

Get Active



This activity pack is full of life skills, challenges and fun activities - have fun.

Challenge yourself to complete the activity and then colour them on this page.

How many can you colour in?

Wiltshire Short Breaks Activity Book

In this activity book there are suggestions for your child/ young person to engage with. Not all activities will be suitable or of interest to all of our young people, however there is a range of activities - sourced from online and from clubs - that we hope they will enjoy.

If you need any of the pages printed out please contact liz.james@barnardos.org.uk

Disclaimer

Included within this activity book are links to activities that are publically available on the internet.

Please ensure that you are happy for these to be shared with your children / young people by checking the links beforehand and also check any recipes for any allergies etc. Whilst we have done all we can to ensure the appropriateness of the content Barnardo's cannot take any responsibility for the content of these web sites or any links within them.

We would advise all parents to read this article to ensure the safety and wellbeing of your children online.

https://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-54111457

HELLO



"Hello, I am Freya, I love painting and getting messy!"

I really love painting BIG, my favourite animals are newts.

I really like soy sauce, a lot!

*"Hello, I'm Beth! I like reading & love the Gruffalo :)
I love spending time with my dog.
I also really like Chocolate cake!"*



Hello, I'm Tia, I love all things Harry Potter and Disney! You can always catch me reading a good book, doing a jigsaw puzzle or spending time in the sun 😊

Together we've been working on this activity pack for you. We hope you enjoy it :)

Make your artwork the next cover!

Take a photo of an activity you have made from this pack or just a great drawing/artwork!

Win an extra special activity pack for the successful designers and your artwork could be the cover on the next activity pack!



Please email a photo of your child's artwork (no picture of any people) to

Liz.james@barnardos.org.uk or
Julieann.hiscocks@bamardos.org.uk

ART & CRAFT

Draw what you hear

Need:

- Pen
- Paper
- Any other materials you may want to use

Steps:

1. Listen out, maybe go for a walk and take note of the things you hear. Maybe open a window or turn off the tv to listen to the world.
2. Whilst you are listening, draw what you think the noises would look like, these can be anything from a simple squiggle to a big bird.



Make your own birdhouse

Need:

- Cardboard box
- Stick or chopstick (will act as a perch for the bird)
- A hanger or string to hang the box
- Glue
- Paint for decorating

Steps:

1. Unfold the cardboard box and cut out a t-shape, this will make the bird box. The t shape will have 3 equal squares along the top and 4 equal squares along the bottom.
2. In the bottom square, cut a golf ball sized hole so that the birds can go in and out.
3. Now fold along the lines and glue the edges together creating a box.
4. Decorate the bird box in any way you like.
5. Place it in an area near food so that they can explore.
6. If you want to be more creative, only do 3 squares on the bottom and create a removable angled top.



LS Challenge: Make a homemade gift



A great life skill to have is to know how to make homemade gifts; you could make a paperweight, a painting, an ornament, a song, collage, board game or even a book.

Write a Letter

Need:

- Pen
- Paper
- Envelope
- Stamp



Method:

- Decide who you are going to write to
- Find their address and write it on the envelope
- Write the letter – tell them what you have been up to in lockdown, any activities you have done, walks or outdoor fun you've had, video calls you've made etc...Remember to ask them how they are to!
- If you need help ask an adult to write it for you and you can dictate it – then you can add drawings to your letter
- Attach the stamp to the top right of the envelope.
- Post in the postbox

Make your own Awareness Raising Poster

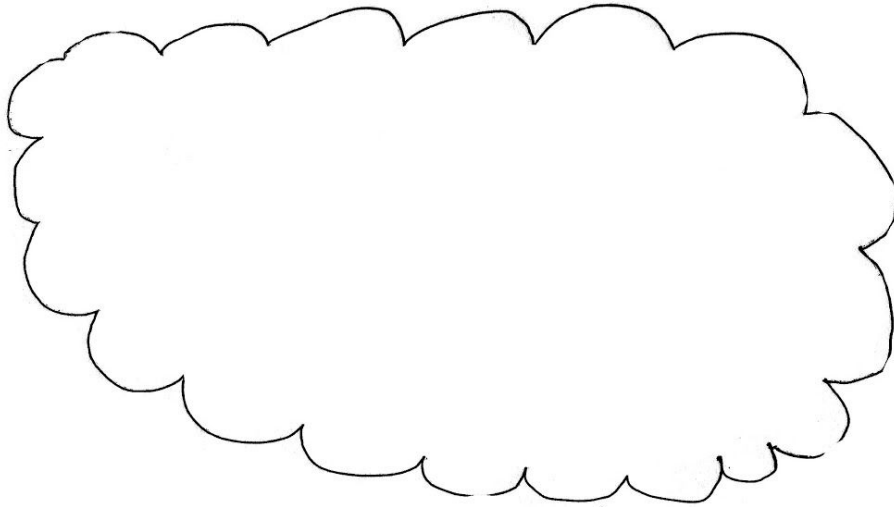
Need:

