

Navigating

Need:

- A map
- A planned route
- Some treasure (can be their favorite toy or treat)

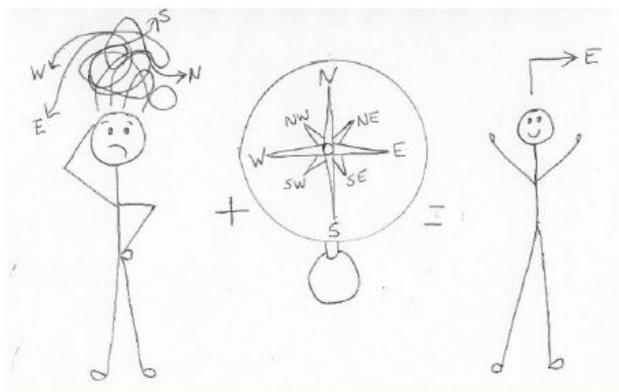
Steps:

1. Make a map of the garden or house.
2. Walk them through how to read a map, through understanding the NSEW anagram with Never Eat Shredded Wheat or other alternatives.
 - a. N = North
 - b. E = East
 - c. S = South
 - d. W = West
3. Show them where they are on the map and where they've got to get to to find the treasure.
4. To make it more exciting, you could make various checkpoints on the way, putting a number system on the map to an x to where they have to go.
5. This makes map reading fun and educational!
6. When outside in a public place, you could also take up geocaching.



LS Challenge: How to set a compass

Imagine you are on a new adventure. To reach the nearest stream you must walk East in direction. How can you tell what direction that is? Here is how to use a compass to get your bearings.



How to use a compass

1. Place the compass on an even surface.
2. Once the needle settles, then that direction is North.
3. Slowly and carefully turn the rim of the compass, till the needle point and N match up.
4. Now you are ready to see where East lies and set off on your adventure.

Victorian Games - Hopscotch, Make a thaumatrope, Make a spinning top - http://downloads.bbc.co.uk/history/handsonhistory/victorians_games.pdf

LEARNING FUN

Create a milk pattern

Need:

- A plate/tray/bowl
- A layer of milk, just enough until you no longer see the bottom of the plate
- A variety of food colourings
- Pepper (optional)

Steps:

1. Place the milk in the bowl until you cannot see the bottom.
2. Add a few drops of food colouring spaced around the plate.
3. Stir to create patterns.
4. If you want, you can add pepper and watch the colours spread away from it.
5. You can also change the temperature of the milk to see if that changes how the colourings react.



Balloon tests

Need:

- A balloon, maybe more if they pop or you'd like to experiment.

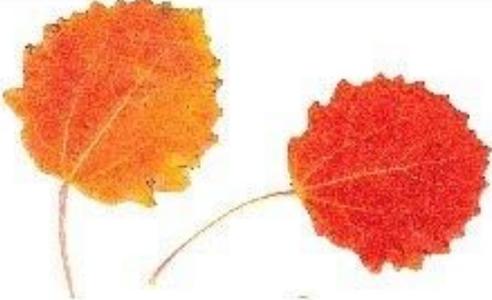
Steps:

1. Blow the balloon so that it is filled with air.
2. Hold the balloon up to your ear. Lightly tap on the other side of the balloon and listen. Can you hear the sound? Can you feel the vibrations?
3. Let go of the balloon, where does the air go? Which direction does the balloon go?
4. To experiment, add a sweet into the balloon, does it sound differently now? Can you hear different pitches based on how big or small the balloon is?



Learn to tie your own shoe laces - <https://www.youtube.com/watch?v=biPIP4yiyQs>

Learn tree names by their leaf shape

Leaf Shape	Tree	Have you found it? Tick to say yes or stick one of the tree's leaves in this box -
	Ash	
	Aspen	
	Elm	
	Hazel	
	Holly	
	Maple	

Saying hello is a great way to start making friends. Look for all these 'hellos' in different languages! If you would like a further challenge, find out what languages these hellos are from? Answers on the last page.

Say hello!

