such as cropping, brightness / contrast / colour
- By entering your image into the competition you are giving permission for us to use that image on our platforms such as, but not restricted to, school / MAT website / Twitter accounts/ newsletters and publications.

Send entries to: familyfun@finhampark.co.uk

Deadline
30th April

Over the Rainbow



Rainbows of Hope

WE WANT TO SEE RAINBOWS OF HOPE FROM EACH OF YOUR HOMES, BE CREATIVE! CREATE YOUR OWN RAINBOW AND TAKE A PHOTO OF IT – SEND IT TO

familyfun@finhampark.co.uk

ENTRIES WILL BE JUDGED COLLABORATIVELY BY THE ART DEPARTMENTS AT ALL OF OUR SCHOOLS AND THE WINNER CONTACTED BY EMAIL.

If you don't have access to art materials, try grouping items together and take a photo of them. Ask your family to help by searching out household items in the various colour of the rainbow.



Why not put your creation in your window, to brighten someone's day?

**Deadline
30th April**

Spirited Arts is a National Competition run by The National Association of Teachers of RE .It is a national competition open to all primary and secondary school students. You do not have to believe in God or be religious to take part. For this year students can enter themselves, without being entered by the school. The competition wants students to reflect on THEIR beliefs about life, the universe and everything. Visit the website for more details about this competition and the themes that are on offer.

<https://www.natre.org.uk/about-natre/projects/spirited-arts/spirited-arts-2020/>

The “art work” can take the format of art (painting, drawing, sketching), poetry, photography, dance, music, drama or sculpture.

Things you must include with your artwork:-

- What your artwork is about – what is your question?
- You must give your art work a title – explain why you chose that title
- How does your artwork or poem answer the question?
- Why did you use the colours you did?
- How is your work original?
- DON'T FORGET TO PUT YOUR NAME, AGE AND SCHOOL ADDRESS WITH THIS WRITTEN DESCRIPTION.

There is also an online gallery for students to look out to see previous competition winners entries.

<https://www.natre.org.uk/about-natre/projects/spirited-arts/spirited-arts-gallery/2019/>

Look after yourself



SWAP

Here's an idea for a homemade tuck shop snack.

Banana cookies

- Ingredients**
- 3 ripe bananas
 - 180g chopped dried fruit (dates, apricots or raisins)
 - 160g oats
 - 80ml sunflower or veg oil
 - 1 tsp vanilla extract

Method
Preheat the oven to 180C / 350F. Mash the bananas in a mixing bowl, then add the dates, oats, dried fruit, oil and vanilla and mix well. Put teaspoons of the mixture onto a baking tray lined with greaseproof paper and flatten with the back of a spoon. Bake for 15-20 minutes. Let them cool then enjoy!



OPEN

Make your own healthy tuck shop at home!

Name your tuck shop and design a sign.

Create a menu with 10 healthy food or drink items that include different colours of the rainbow. Make a price list.

Think about other healthy snacks you can offer as well as fruits and vegetables, such as nuts, seeds, oats.

Put your snacks together and give them each a name (ask for help if you need it with chopping, peeling or cutting).

What benefits do these healthy snacks give you?

Why is hydration important?

We all know that drinking enough water is important – but why? Find out here...

- ◆ Hydration is important because the body is made up of around 65% fluid. In addition to fluid we get from drinks, food contains water and can help to top up our fluids – particularly fruits and vegetables.
- ◆ All of your body's cells, tissues and organs need to be hydrated to work efficiently.
- ◆ Being well hydrated can boost our mood, energy levels and concentration.
- ◆ It also keeps our skin healthy and helps joints recover from injury, whilst helping to protect us from disease.

FACT SHEET

1 How I eat

Choose water, sugar free drinks and milk.

Have a drink every morning when you get up. Remember, fruit juices are high in sugar and acidity, so it is recommended to limit these to 150ml per day.

Drink at regular intervals throughout the day, especially when the weather is warm.

Eat a rainbow every day as fruits and vegetables contain water too.

Top tips for... Good hydration

If you feel hungry, have some water first. We can easily confuse thirst with hunger.

When you are going out and about, take a bottle of water along with you. Jazz up your water by adding ingredients such as sliced fruit.

Use your wellbeing journal to record your daily water intake.



SWAP

Invent your own...

smoothie!

- ◆ Find some ingredients to make your own healthy smoothie (you can sell this in your tuck shop at home!)
- ◆ Which fruits and vegetables will you use to make your smoothie?
- ◆ Is there anything else you could add? (Yoghurt, oats, peanut butter)
- ◆ What is the main colour of your smoothie and what vitamins are included?
- ◆ Give your smoothie a cool name if shops were going to sell it!

Here's a recipe to get you started. Can you include different ingredients tomorrow?

- Ingredients**
- 200ml milk
 - 1 heaped tbsp oats
 - Half a banana
 - 1 kiwi
 - Handful of spinach
 - A little honey (optional)



Why is it important to eat a rainbow?

Eating a variety of colours of fruit and vegetables is important to ensure your body has the right mix of vital nutrients to remain healthy. How many colours will you consume today?

