



treasure hunters

roll-around-on-the-floor-laughers

mess makers

watching-grass-growers

creative painters

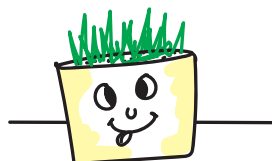
exercisers

animal lovers

wild explorers

clever writers

tasty food makers
(and eaters!)



NAME

TALKING GAMES

A B C D E
F G H I J K
L M N...

ha ha ha
ha ha ha
ha ha ha

1

INTERVIEWS

Find out as many interesting things as you can by interviewing your family members! We've included some questions to get you started but budding reporters can make up their own! Why not write down your questions and answers, and play again in a year to see what's changed?

- What is your earliest memory? - What was your most embarrassing moment? - If you could time travel, where would you go? - When was the last time you lied? - What do you think is your best quality? - What are you most scared of? - What's your happiest memory?

2

WHAT ANIMAL AM I?

Each player draws an animal - make sure no one sees it! Stick the drawing to the back of another player using pegs, tape or paperclips. Then take turns asking questions such as:

"Do I live in the sea?" "Am I furry?"

You can only ask questions which have "yes" or "no" answers. The first person to correctly guess their animal is the winner!

3

STOP LAUGHING

Sit players around in a circle. Throw a soft object (like a sock) in the air. While its in the air everyone needs to laugh as loudly as they can but as soon as it hits the floor you must all STOP LAUGHING!

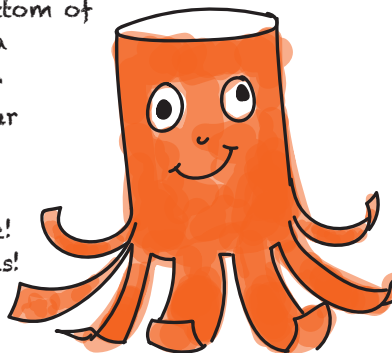
See if you can make the other players laugh - this game has some hilarious results!

JUNK MODELLING

Transform your old boxes and toilet rolls into amazing animals!

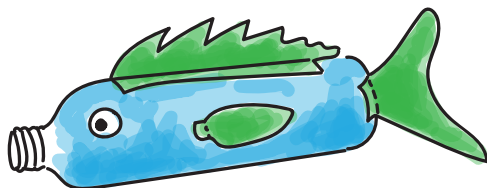
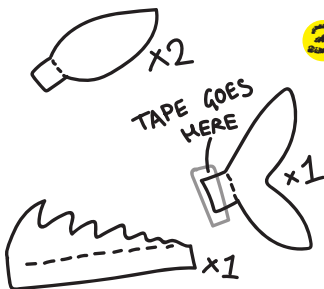
OLLIE THE OCTOPUS

- 1 Find the inner cardboard of a finished toilet or kitchen roll. If you have any paints or coloured pens, paint the roll any colour you like (we like orange)! You might want to paint spots or zig zag patterns.
- 2 Carefully, using scissors, cut strips from the bottom of the roll to about half way up. Cut strips about a fingers-width apart, all the way round one end.
- 3 Now curl the strips away from the roll with your fingers so they look like long octopus legs!
- 4 Draw on some googly eyes and add a smiling mouth with black pen. Your octopus is complete! You could even make him some octopus friends!



FREYA THE FISH

- 1 Find an old plastic bottle. Make sure its rinsed out and dried. Either fill it up with cut up bits of tissue paper, wrap and stick coloured paper on the outside or paint the bottle.
- 2 Carefully, using scissors, cut out from coloured card or paper, two fins for the side of the bottle, one for the tail and one for the top. They all need a tab which can be folded over and stuck to the bottle. (See diagram below)
- 3 Fold the tabs back and stick your fins onto the bottle using tape. Add some wiggly eyes to it's face!

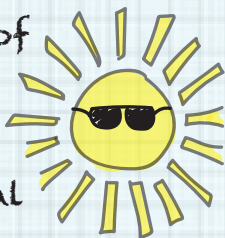


'LET'S PRETEND'

★ GAMES ↗ ↖

1 LIVING ROOM PICNIC AT THE BEACH

Brighten up the coldest, rainiest, stormiest of days by having an indoor picnic! Spread a tablecloth or blanket on the floor and put down plates, knives and forks. What is your favourite food? Summer clothes are essential and don't forget your sunglasses!



