

Sunshine Activity Ideas - 13th April 2020

Hi all,

We hope you had a nice Easter at home, even if you couldn't visit family as normal, and are all managing to keep happy and busy!

Here are a few more activities to have a look at, from the Sunshine Team. I know that art materials might be hard to get hold of at the moment, if your local Post Office is open then they often have arty stuff, or do let Maggie know if you need help with this, we may be able to supply a little bit from Bath House..

Also do send Maggie any pics of arts, crafts or cooking you have been doing, and we can start a gallery of the children's creations!

Best wishes, Sara and the Sunshine Team

Majella's 'Rock Buns' recipe..she made these with the children recently and they were a big hit..really easy to mix, and just need rolling into balls with your hands!

Rock Buns

Ingredients

225g/8oz self - raising flour

Or you could change it a bit like we did with the children, (4oz flour/2oz oats/2oz dessiccated coconut)

75g/2.5oz soft brown sugar/honey

1tsp baking powder

125g/4.5oz butter

150g/5.5oz dried fruit (could mix with seeds)

1 egg

1tbsp milk

2tsp vanilla

Cinnamon

Zest of a lemon

Method

Mix the sugar and butter until fluffy then beat in the egg and add remaining ingredients. On a greased baking tray make rough ball in hands and place spaced out.

Cook for 15-20 mins on a moderate heat. Enjoy!!



Some clever ideas for your old milk cartons!!



A lovely idea from Senay, which the whole family can get involved in..!



Some fun games from Angelica

and Natalie..

RAINBOW SCAVENGER HUNT

primary playground



- Find something red.
- Find something yellow.
- Find something orange.
- Find something green.
- Find something blue.
- Find something purple.
- Name a fruit that is red.
- Name an animal that is yellow.
- Name a vegetable that is orange.
- Name a plant that is green.
- Name a flower that is purple.
- Name something outside that is blue.



FIT ACTIVITY FOR KIDS

what's your name?

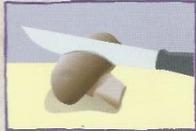
SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR WHOM? YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

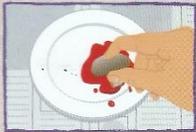
Some 'Monster printing' from Majella

Vegetable monsters

189 Vegetable prints



1. Put your vegetable on a chopping board, then cut across it very carefully with a sharp knife. Try to cut through it in one cut.



2. Spread some thick paint onto an old plate. Then, press the cut side of the vegetable into the paint to cover the surface.



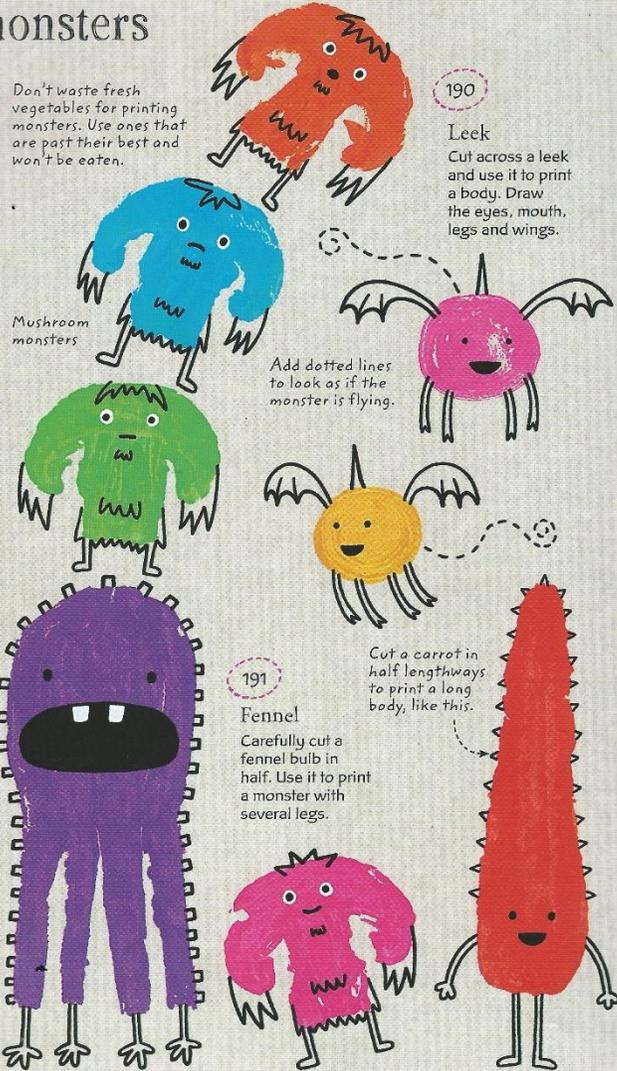
3. Press the vegetable onto a piece of paper to print the shape. Make more prints and leave them to dry.



4. Turn the shape into a monster by drawing arms and legs with a felt-tip pen. Add teeth and eyes with a pen or paint.

Don't waste fresh vegetables for printing monsters. Use ones that are past their best and won't be eaten.

