

Activity Pack for 7-9 years old

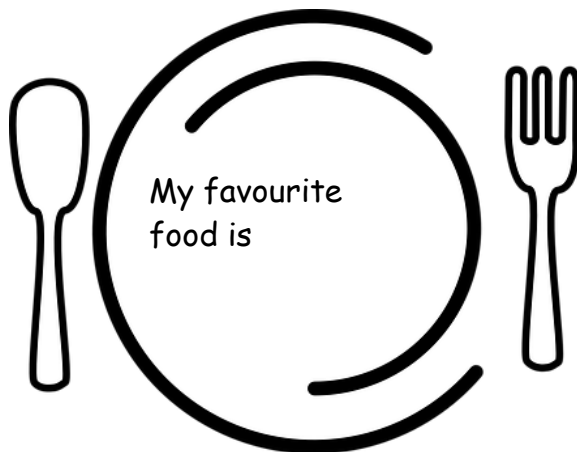


ALL ABOUT ME

My name is _____

I am _____ year old

I live with _____



My hobbies are:

Safari Wordsearch

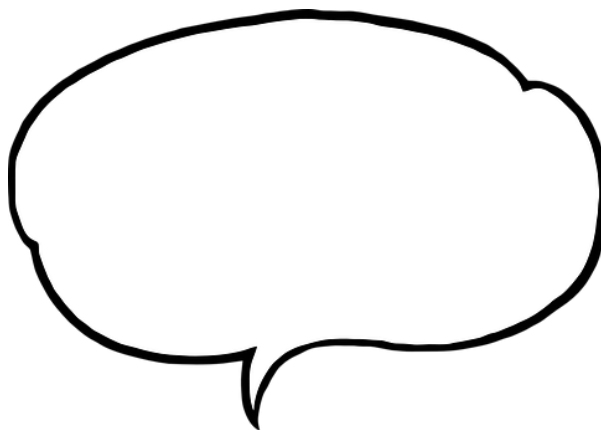
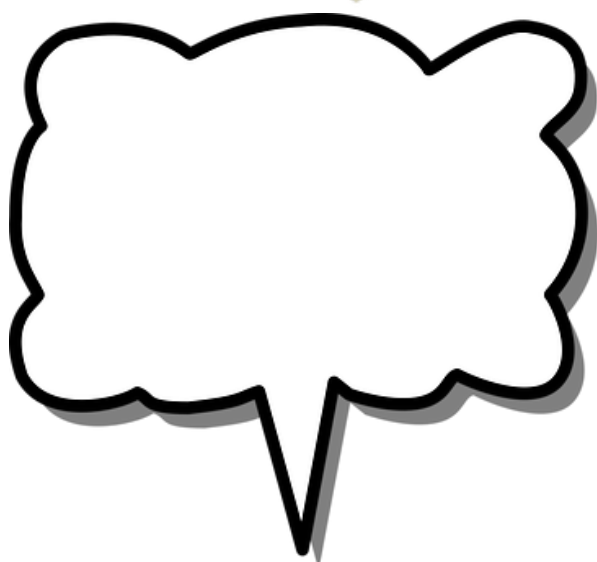
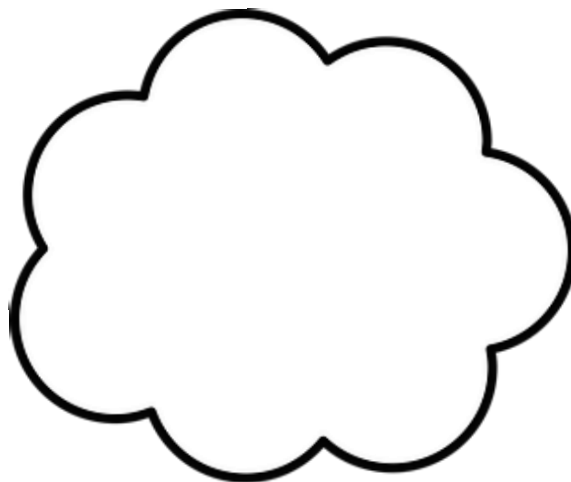
H S P M G F W Q H J B M M R G L W K Z Q
S I X T U F L W S Q V U Y I E T I P H F
O I P V O S U A V U J E R N V N N O J F
D U H P N H K B M R Y A Z U E A K X N G
E K Z A O Y V E Y I F K Y E A H B M F Z
B B K C V P O A Z F N M S W B P I E V T
V E W F L Q O R E G T G T G F E C N S R
F S R D W T O T U P Z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

ANTELOPE
APE
BEAR
ELEPHANT
FLAMINGO
GIRAFFE
GORILLA
HIPPOPOTAMUS
LEOPARD
LION
MONKEY
RHINOCEROS
SNAKE
TIGER



Five things I like about myself . . .

