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Your School's Family Support team are aware that the recent news about schools closing and for some having to isolate yourselves and your family this can be a testing and stressful time. Therefore we would like to do what we can by providing a range of ideas that you can try at home with your children.

On the following pages you will see a range of activity ideas that you can do at home safely and at little cost.



Remember to contact your family worker if you feel you need additional support.

As well as the work you will be receiving from School, there are also a range of web sites that you can access which will also provide useful ideas:

www.bbc.co.uk/bitesize

www.twinkl.co.uk

www.crayola.com/featured/free-coloring-pages

www.childmind.org/article/talking-to-kids-about-the-coronavirus

www.bbc.co.uk/newsround/51342366

Visit www.gadeschoolsfamilysupport for more information.





# Creative Ideas to try at Home

Activity	Yes	No	Maybe	Done
Craft (google ideas)				
Make saltdough or slime (see below)				
Drawing and painting				
Set yourself a 30 day lego challenge				
Make a mood board				
Design and make cards for your loved ones				
Story/poem writing				
Origami/paper planes				
Singing/karaoke				
Basic home science experiments				
Design a magazine/newspaper				
Make a time capsule				
Make a happy thoughts jar/boxes/journals				
Write a diary or make an isolation survival book				
Do some 'mindful' colouring				
Make a collage that celebrates YOU!				
Make a scrap book of your happiest memories				

Bring out your creative side and enjoy

### Recipes

#### Slime

#### <u>Ingredients</u>

PVA Glue

Bicarbonate of Soda or Baking Powder

Contact Lens/Eyewash solution that contains borax in the ingredients

#### Method

Squirt PVA glue into a bowl

Add a pinch of Bicarb or baking powder

Add 2-3 drops of lens/eyewash solution

Stir until totally mixed together and it starts to get stiff

Knead together in bowl

Add any food colouring or glitter and

#### Saltdough

#### Ingredients

1cup salt

2 cups all-purpose flour

1 cup luke warm water

#### Method

In a large bowl mix salt and flour.

Gradually stir in water. Mix well until it forms a doughy consistency.

With your hands form a ball with your dough and kneed it for at least 5 minutes. The longer you kneed your dough the smoother it will be.

Store your salt dough in a air tight container and you will be able to use it for days. You can paint your creations with acrylic paints and seal with varnish or polyurethane spray. You can let your salt dough creations air dry, however salt dough can also be dried in the oven.

Bake at 200 F until your creation is dry. The amount of time needed to bake your creations depends on size and thickness; thin flat ornaments may only take 45-60 minutes, thicker creations can take 2-3 hours or more. You can increase your oven temperature to 350 F, your dough will dry faster but it may also brown, which won't matter if you are painting your entire creation (you can also cover your dough in the oven before it turns brown.