RED

Contain antioxidants such as lycopene which can help maintain a healthy heart and cholesterol level.

E.g: red peppers, tomatoes, cherries, red apples, pomegranate.

ORANGE

High in carotenoids which help your body make vitamin A. This helps to make our hormones and keep our eyes healthy.

E.g: carrot, sweet potato, pumpkin, butternut squash, oranges, mangoes, cantaloupe melon.

GREEN

High in antioxidants, fibre and minerals such as magnesium which is important for the health of your bones and muscles.

E.g: green apples, courgette, broccoli, spinach, kale, avocado, cabbage, leeks, kiwi.



YELLOW

Also contain carotenoids and help to make vitamin A.

E.g: yellow peppers, lemons, papaya, honeydew melon, peaches, banana.

WHITE/BEIGE

Contain a range of minerals such as potassium which is important for the heart and muscles, vitamin C and also fibre.

E.g: mushroom, onion, garlic, white peaches, turnip, celeriac.

BLUE/PURPLE

Contain antioxidants which help protect cells and nitrates which can help maintain a healthy blood pressure.

E.g: aubergine, blackberries, blueberries, purple grapes, red cabbage.

This 'move' challenge is based on key movement patterns.

Young people aged 5-18 should move for at least one hour in total every single day. This should be mostly aerobic, (which makes you breathe faster) at a higher intensity than just walking, and include activities that strengthen muscles and bones at least three times per week (like running, turning, jumping, playing games).

Did you know...

Hopping and skipping can make your bones stronger.



Push:

- ◆ **Body weight**
Your goal, is to push your own body weight, to match your age in years, in that many seconds or faster! 9 year olds, do 9 reps in (less than) 9 seconds! How much faster can you be than the time limit? How much faster can you be than your friends? Challenge each other online! Try today's reps challenge

Pull:

- ◆ **Tug of war**
Who will be the champion of your household? Make various rounds. Use both arms, then only one arm, then from kneeling. Then from being seated. How much different is the workload if one person is standing and the other kneeling?

Lunging:

- ◆ **Move variation**
Travel with as many lunge steps as you can, round the block, to and from the shops. Or just down the hallway or living room, see who can take the most continuous lunge steps! Record everyone's attempts on a calendar - be creative.

Lift:

- ◆ **Deadlift variation**
Use your sofa as a weight. Try and lift it from one corner, up to your hip height, too easy? Put the dog on there for extra weight or even piles of your schoolbooks! What's the most 'creative' resistance you can lift?

Twist:

- ◆ **Rotate variation**
Hula hoop challenge! To make you move and smile at the same time. If you don't have a hula hoop, try making one! Get the creative ideas flowing, what do you need for your own hula hoop? How long can you keep it off the floor and can anyone beat your record?

Travel:

- ◆ **Move variation**
Can you move in a different way all day - hopping, bounding, jumping, skipping, walking on tip toes, taking stairs using 2 or 3 at a time instead of 1. What was the most difficult method of travelling?

Drop:

- ◆ **Squat variation**
Today is a squat jump challenge. Drop as low as you can and then spring up into as high a jump as you can. Take a sticker / post it note, and try and place it as high up on a wall as possible (something non marking, otherwise your parents may get cross!)



FACT SHEET

2

How I move

Create your home gym!

- ◆ Find some every day household items and space and create your own home exercise circuit.
- ◆ Can you think of 8-10 exercises which involve different muscles in your body and increase your breathing rate?
- ◆ Set this up so you can move between the different stations and spend 30 seconds on each exercise with 15 seconds to rest and move to the next one.
- ◆ Can you complete the circuit twice? Try to come up with some new names for the exercises.

Your exercise names:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Write about or draw your circuit here. Share it with your friends to create a library of different home exercises.

SHAUN I JAGON

The ABC

We all have ABCs every day, but what is an ABC and how do you recognise it?

A is for **Adversity** which is usually a little problem we have or even just 'A' thing that happens.

B is for **Belief** which is like our internal radio of thoughts or what we are saying to ourselves in our mind. It's our interpretation of the 'A' and may not always be accurate.

C is for the **Consequence** that the A leads to. The consequence is usually an emotion (how we feel) or a behaviour (what we do).

The most important step in the ABC is the B (the belief). What belief did you have? What different thought could you have to improve your emotion (how you feel)? Write down your ABC before and after you changed your 'Belief'. How would you explain ABCs to an alien?

Think like Epictetus!

Learn Mind Control (your own!) Epictetus was a Greek scholar. He said that you can only control two things. YOUR thoughts, and YOUR actions. Spend the day focusing on this concept. We all have lots of things going on, perhaps now more than ever, but put focus on reminding yourself of the positives, and make your actions a force for good. The world needs more EPIC-tetus types!

Check your story

We tell ourselves a story of what is happening in our day and sometimes things can seem a little overwhelming. We can exaggerate our thoughts and imagine the worst case scenario. Take a moment to look outside your window. The world should seem quite calm as if everything is normal. Try to notice the simple, everyday things outside and sense one thing you could touch, one thing you could smell and one thing you could hear. Imagine things like the birds, flowers and trees. The world you can see is probably not quite as stressful as the story we often tell ourselves.