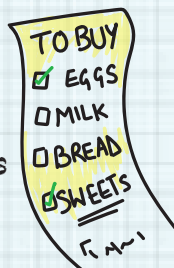
BEAUTY SALON 2

Find a hair brush, some hair ties and any other fun accessories. Set up your salon with a chair in front of a mirror and invite your family for an appointment. Who in your family has the longest hair?

~ Do they need a fancy up-do for a special event?
0 Or some crazy spikes for a rock concert?

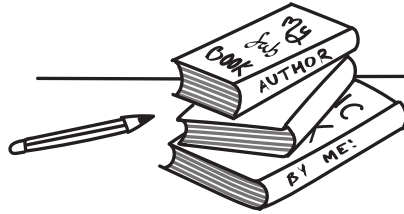
3 TRIP TO THE SUPERMARKET

Set up your own supermarket using empty boxes, plastic containers, nonbreakable jars and so on! Ask an adult for an old purse with some pennies in. Write your shopping list and fill an old bag with your items!



WRITE YOUR OWN BOOK!

WHAT'S YOUR FAVOURITE BOOK?



Each one of us has a unique story to tell, why not write it down?

If you're stuck for ideas you could write about your day and the people you live with? Or if you're bored of staying in the house then write an action-packed adventure where you explore somewhere else in the world! A mysterious jungle, a beautiful beach or a magical kingdom!

Don't forget to include drawings and a front cover with an exciting title.

If you want to write something else - how about a comic book or a play? Give your family their roles and act it out together! What items of clothing can you find to be your costumes? Have a few rehearsals and then, if you can record it, send it to other members of your family you don't live with!

If you have internet access, check out these great sites:

- Novel Effect makes storytime a little more fun As you read out loud music, sound effects, and character voices play at just the right moment, adjusting and responding to your voice. <https://noveleffect.com/>
- Kids books read by famous people <https://www.storylineonline.net/>
- Audible also has loads of audiobooks available, free to stream on desktop, laptop, phone or tablet, <https://stories.audible.com/start-listen>
- Free stories online ages 3-12 <https://www.freechildrenstories.com/>

YUMMY, EASY

RECIPES



FOOD
THIS
WAY!

Serves 2

Ingredients:

- 4 eggs
- 240ml milk
- 4 thick slices of bread cut into triangles
- 2tbsp oil
- any toppings you want like berries, syrup or marmite!

EGGY BREAD

- 1 Crack the eggs into a bowl and make sure you remove any shell! Add the milk and mix it together with a fork or metal whisk.
- 2 Pour the mixture into a shallow dish. Soak the bread in the mixture for 30 seconds or 15 seconds on each side if the mixture doesn't cover the whole slice.
- 3 GET AN ADULT to heat half a tablespoon of oil in a frying pan on a low heat. Carefully place two triangles in the pan. Fry the triangles on both sides until they become golden. Repeat this step for the remaining bread triangles.

- 4 Serve the Eggy Bread warm. Try with berries, syrup, butter, jam, or marmite!

COCONUT MILK SODA BREAD

Makes 1 loaf

Ingredients:

- 1 Heat the oven to 180C (160C fan/350F/gas 4) and sprinkle some flour onto a worktop and baking tray.
- 2 Mix together the flour and bicarbonate of soda in a large bowl, until it is all mixed in together. Pour the lemon juice and coconut milk into a separate bowl.
- 3 Go back to the flour mixture and use your hand to make a hole in the middle of it. Then pour the milk mixture into the hole. Mix it together quickly and then tip out the dough on to the floured table.
- 4 Knead the dough - have fun squishing your dough and rolling it around on the table. Pat it into a round shape and pop it on the baking tray.
- 5 GET AN ADULT to use a knife to score a cross the middle of your loaf, sprinkle a bit more flour over the top and then put it in the oven to bake for 40 minutes. Once baked, leave your loaf to cool down, then slice it up for the family to enjoy!