Mushroom monsters



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Leek
Cut across a leek and use it to print a body. Draw the eyes, mouth, legs and wings.

Add dotted lines to look as if the monster is flying.

191

Fennel
Carefully cut a fennel bulb in half. Use it to print a monster with several legs.

Cut a carrot in half lengthways to print a long body, like this.



192

Pepper
Use a pepper to print a fat monster. Draw a mouth in the middle and add several arms, legs and tufted ears.

This monster's head and body were printed with a stick of celery.

194

Cauliflower
Carefully cut a floret from a cauliflower and cut it in half, then print it.

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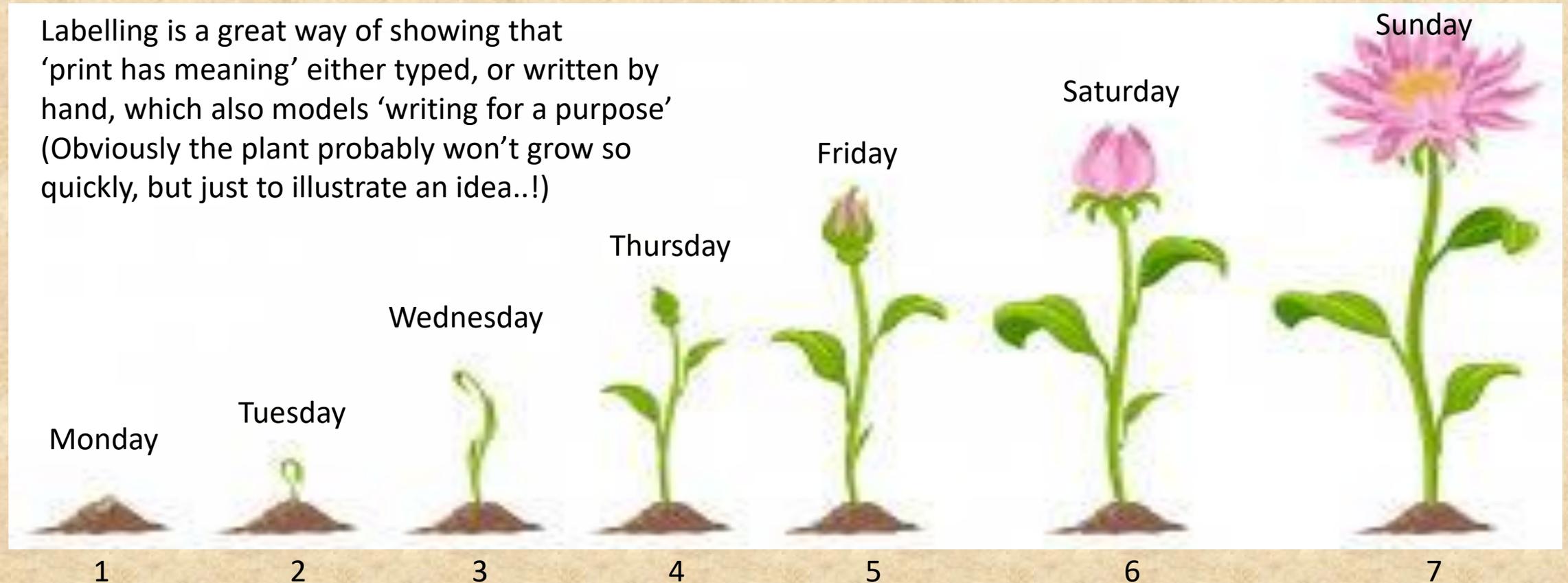
Onion
Print a monster with an onion. Draw a large open mouth and paint little white teeth.

These friendly monsters were printed with a small potato.

'Planting & Growth' linking with Maths, Literacy and ICT

Have fun planting seeds with your child!

You can help to develop your child's understanding of time and the life cycle of plants. Watch together as the plants grow, maybe take photos each day and label the pictures. This could be days of the week, or even different times of day, to introduce an early concept of time. Measuring your plant as it grows can also introduce the idea of height and size, and develop language such as taller, wider, thicker etc.



Some useful links from The Learning Trust..

Links to audiobooks and online books

If you have already read all the books in your house and are looking for more stories - there are lots online!

This site has online books in 60 languages: <http://en.childrenslibrary.org/>

This site has lots of free audiobooks: <https://www.storynory.com/>

Spotify has lots of playlists of children's books. (you will have to put up with some adverts) eg

<https://open.spotify.com/playlist/0oB4OsTkVnUerbU2moieDb>

This site is not audiobooks, but videos of actors reading stories, which are quite nice:

<https://www.storylineonline.net/> -

Watch live animals at aquariums and zoos

Lots of aquariums and zoos around the world have opened up their live webcams for you to see - here are just a couple of examples!

Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>

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

Astronauts on the Space Station reading stories to and conducting science experiments for the children of Earth as the world rotates below www.storytimefromspace.com