Lift somebody's mood!

Make a card today in the shape of a hot air balloon and write some positive messages and thoughts in the balloon for a loved one to lift their mood and make them feel good. Do you have someone you know who is at home or an elderly relative you can't visit that you could send the card to?

FACT SHEET

3

How I feel

Be thankful

With the influx of information we get, we can sometimes forget the little things. Take a moment to remind yourself of things you have to be thankful for to give you a positive mindset. Here are some ideas:

- ◆ Do you have food in your belly? (If you ate in the last 24 hours, that'll be yes!)
- ◆ Do you have a place to sleep? A roof over your head at night?
- ◆ Do you have people that check in on you? Parents / family / guardians / teachers / friends
- ◆ Do you have a pair of shoes, and some clothes to keep you warm?
- ◆ Do you have some form of internet access / use of a computer or phone?

Some people do not have many or sometimes any of those things! If we can remind ourselves to be thankful for all the little things, we become stronger and more resilient, and can help make others stronger too! You can make a difference to how people feel.

The 4 corners of me

Things that happen to us or the choices we make, show up in us in 4 areas - Thoughts, Emotions, Behaviours and Physical body.

Think about how a current situation is showing up in your own 4 corners. If you changed your thought, would this affect the other 3 corners?

Thoughts (in our mind)	Behaviours (what we do)
Before:	Before:
After:	After:
Emotions (how we feel)	Physical body (in our body)
Before:	Before:
After:	After:

My situation:

Begin to learn a new skill today!

Post a video online on how to learn a new skill e.g. basics for learning to juggle, how to sketch something.



HOW I FEEL

Why is sleep important?

It is important to get 10-11 hours of quality sleep each night because:

Sleep is important for the development of your body and brain and helps us grow properly.

Sleep helps your body to heal and repair appropriately.

Good sleep will help you feel refreshed and energised to get the most out of the day ahead!

Quality sleep will also boost your concentration, so you are able to learn new skills and take in new information.

Getting enough sleep helps to maintain a healthy weight and reduces cravings for unhealthy high sugar foods.

Top tips for getting a good night's sleep

Which of these tips can you try to help you sleep better?

- ◆ **Have a regular routine of going to bed and getting up at the same time each day.** Our bodies respond well to regular routines and this supports our circadian rhythm - a natural, internal process that regulates our sleep-wake cycle.
- ◆ **Have some time to wind down before going to bed, away from bright lights and screens** - this could be reading a book, listening to relaxing music or having a bath. You will be more likely to have quality sleep if the mind and body are relaxed.
- ◆ **Keep active!** Regular physical activity during the day is a great way of reducing levels of stress hormones on the body to enable better sleep. Use our exercise tips to keep active such as creating your own home gym!
- ◆ **Avoid stimulants and foods or drinks high in sugar** such as chocolate, sweets and biscuits that can negatively affect sleep quality. Remember to consume these in moderation and not to eat them close to bedtime.

Why is it important to avoid bright lights and electronic devices close to bedtime?

Bright lights, television, phones and other devices can have a negative impact on your sleep.

- Taking devices into your bedroom may mean you are using them past your usual bedtime, eating into your essential sleep time! Set a time limit to switch them off and put them away.
- Light from electronic devices is thought to delay the release of melatonin - the hormone that is important for us to get to sleep.
- Keeping your phone by your bedside will interrupt sleep if this makes a noise or alert during the night. Checking devices that emit light will cause the brain to 'wake up' and cause stress hormones to be released - disrupting sleep further and making it more difficult to get back to sleep.

Is there a new activity you could do to replace watching television or looking at your phone before bed?

FACT SHEET

4

How I sleep

Help your body to relax.

This sheet will guide you through a couple of techniques to help your body to wind down and relax. Remember, giving yourself time to wind down before bed can support better quality sleep.

Did you know...

Sleeping well helps improve our long-term memory.



Progressive Muscular Relaxation (PMR)

- ◆ Lie on your back and close your eyes. Begin by relaxing your breathing - breathe in deeply through your nose, counting to 4, then slowly breathe out counting to 3.
- ◆ Now start with the face muscles - imagine you are biting hard on something, hold for a few seconds, now relax your jaw muscles. Try this again and feel the tension in your muscles start to release. Do the same thing scrunching up your nose.
- ◆ Next, begin to relax the muscles in your body. Stretch both arms up to the ceiling as high as you can, hold them there, then let them drop. Try this again.
- ◆ Now imagine you are gripping something in one hand, squeeze it very tight and hold for 5 seconds, then release. Repeat with other hand.
- ◆ Move to your tummy, squeeze it right in for 5 seconds, then let it all out and relax. Notice how it feels. Repeat a few times.
- ◆ Now use the muscles in your legs to squeeze the toes for 5 seconds. Now relax the toes and legs completely. Repeat.
- ◆ Now tense up your whole body for a few seconds before completely relaxing all your muscles. Enjoy how this feels and let your body feel heavy and sink into the bed.
- ◆ Reflect on how this technique felt. How do you feel now? Do you feel different to when you started? Did you notice the tension leave your body?