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

CIAO
 BONJOU
 SANNU
 BULA
 MEITEI
 RIMAYKULLAYKI
 MERHABA
 LORENA
 BONJOUR
 HABARI
 YUWA
 ENODAC
 ALOHA
 ALUU
 HALO
 GUDE
 NDEEWO
 SAQARIK
 HEJ
 BAWO

Qualities

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

TRUSTWORTHY
 FAIR
 PUNCTUAL
 TIDY
 FORGIVING
 HARDWORKING
 ORGANISED
 KIND
 FUN
 HONEST
 TEAMPLAYER
 RELIABLE
 HELPFUL
 THANK YOU
 GOOD LISTENER
 THOUGHTFUL
 SHARING
 PLEASE
 GENTLE

FOOD & COOKING

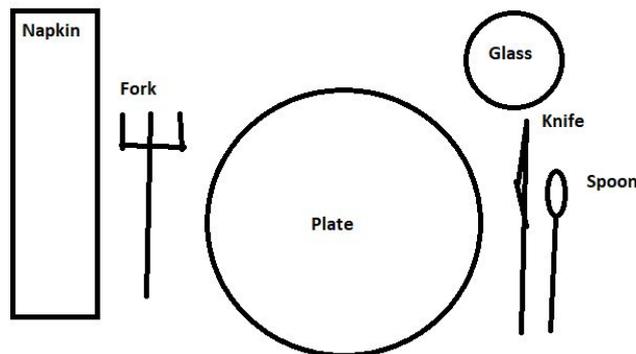
Throw a tea party!

Need:

- Food - this can be a meal you prepare, one already prepared, sandwiches or snacks etc.
- Table set up as described in the task below
- Jug - 1 per table

Method:

1. Invite those you want to come to your dinner / tea party - remember to adhere to social distancing, so this could be in the garden or at home with those in your household. Let them know the time and place.
2. Set the table: put the plates, cutlery, glasses etc. in the right places, and put the jug of water on the table.
3. Get the food ready
4. Welcome & serve your guests. Remember to offer them food & drink.
5. Tidy everything away and wash up when you are done.



LS Challenge: Do you know how to check if your egg is good to eat?

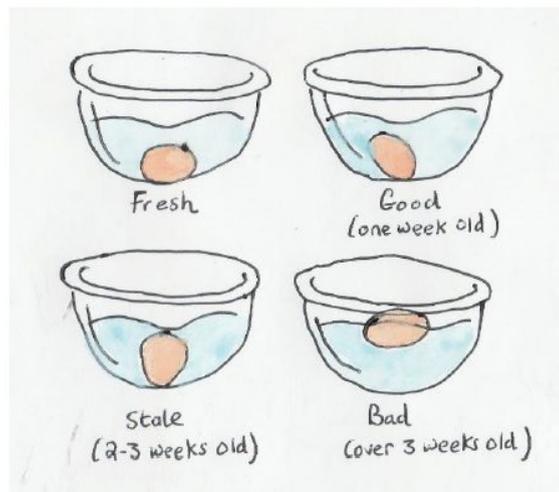
Here is a great life skill trick! How to know if your eggs are good to eat or not.

If the egg is fresh it should lay on the floor flat.

At 2-3 weeks one point of the egg will rest on the floor.

The older the egg, the more air there is in the shell and it will float. Put this egg in the compost.

On your eggs you might have a code printed on it, a one-digit number for type, letter for the country of origin and a longer number is the producer ID.



One-digit number for type is 0=organic, 1=free range, 2= barn, 3=cage.

Have a good egg!

EXERCISE

Balloon volleyball

Need:

- Balloon
- String or other material to create a net



Steps:

1. Blow up the balloon.
2. Tie a scarf/ piece of string/ other material between two posts, this could be two sofas, a table and a cabinet or some chairs. Make sure that you do not tie it too tightly and it is at waist/shoulder height, depending if you want to play standing up or sitting down.
3. Now just pass the balloon from side to side, keeping scores if you like of how many rallies you have or who dropped the balloon the most.

Freeze dance

Need:

- Any music
- A person to press pause

Steps:

1. Have your favorite CD or playlist playing in the background and encourage everyone to dance.
2. Have a designated DJ who will pause the music.
3. And then enjoy dancing. The winner is the person who can stay still whilst the music has stopped.

Yoga jenga

Need:

- Jenga blocks or any other small blocks you can make a tower with
- Label stickers
- A pen or pencil
- Some yoga moves

Steps:

1. Create a list of yoga moves, dance poses or other actions.
2. Write these on the label stickers and place one per block on the side.
3. Now play an ordinary game of Jenga, although anytime a block is taken out, you must do the action.
4. You can also do this with riddles, quizzes and pulling funny faces!

RESOURCES explaining Coronavirus to children

NEW Supporting Children with Learning Disability/ASD Coping with COVID-19 Isolation

- <http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

NEW Photosymbols: Can't wear a mask? Worried about travel.