- 250g plain flour
- 1 tsp bicarbonate of soda
- 2 tsp bottled lemon juice
- 180ml coconut milk from a tin. (pop the leftover milk in a different container and keep in the fridge for up to 3 days)

TIME TO DRAW



A SELF-PORTRAIT IS A PICTURE OF YOUR OWN FACE!

TIP: USE A MIRROR IF YOU'VE FORGOTTEN WHAT YOU LOOK LIKE!



- Draw a self-portrait or a picture of someone else in your home.

If you have paints or coloured pencils then bring it to life with some colour!

- Try it again but this time don't let your pencil leave the page and do it all in one line. Don't worry about it being messy!

If you have internet access and want to look at some famous works of art then check out these sites:

- Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip - <https://www.louvre.fr/en/visites-en-ligne>
- This Virtual Tour of the Great Wall of China is beautiful and makes history come to life - <https://www.thechinaguide.com/destinati.../great-wall-of-china>
- This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies - <https://britishmuseum.withgoogle.com/>

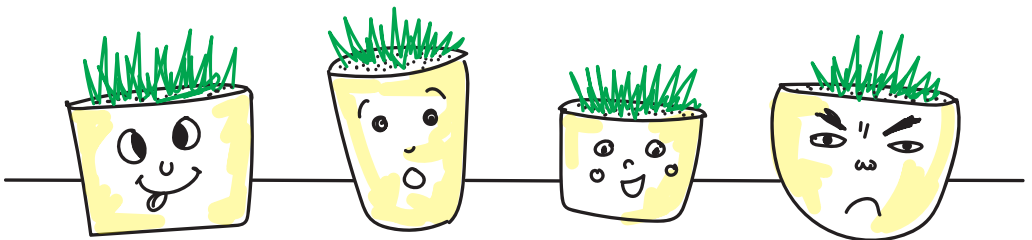
GARDENING

(INSIDE)



MAKE YOUR OWN GRASS HAIR HEAD!

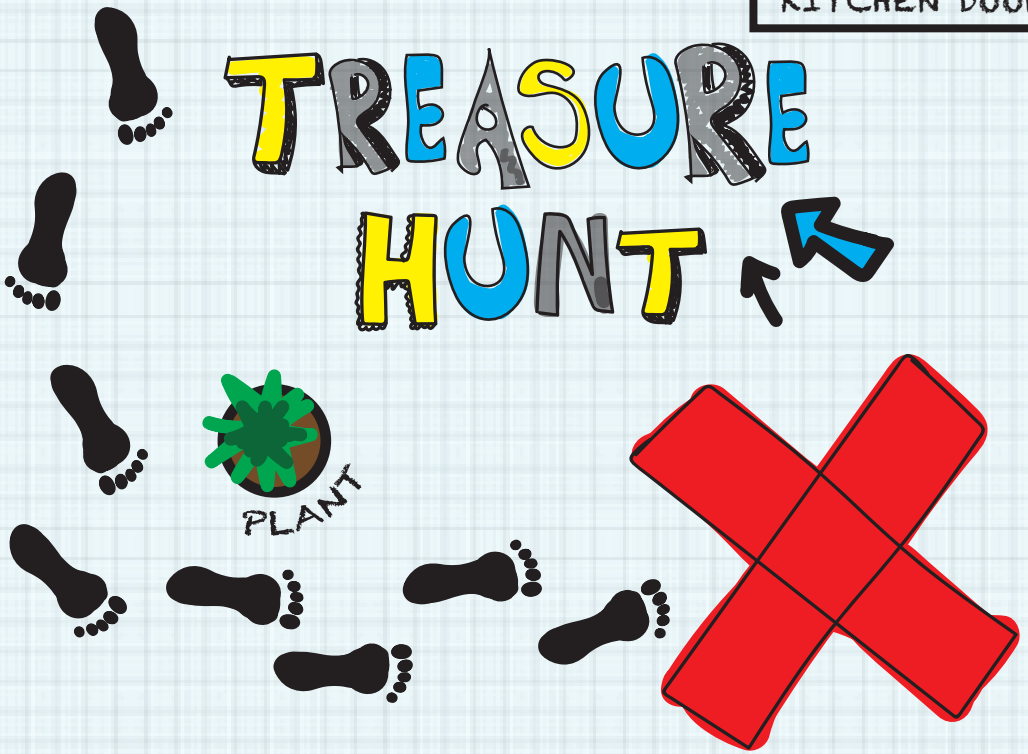
- 1 Find an old yoghurt pot or something similar, give it a good wash and dry!
- 2 Draw a big smiley face directly on the pot or on a sticker and stick it on the side. Will they be smiling, frowning or sticking their tongue out?
- 3 Fill it with compost.
- 4 Sprinkle some fast growing grass seeds on top of the compost.
- 5 Sprinkle the pot with water until it is damp, but not soaked.
- 6 Keep the earth damp over the next few days, don't let it dry out!
- 7 Watch the grass grow like hair! You can give it a haircut with scissors if it gets too long.