RELAXATION TECHNIQUE ONE



Deep breathing technique

- ◆ Find a comfortable and quiet place to sit or lie down before you start. You may choose to close your eyes and imagine yourself in a relaxing place such as on a beach.
- ◆ Breathe in deeply and slowly through your nose, feeling your belly rise. Hold for 1-2 seconds, then slowly breathe out through your mouth feeling your belly deflate.
- ◆ Count to 5 to breathe in and back down to 1 to breathe out. Do this a few times to find your own calming rhythm.
- ◆ Try to deep breathe for 5 minutes to begin with or until you feel relaxed and calm.

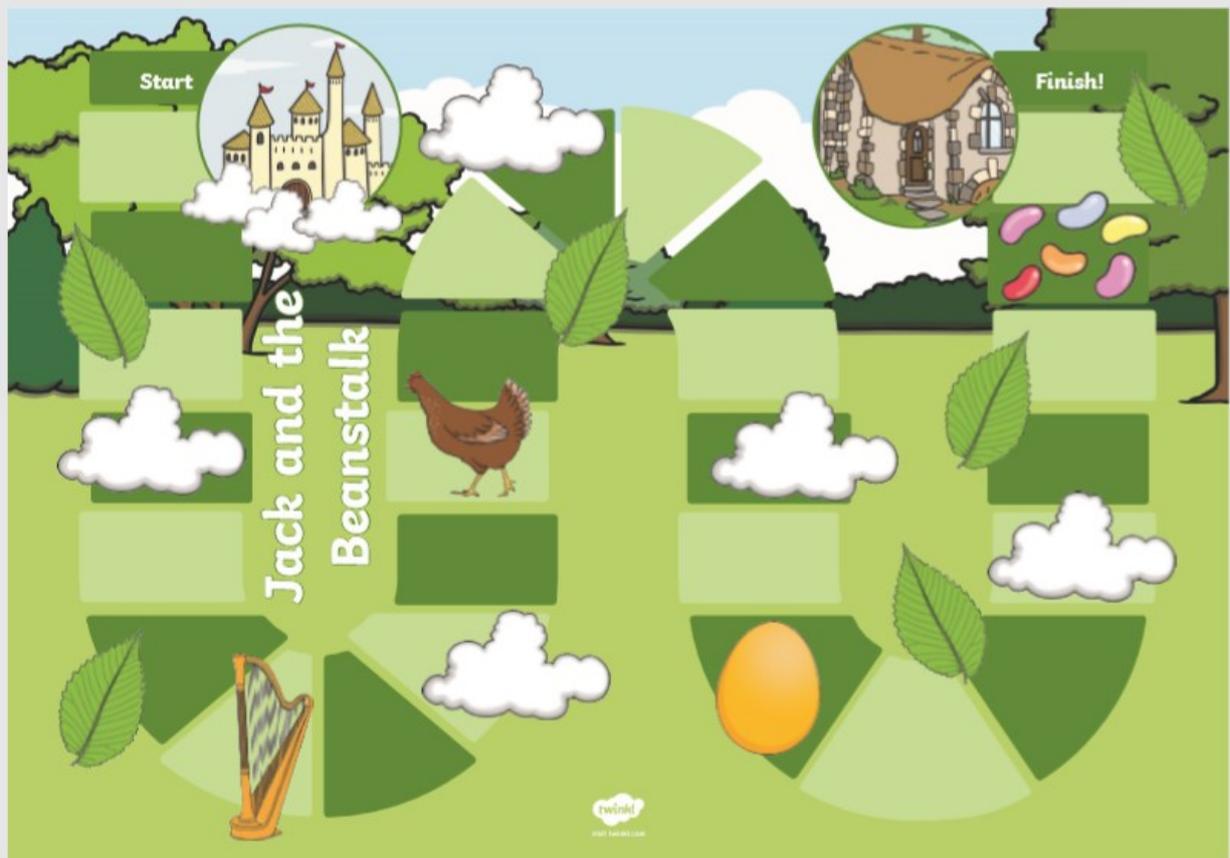
RELAXATION TECHNIQUE TWO

“Bored” Games

Games can be great fun, alleviate boredom and a good way for all the family to join in. If you have got bored or your board games, why not make your own new ones? You can use the example below, or get creative with your own ideas!