- Coloured pens / pencils
- Paper in different colours
- Glue
- Scissors

Method:

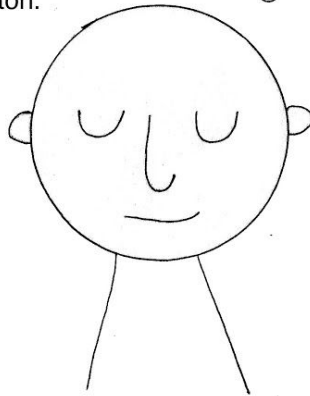
- Think about a topic that you think is important
 - this could be bullying, or pollution, recycling etc.
- Decide on one topic that you want to use your poster to raise awareness on.
- Make a title for your poster i.e. 'Recycling is important', or 'End bullying now' and write this on your poster
- Now decorate your poster with different coloured paper, pictures and if you want you could include facts about your chosen topic i.e. 'Bullying affects over 1 million young people every year' - remember to research these so that they are true!
- When you are happy with your campaign poster stick it up where it can be seen i.e. on a gate fence, on a window of your house etc. - ask an adult for help.





We have a dream!

Martin Luther Jr. in 1963, gave a hugely powerful speech in Washington. His speech spoke of the importance of treating all people equally and making laws to protect the civil rights of all, regardless of skin colour.



His speech started with "I have a dream.." and talked about his dream about his children being treated with respect and judged on their character not their skin colour.

What would your dream be?

For world peace, stop climate change or to have a healthy life?

Fill in your dream in the dream cloud.

We would love to see your dream.

Please email a photo of your child's artwork to

liz.james@barnardos.org.uk or

julieann.hiscocks@barnardos.org.uk



Coming back to school...



this is how
I feel right now

3 things I want to tell you...

- 1.
- 2.
- 3.

3 things I am looking forward to...

- 1.
- 2.
- 3.

3 questions I'd like to ask you...

- 1.
- 2.
- 3.

My name

My favourite thing about being at home is...

and something I have found tricky is...

doodled by Beth Wooldridge
@tweets_by_beth

AT HOME

LS Challenge: How to make a bed



1. Clear the bed.
2. Place the bottom sheet on the bed, and tuck the sides neatly under the mattress. Smooth to remove wrinkles.
3. Cover the pillow with the pillow case.
4. Then place the duvet into the cover, shake into place. Then button up the open side. Then place on the bed.