KITCHEN DOOR

TREASURE HUNT

FRONT DOOR



- 1 Draw a map of your home. Include as much detail as you can!
- 2 When it's finished, hide some treasure (perhaps your favourite toy or a tasty snack) in a secret place and put a large X on the map where it's hidden in real life!

- 3 Give the map to someone else in your family and see if they can find the treasure! If they still can't find it, give them some clues.

IT'S BEHIND
MUM'S FAVOURITE
PICTURE!

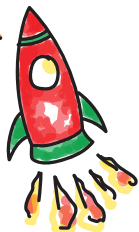
- 4 TIP: if you draw an X on a separate bit of paper and cut it out, you can stick it on your map with bluetac. Then you can reuse the treasure map and take turns hiding the treasure!

EXERCISE

1 KEEP THE BALLOON OFF THE FLOOR

Blow up a balloon.

Practice your 'keepy-uppy' skills by not letting the balloon touch the floor. Make it a bit harder by not using your arms - use your feet and knees and even your head!



DANCE PARTY 2

Play your favourite song and have a dance party!

Don't stop moving until the song is over.

See who has the best moves in your family!

Maybe you can learn some more together!

GREAT MOVES!

3 INDOOR OLYMPICS

A triathlon is a 3 race event which includes swimming, running and cycling. Can you...

SWIM ON THE FLOOR for 3 minutes

RUN ON THE SPOT for 5 minutes

LIE ON YOUR BACK AND PEDEL IN THE AIR for 3 minutes

WOW - SOON YOU'LL BE A TRIATHLETE!

FEELING STRONG? 4

Who's the strongest in the house? Have an arm wrestle competition or a thumb war!

If you have internet access, search youtube for Joe Wicks The Body Coach, for kids PE lesson workouts or <https://littletwistersyoga.com/online-store/> for kids yoga lesson plans, currently free.



FEELING STRESSED OR WORRIED?

Talk to people you trust and tell them how you are feeling. Play games or spend time with the people you love.

Call a loved one if they live far away.

Offer to help out your family, friends or neighbours.

It's good to keep some routine in your day, so plan some regular activities and learning.

It's important to look after yourself and maintain a healthy lifestyle with our sleep, diet, exercise and socialising with our loved ones.

Stay hydrated and eat healthy food.

Move and stretch, even if you can't go outside.

Take time away from the TV, computer or your phone each day.

Choose a book to read aloud as a family.

Remember that all feelings and difficult times will pass.

WRITE DOWN SOMETHING
THAT MAKES YOU SAD.
MAKE A DRAWING OR
STORY ABOUT IT AND
TRY TO EXPLAIN IT TO
SOMEONE YOU LOVE.

WRITE DOWN 5 THINGS
THAT MAKE YOU HAPPY
AND YOU WANT TO SAY
"THANK YOU" ABOUT!

HELP



Emergency
Phone: 999

Home-Start

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.

Find your local Home-Start at: <https://www.home-start.org.uk/find-your-nearest-home-start>

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Abuse

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: www.nspcc.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Addiction (drugs, alcohol, gambling)

Alcoholics Anonymous

Phone: 0800 917 7650 (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk

National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: www.begambleaware.org

Narcotics Anonymous

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: www.ukna.org

A GIFT FOR YOU
FROM



Website: <https://hopechurchsutton.org.uk>

Email: info@hopechurchsutton.org.uk

Search Hope Church Sutton on youtube
to find our channel where we are posting
regular videos during this period.