Jack and the Beanstalk Game

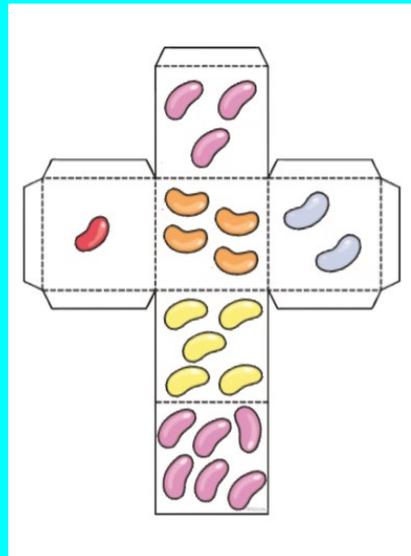
Print out the Jack and the Beanstalk board below:



What you'll need:

Character counters and bean dice

Counters



Set up:

The game is for 2-4 players (you could print extra character counters for more players)

- Cut out the counters and give one to each player
- Cut out the dice and glue the tabs

How to play:

- Place your counters at the start by the Giant's castle
- The first player rolls the dice and moves their counter down the beanstalk as many spaces shown on the dice
- If the player lands on either a golden egg, a harp, some magic beans or a hen, then move the counter forward an extra space
- If the player lands on a cloud, they must miss a turn
- Take turns to roll the dice and move your counter.
- The game ends when a player reaches Jack's house.

Who will get there first? Jack or the Giant?

From Twinkl

Experiment with Science

There are some great Science related knitting patterns available, such as the pattern below for the Gall Bladder. If you'd like to try more, please see our Family Fun Frog site which has the knitting booklet. We'd love to see your finished knitted body organs!

Gall Bladder



The completed gall bladder

Instructions

Cast on 6sts

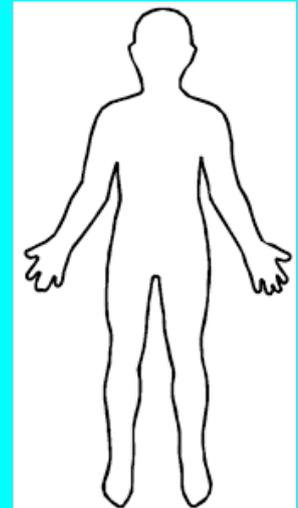
Knitting in stocking stitch, increase 1 stitch each end until you have 12 stitches on your needle

Knit 10 rows

Decrease each end until you have 6stitches

Cast off, sew together and stuff.

Get an old piece of wallpaper as long as your body. Lay down on it and get someone to draw around you with a felt pen. Now do some research about the organs in the body and draw them in and colour them. Take a picture of your finished work and send it to



familyfun@finhampark.co.uk

Make milk glue!!

Warm one and a half cups of milk in a pan and then add 3 teaspoons of vinegar.

Keep warming until you have lots of solid floating in the liquid.

Separate the solid using a sieve and mould it into a ball.

Place the ball of curds into a container and add a tablespoon of baking powder,

Add a little bit of water and mix until it forms a paste.

This is glue!!

Now experiment by sticking some things together and leaving it to dry.

Work out a way of testing how strong the glue is.

Make a film of your work and post it to

familyfun@finhampark.co.uk

Out of this world!

There is a whole solar system out there which we can access from our own homes. Why not visit some of these sites or try these suggestions from your window or garden:

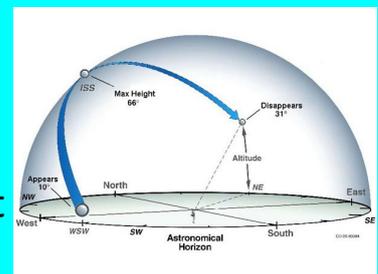
<https://www.nasa.gov/kidsclub/index.html>

Look at the night sky—what can you see?

Look out for the International Space Station as it passes over head:

[https://spotthestation.nasa.gov/sightings/view.cfm?](https://spotthestation.nasa.gov/sightings/view.cfm?country=United_Kingdom®ion=England&city=London#.XoSX1ahKJIU)

[country=United_Kingdom®ion=England&city=London#.XoSX1ahKJIU](https://spotthestation.nasa.gov/sightings/view.cfm?country=United_Kingdom®ion=England&city=London#.XoSX1ahKJIU)



STAR MAP
Marek Kukula, of the Royal Observatory Greenwich, guides you through April's night sky

Getting started
Begin by trying to identify the more prominent star patterns with your naked eye, the ancient names of The Plough, the "W" of Cassiopeia, or the bright stars of Gemini, Castor and Pollux. Light pollution can actually help as it hides out all but the brightest stars making it less confusing. Think about getting a basic telescope. Mine cost just £50 and it allows me to see mountains and craters on the Moon, as well as the moons of Jupiter.

Our chart
Appropriate for telescopes around mid-April from anywhere in the UK

Saturn
Saturn will rise in the south-west later in the night. To the naked eye it appears as a bright, yellow-white star but a telescope will show the planet's disc and its famous rings.

The Plough
The Plough is visible for north, so never with the eye it's westward in the day. The Plough is an 'asterism' (group of stars), in the constellation Ursa Major, the Great Bear. Follow the handle and you'll reach Arcturus, the fourth brightest star in the sky. 26 times larger than the Sun.

TOP TIP
The website www.moon.milkyway.com tells you what phase the moon is in.

1 You don't need any special kit. Just place a digital camera on a solid surface, and point it towards the Pole Star.

2 Set the longest exposure you can with your camera, ideally a time of several minutes.

3 After a few attempts you should be able to see your tracks, as the other stars in the sky appear to circle round Polaris.