Draw a picture of yourself in the heart and use the speech bubbles to write five things that you like about yourself.



Write a letter to a loved one . . .

Use the template on the following page to write a letter to a friend or a family member.

Don't forget to put your address on the right hand side of the letter

Use the following prompts to help you with what you could include in your letter;

- What activities you have been doing
- Anything new you have learnt
- Any books you have read
- Any films you have watched

Don't forget to ask the recipient some questions, such as;

- How are you doing?
- How have you been spending your time?

Maybe you could draw a picture of a rainbow of hope to go in your letter.



Dear _____

From _____





Activity Jar



What you will need:

Jar

Pens/Pencils

Paper

Instructions

As a family try to think of different activities you would like to do together. Write the each activity on separate pieces of paper and place them all in the jar.

Before bed each night one piece of paper should be chosen from the jar and the following day everyone must spend time together carrying out the activity.

Some examples;

- Family film night
- Scavenger Hunt
- Cooking together
- Bedtime Stories



Memory Jar

When times are difficult it is nice to look back on our favourite memories.

You will need;

Jar

Pens/Pencils

Paper

Instructions

Everytime you remember a good memory that made you happy, smile or laugh, write it on a piece of paper and place it inside a jar.

When you are feeling sad or low go to the jar and pick out a random piece of paper and read the memory written on it.

Reading these should bring back good memories and allow you to look forward to making new memories.

It is important to remember that everyones memories are unique and they should all be treated with the same dignity and respect



Leaf Symmetry

Symmetry is when an object looks exactly the same on one side as the other.

What you will need

Paper

Colouring pencils

Leaves

Glue

Paper Towel

Scissors

Instructions

1. Go outdoors and look for different types of leaves. Make sure they are different in shape, size and colour.
2. If needed use a paper towel to wipe away any dirt or to dry the leaves.
3. Cut each leaf in half down the middle and stick one half on to a piece of paper.
4. Using a pencil draw the opposite side of the leaf making sure it is symmetrical.
5. Colour in the leaf and make sure it matches the other side.



Family Handprints

A perfect time to make memories as a family.

What you will need

500g plain flour

250g salt








250ml water

Instructions

1. Mix all the ingredients together until it forms a dough.
2. Roll out the dough – make sure it is thick enough to withstand the pressure from your handprint.
3. Press your hand in to the dough until it leaves your handprint shape.
4. Bake in the oven on the lowest temperature for 3-4 hours.
5. Once cooled paint inside your handprints



Estimating Time

Activity	Estimated Time	Actual Time
Write your name 20 times 		
Sing Happy Birthday 		
Count to 50 		
Touch your toes 20 times 		
Do 10 sit ups 		
Write the alphabet 		
Do 20 star jumps 		

Physical Activities

It's important to keep active everyday.

Try and spend 30 minutes each day carrying out these Yoga poses to relax yourself and help your heart stay healthy.



Always make sure you have an adult with you at all times when carrying out these activities

List of useful links you can also access:

Exercises for children :

Joe wicks has this one: <https://www.youtube.com/watch?v=rN0h6EZd6TM>

Harry Potter Yoga: <https://m.youtube.com/watch?v=R-BS87NTV5I&vl=en>

Maths: <https://whiterosemaths.com/homelearning>

Carol Vorderman Maths: <http://themathsfactor.com>

Science: <https://mysteryscience.com/light/mystery-2/sounds-vibrations/144>

Twinkl Resources - Free access code for parents: PARENTSTWINKLHELPS

Home learning pack can be accessed here: <https://www.twinkl.co.uk/l/1bm381>

World Book Online has just made their collection of 3,000 ebooks and audiobooks available for free for children to access at home

<https://www.worldbookonline.com/wb/Login?ed=wb>

Craft lessons: <https://www.creativebug.com/> offers craft lessons, from knitting to jewellery-making, drawing and origami