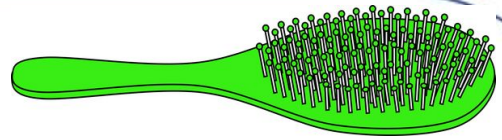


LS Challenge: How to sew on a button



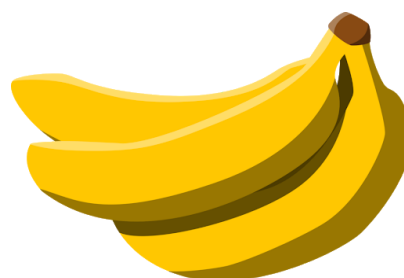
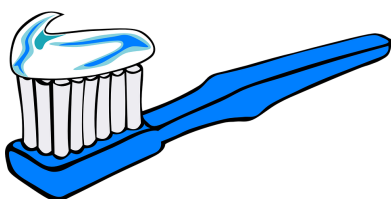
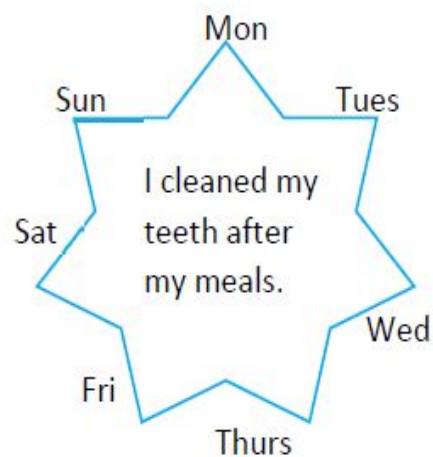
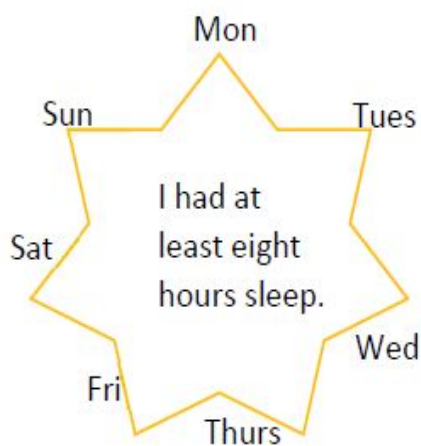
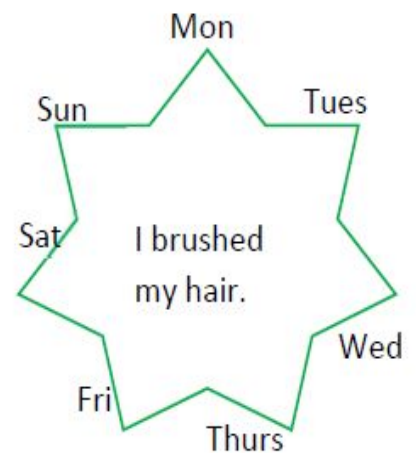
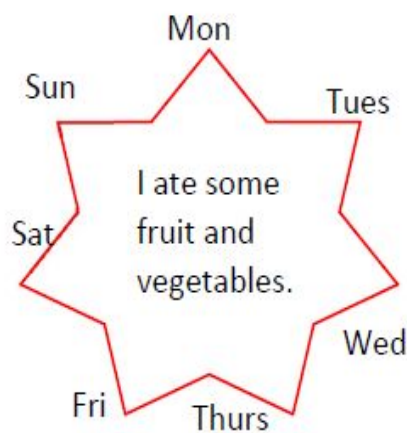
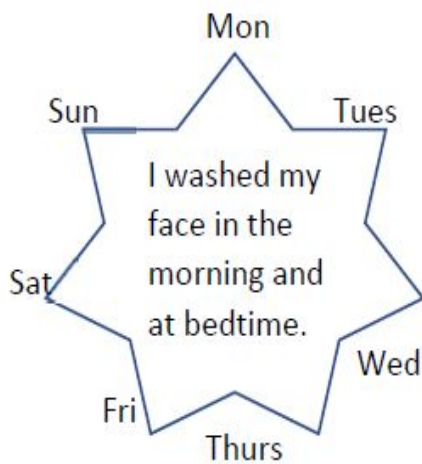
1. Have your button, the fabric where you want the button, a plastic sewing needle, and the thread.
2. Cut the thread and tie a knot in one end. Thread the plastic needle onto the other end.
3. Secure the thread to that spot (where you want the button) with one stitch.
4. Slide the button down the thread.
5. Sew the button on, by working the plastic needle down through one hole and up through another.
6. Once you have sewn the button, wind the thread tightly several times between the button and the fabric.
7. Then finish off with two stitches on the wrong side of the material.
8. Cut the remaining thread.





LS Challenge: Keep Healthy

Colour-in the corners of these stars each day you do 'keep healthy' challenges
How many corners of these stars can you colour in this week?



OUTDOOR PLAY & MESSY PLAY

The appearing picture

Need:

- Thick felt tip non eraser pens
- 1 piece of kitchen roll per drawing
- Water

Steps:

1. Fold the piece of kitchen roll in half and draw an object/animal/thing that you like.
2. Once drawn and coloured in, place it in the sink with the clean side on top.
3. Gently put the tap on and watch the drawing appear onto the top sheet.



Sensory jelly with scissors

Need:

- Jelly, either pre made or simple make your own up by following the packet's instructions (ask an adult for help).
- Scissors
- A bowl or plate

Steps:

1. Place the jelly or jelly cubes into a bowl, grab your scissors and enjoy watching the jelly mould to the shape you are cutting.
2. If you face the jelly to the light, you may be able to see it shining!
3. Now it is ready to play with - you will get very sticky!



Make an activity station

Need:

- Paper and pens (to make signs)
- Anything you wish to use, e.g. for one station, you could have a star jumps area, a walk on a line area and a limbo area.

Method:

- Decide on the activities
- You could turn this into an obstacle course or circuit, each time creating new stations and activities.

Make your own garden

Need:

- A tub, tray or large plastic container
- Small handful of soil (dependant on size of tray)
- Rocks for drainage
- A drill or something to make holes in the bottom of the container - for an adult to do!

Method

1. Make 3 even holes in the bottom of the container for drainage.
2. Then add a layer of small rocks to aid the draining.
3. Cover the rocks with a thick layer of topsoil and add any plants that you'd like to grow, these can be bought from any local supermarket.
4. Decorate your miniature garden with figurines, pebbles and other colourful items.
5. Don't forget to water your garden regularly.



LS Challenge: How to plant a seed

One of the greatest skills you can ever learn is how to grow a plant. The beginning of so much of our healthy food and air we breathe. Plants are fundamental to us.