A quick guide to (astro) photography

TOP TIP
The Society for Popular Astronomy is geared at explaining stargazing to beginners. Or check out the Federation of Astronomical Societies. To find your local amateur astronomy group

What next?
Why not enter the Astronomy Photographer of the Year competition? It closes on 24 April, see www.rsgb.org.uk for details.

Mars
Mars comes the closest it will to Earth this year on 14 April. It will rise later in the evening in the south-west, in the constellation of Virgo and appears as a prominent orange-red object.

Satellite
A point of light moving swiftly from west to east is probably an artificial satellite. The biggest and brightest is the International Space Station. The website www.spotthestation.nasa.gov will tell you when the ISS is passing over the UK. Remember to wave in case the six astronauts on board are looking down.

TOP TIP
There are several great apps for smartphones and tablets that can help you find your way around the night sky in real time. Try Star Walk for iPhone/iPad or Sky Map for Android devices. Point your phone or tablet at the sky, and it will tell you what you are looking at.

Cassiopeia
The great winter constellations are giving way to those of summer. One of the most prominent is Cassiopeia, which dominates the winter sky but now slipped below the western horizon. Instead look for Cassiopeia, which forms a 'W' above the northern horizon.

The Pole Star
Also known as the North Star, Polaris (part of the constellation Ursa Minor), appears static as the Earth rotates. This is because it happens to lie directly above the Earth's north pole. So if you're pointing towards Polaris, you're facing the north.

Jupiter
Jupiter is visible in the early evening. The largest planet in the solar system appears as a very bright star-like object in the western part of the sky. If you have a telescope, you can see its four moons, Io, Europa, Ganymede and Callisto.

1. First paint the cardboard tube in a bright colour, then leave to dry
2. For the top of the rocket, choose a different coloured card. Then draw around a small circular object, such as a cup, onto this
3. Cut out the circle. Then also cut a line going from the outside to the centre of the circle, stopping once you reach the middle
4. Roll the circle into a cone shape, then secure using sticky tape
5. Stick two pieces of tape on the inside of the cone. Then stick the cone onto the top of the cardboard tube
6. Now make some windows for the rocket using silver foil. To do this, draw around a small circular object onto the foil three times
7. Next cut out the circles in silver foil and stick them onto the rocket using glue
8. For the flame, take some pieces of tissue paper and place them on top of each other in layers

Cardboard Tube Rocket

You will need:

Long cardboard tube
Silver foil
Tissue paper
Brightly coloured card
Brightly coloured paint
PVA glue
Scissors
Sticky tape

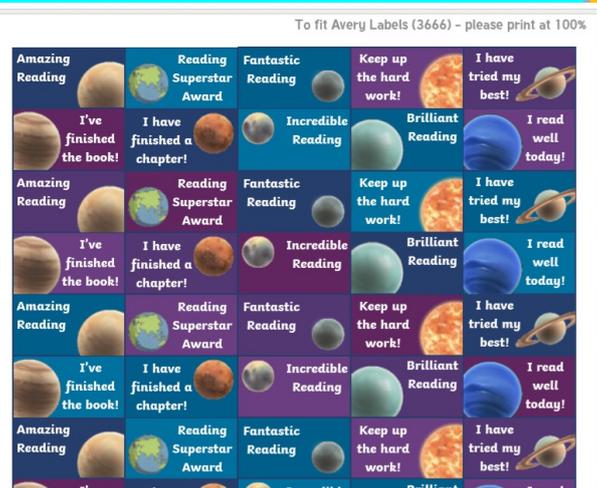
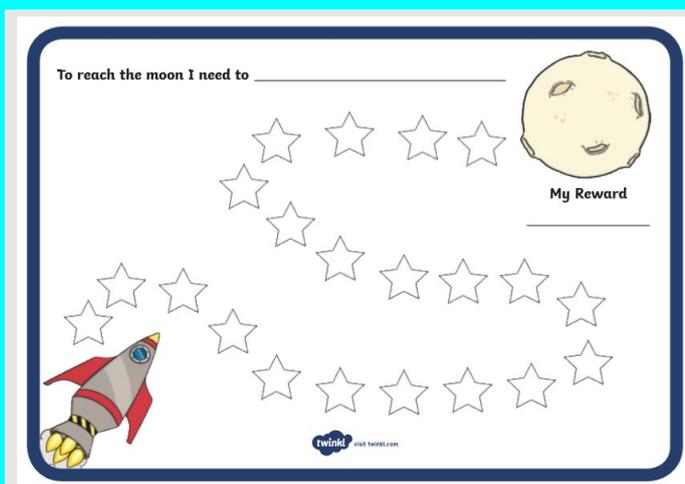


9. Pick up the layers of tissue paper and cut the strips vertically into them, ensuring the cuts do not go right to the top

10. Finally, gather the sheets of tissue paper at the top, then secure and strengthen this by sticking tape around it

11. Using sticky tape to attach the flame to the bottom of the rocket

Some great Space themed reading stickers and reward chart



Hands on History!

BBC
HANDS ON
HISTORY

Hi, I'm Eric, and I think history rocks! You can watch my time travelling adventures on the Hands on History website. This is Aggy and Mona – get hunting for history with us!