- <https://m.facebook.com/photosymbols/photos/a.277433866107/10158592047891108/?type=3&source=48>

Free information book explaining Coronavirus to children by illustrator of The Gruffalo Axel Scheffler

- [Released today: a free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler](#)

A little document explaining Coronavirus to children - written by a nurse.

- <https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronaviruses-1-1.pdf>

Social Story on the Coronavirus

- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Barnardo's Coronavirus advice for young people

- <https://www.barnardos.org.uk/coronavirus-advice-young-people?fbclid=IwAR0jS4qT5MKSywanlKH9QhBish9gWbiUpUjgp9NoPmYZJbctDg1xXq0fasE>

OTHER RESOURCES & USEFUL LINKS:

Wiltshire's online library service: Also there are links on individual library facebook pages to online rhyme time sessions

- <http://www.wiltshire.gov.uk/libraries-ebooks>

Audible: children's audio stories (free)

- https://stories.audible.com/start-listen?fbclid=IwAR0FxmFjFFmDTog5O3IsO9fyNDdWKfAnvRjFJmMfQjFw37DreX3_WH4BI

Theatre: recording of The Wind in The Willows (free/ donate what you can)

- <https://www.willowsmusical.com/?fbclid=IwAR1rl1GhXEMaqlhyaTCd6MFI5tISRBiJQixQFTZ5wQUGMhOcrQt0ao2XZM>

Barnardo's Links -

https://www.barnardos.org.uk/blog/keeping-kids-entertained-while-youre-working-home?utm_source=facebook&utm_campaign=blog&utm_medium=organic&fbclid=IwAR36HwyckSqUKZAM0FqaMTqubxJqvPgpqyC09C959KFBYIkiAMY2-ezN4k

Downloadable colouring in pages from Hobbycraft -

https://www.hobbycraft.co.uk/ideas?projecttype=kids-free-kids-downloads&utm_campaign=20200413COLOURING&utm_content=22991000789&utm_medium=Email&utm_source=Email

The Reading Agency Hub Holiday Activities -

<https://www.readingagency.org.uk/resources/?programme=chat>

Author's reading aloud: <https://kidsactivitiesblog.com/136038/online-story-time/>

Wiltshire's online library service: Also there are links on individual library facebook pages to online rhyme time sessions.

- <http://www.wiltshire.gov.uk/libraries-ebooks>

Audible: children's audio stories (free)

- https://stories.audible.com/start-listen?fbclid=IwAR0FxmFjFFmDTog5O3IsO9fyNDdWKfAnvRfJmMfQjFw37DrernX3_WH4BI

Virtual tours:

https://www.moneysavingexpert.com/deals/deals-hunter/2020/03/free-virtual-globe-trotting/?utm_campaign=545311_Workplace%20Weekly%20-%209%20April%202020&utm_medium=email&utm_source=Barnardos&dm_i=4ZNU,BORJ,1FMK3A,1AJFD,1
https://www.moneysavingexpert.com/deals/deals-hunter/2020/03/free-virtual-globe-trotting/?utm_campaign=545311_Workplace%20Weekly%20-%209%20April%202020&utm_medium=email&utm_source=Barnardos&dm_i=4ZNU,BORJ,1FMK3A,1AJFD,1

Virtual Wiltshire: <https://www.visitwiltshire.co.uk/take-a-virtual-trip-to-wiltshire>

Singing Hands UK have a collection of Makaton signed Nursery Rhymes on YouTube - <https://www.youtube.com/user/SingingHandsUK>

A range of bedtime books from Barnardo's on YouTube

- https://www.youtube.com/playlist?list=PL-vMAkVyfPw_3ISo5tFle1dYDJ8LAe5fY

Longleat Art Safari

- <https://www.facebook.com/154526564588271/posts/3910399175667639/?sfns=scwspwa&extid=i3hWIGXPw6DBkvl5>

Hello Wordsearch (answers) Ciao (Italian), Bonjour (Haitian Creole), Sannu (Hausa), Bula (Fijian), Meitei (Guarani), Rimaykullayki (Quechua), Merhaba (Turkish), Lorena (Rapa Nui), Bonjour (French), Habari (Swahili), Yuwa (Warlpiri), Enodac (Sateré-Mawé), Aluu (Greenlandic), Halo (Indonesian), Gude (Tok Pisin), Ndeewo (Igbo), Saqarik (K'iché), Hej (Swedish), Bawo (Yoruba).