We will need: compost, seeds, trowel and a container.

1. Decide on what plant to want to sow.
Order the seeds
2. Read the instructions on your seed pack.
3. Look for instructions for depth, distance apart from other seeds, outside or inside sowing.
4. Follow the instructions.
5. If you need to plant indoors, remember you can recycle cardboard containers (such as toilet paper holders) as plant pots.
6. If you are using a toilet paper holder, squeeze one side of the circle into a flat line. Cut two small lines in each side of the fold. Fold the holder the other way, and cut two small lines from the other side. Then fold one quarter into the middle, then go clockwise, and follow the next quarter in. Until you have made the base of a cardboard pot.



Make your own bird feed balls

Need:

- Lard or suet
- Bird seeds
- Any other seeds e.g. sunflower, pine, sesame.
- Scissors or pencil (to make a hole)
- String
- A plastic cup
- A bowl for mixing



Steps:

1. In a bowl, mix together the lard and seeds. This is often fun to do with your hands!
2. Make small holes in the cups for a piece of string to go through.
3. Tie the end of the string so that it won't go back through the hole in the cup.
4. Then fill your cup with the mixture, place in the fridge to set and hang them in the garden when it is solid.
5. This will act as a nice treat for the birds, and is always fun to watch as they eat the balls.

Make rain in a jar

Need:

- A glass canning jar
- A ceramic plate
- Hot water
- Ice cubes



Steps:

1. Pour two inches of the hot water into the canning jar.
2. Cover the jar with the plate face up.
3. Wait 3 minutes.
4. Put the ice cubes on the plate and watch your homemade water cycle!
5. To experiment, try using cold water, or a paper plate.

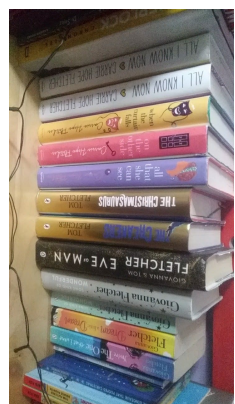
Reading workout

Need:

- A book of your choice
- Space

Steps:

1. When reading a story to or with your young person, make it a little more entertaining by including a mini workout!
2. Anytime a specific word is said do 2 star jumps, or any other moves that you like. Examples include a spin every time 'hat' is read out from 'the cat in the hat', or a squat when the gruffalos name is mentioned, etc...



Navigating

Need:

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

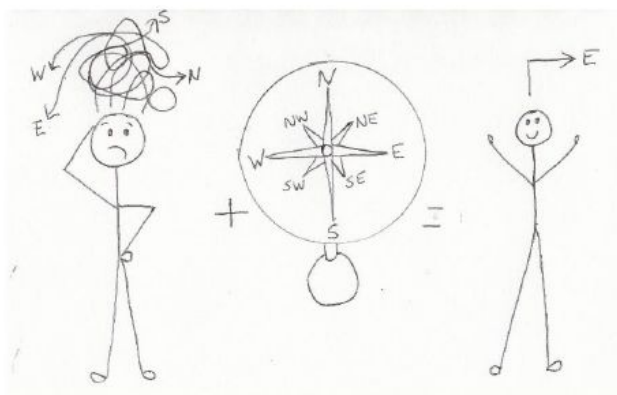
Steps:

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.


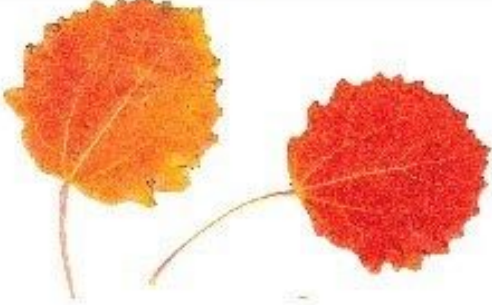




Steps:

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

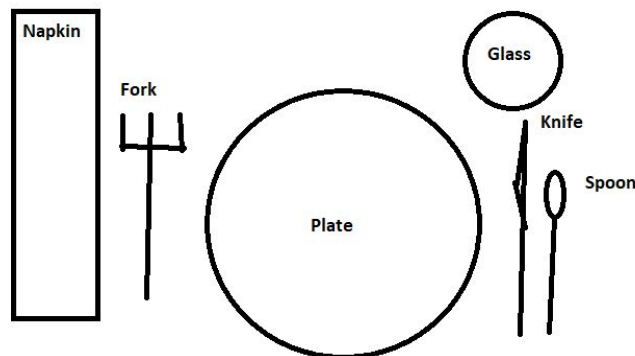
Throw a tea party!

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=IwAR0FxmFjFFmDTog5O3IsO9fyNDdWKfAnvRfJmMfQjFw37DremX3_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).