Build a time capsule

Whether you have a minute to spare or a whole day, you can get hands on with history in your own home.

This pack includes instructions for making a time capsule and hiding it for future historians, alongside two quick and simple activities to help you get hunting for history at home.

Contents

Page 2: History hunting

Page 3: What on earth is that?!

Page 4: Build a time capsule

From building an ancient stone circle, to creating an archaeological excavation or going on a Norman walk, there are loads of fun, family-friendly activities to try out on the website.

bbc.co.uk/handsonhistory



Activity 1



HISTORY HUNTING

Great for: the whole family together; or adults can set the challenge and enjoy hearing what the kids have discovered. (You might want to state some 'no-go' areas!)

You have a 10-minute time limit – Get hunting for history!

You are looking for...

- The oldest object
- The newest object
- The most interesting object

When the time is up, compare what you have discovered

- Who has found the oldest and newest objects?
- How do you know how old something is? Think about the colour, the texture, the decoration, the stories you know about the object.
- If you aren't sure, how could you find out more? You could visit a local library, archive or research your object online.
- Discuss the 'interesting' objects you've found – what makes them interesting to you?

You've done some hands-on historical research.



Want to keep hunting? Look out for:

- pictorial evidence (photos and drawings)
- written evidence (books, newspapers and letters)

Hunt for them in your home and share the stories you find.



**BBC
HANDS ON
HISTORY**

bbc.co.uk/history

Activity 2



WHAT ON EARTH IS THAT?!

Great for: children who love storytelling and drama

Take one of the objects you have found and imagine that you are someone from 1,000 years in the future who has just dug it up.

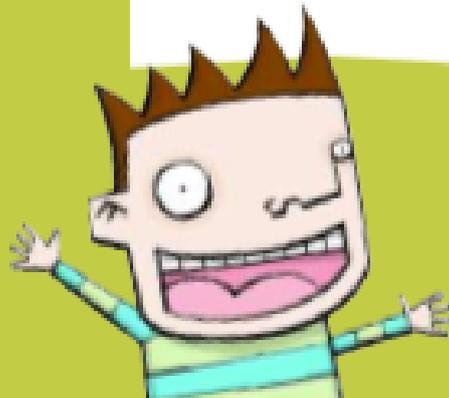
What would you think it is?

- Remember, the ideas might be wildly wrong (in fact it's more fun if they are!)
- Pick one of the objects you have found and pass it around the group – each person has to describe the object as something that it isn't. For example someone from the future might think that a digital watch is a teleporter or that a pen is a mini-space rocket..!

Think about these questions:

- What do you think it is?
- How do you think it was used? – And why?
- Who do you think would have used it?

You've thought about how historians and archaeologists interpret their discoveries.



BBC
HANDS ON
HISTORY

bbc.co.uk/history

Activity 3



BUILD A FAMILY TIME CAPSULE



A time capsule is a great way to leave evidence of your own history for the future.

- Choose your container. It needs to be strong, watertight and big enough for the objects you want to bury. Remember, many containers these days are biodegradable, which is great – unless you want to bury a time capsule!
- Pick 5-10 items to represent everyone in your family – include favourite hobbies, holidays, pets, films and more. Think about what you found in the History Hunt – objects, pictures and written evidence.
- Write a letter to go in the box, include the date, details of who you are and any message you want to leave. All of that information will be useful to a future historian learning about you.
- Bury your time capsule, ready to be discovered.

Nowhere to bury your capsule? Hide it in your house or flat instead (under a floorboard, in a cupboard or in the attic).

OR

Make a time-velope

- This is like writing a letter to the future!
- Take a large, ordinary envelope.
- Put your evidence inside it, including your message. Pictorial (photos and drawings) and written (articles and letters) work best for a time-velope.
- Seal the envelope securely – you might even add a wax seal or fancy stickers.
- Write 'Not to be opened until...' and add a date in the future.
- Hide it somewhere inside your home, ready to be found.



You've preserved historical evidence for the future.



Be a historian of your own past!

Set a date for one, two or even five years in the future to open your time capsule or time-velope together. You'll find a lot will change in a short space of time. You can even add more and hide it again.

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10 What Questions to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?

2. What happened today that made you keep on going?

3. What can you learn from this?

4. What mistake did you make that taught you something?

5. What did you try hard at today?

6. What strategy are you going to do now?

7. What will you do to challenge yourself today?

8. What will you do to improve your work?

9. What will you do to improve your talent?

10. What will you do to solve this problem?



Thrive activities useful for parents of children up to 7 years old – week two



Children love being creative and adventurous especially when adults play alongside them. For children to become emotionally strong and healthy, they need safe challenges and new experiences. Here are some ideas of things you can do at home to support this important learning.

Playing outside if possible, improves children's physical and sensory development as well as their imaginations and it's fun! Here are some creative activities that you can use with your child, aged up to 7 years. All the activities can be adapted to use the resources you have available to you.

Monday	<p>Make a den</p> <ul style="list-style-type: none"> • Look for sticks and branches. • Find logs. • Hunt for interesting things to put in your den.
Tuesday	<p>Music festival</p> <ul style="list-style-type: none"> • Form your own band. • Make your own instruments. • Listen to music and dance along with the actions. Here are two videos to watch and dance to: Brain Breaks Action Songs
Wednesday	<p>Junk modelling</p> <ul style="list-style-type: none"> • Use your saved recycling rubbish to explore, create and experiment. • Use glue, sticky tape, string, paint, anything you like and let your imagination go wild! • Download 'Junk Materials Challenge Cards' for creative inspiration.
Thursday	<p>Nature treasure hunts</p> <ul style="list-style-type: none"> • Go on a treasure hunt inside or outside the house. Collect anything interesting or unusual. For example, flowers, buttons, leaves and toys. • Bug hunts - how many different ones can you find?
Friday	<p>Let's get moving</p> <ul style="list-style-type: none"> • Take part in The Body Coach's daily PE lesson on YouTube. • Create an obstacle course from items around the house, that includes balancing, crawling, stretching, throwing and catching. • Do physical activities in an outdoor space.
Saturday	<p>Cooking</p> <ul style="list-style-type: none"> • Share the preparation for a simple meal. • Peel and chop fruit and vegetables. • Make a sandwich with a choice of fillings. • Experiment with different flavours and textures.
Sunday	<p>Gardening</p> <ul style="list-style-type: none"> • Sow some seeds. • Do some weeding or tidy your outdoor space. • Look for bugs! • Water your house plants.

Top Tips:

- ✓ Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- ✓ Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first.
- ✓ Physical activity supports children by allowing thinking skills to develop.

Thrive activities useful for parents of children up to 11 years old – week two



Parents and carers can support and acknowledge children's emerging values and morals and individual ways of doing things. Parents can teach children the significance of rules and regulations and support them to develop their negotiation skills. Children enjoy sharing their options and using their skills.

We have put together some daily activities to support social and emotional development at through the arts, play and creativity.

Monday	Watch ' Your Secret Treehouse ' for a guided meditation and session.
Tuesday	Write a kind note to your neighbour.
Wednesday	Play a boardgame with the people in your house.
Thursday	Learn a new skill and teach it to everyone in your house – what is your new skill?
Friday	Find your favourite songs and all do karaoke.
Saturday	Lie in the garden and see what shapes you can make with the clouds.
Sunday	Think about some rules you can all have in your house.

Top Tips:

- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.
- ✓ The emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.

Thrive activities useful for parents of children up to 16 years old – week two



If we think of giving our adolescents a rich diet of social and emotional support, The Essence of our diet needs to contain the right ingredients. Dr. Dan Siegel recommends all adolescents have a balance of what he describes as Essence to create the right recipe for healthy social and emotional growth.

Adolescence is a time of significant brain growth, re-structuring and development. Neuroscientific research and understanding, informs the adult role in supporting adolescents to flourish and thrive. Staying emotionally connected is important for healthy family relationships. Making the most of the inevitable opportunities and challenges that arise, to learn emotional resilience, healthy stress regulation and ways to manage conflict, is important for everyone's enjoyment of family life. Above are some examples of what you can do at home.

Each week we will focus on a different ingredient of **ESSENCE** (**ES** – Emotional Spark, **SE** – Social Engagement, **N** – Novelty, **CE** – Creative exploration). This week the focus is on **Social Engagement**.

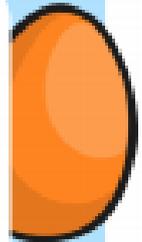
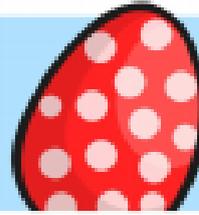
Social Engagement	Important connections such a mutually rewarding relationship.
Monday	Create a conversation jar – everyone can add topics they want to discuss.
Tuesday	Cook a meal together to enjoy eating together.
Wednesday	Play a game. If you lose you do a chore.
Thursday	Have a family MasterChef or Bake off competition. Share your creation with us on social media.
Friday	Have a movie marathon and enjoy relaxing together.

Top Tips:

- ✓ Adolescence is a time of significant brain growth, re-structuring and development. Neuroscientific research and understanding, informs how we as adults can support adolescents to flourish and Thrive.
- ✓ As adults it is helpful for young people to have us alongside them to reflect on their thoughts, feelings and experiences.
- ✓ It is useful to think with them when solving problems rather than offering up all the answers, coming up with solutions together.
- ✓ Making the most of small moments to connect during the day through a shared activity, meal, walk or whilst relaxing on the sofa, will help young people have a full cup to face any potential challenges or difficult feelings.
- ✓ To find out more about the growth and development in the adolescent brain, [click here](#).



Easter

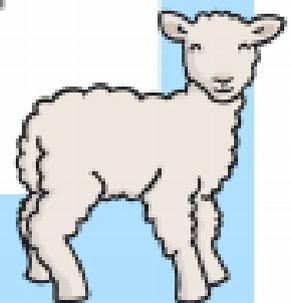


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CHICK
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 SPRING
 LAMB

ANGEL
 DONKEY
 PRIEST
 BREAD





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