



## **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](mailto: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](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 :)**

**Welcome to the Science Activity Pack!**

Please do send us any of your artwork relating to this activity pack, and they might feature in a future activity pack:

[freya.howard@barnardos.org.uk](mailto:freya.howard@barnardos.org.uk)

**From 1-7 February, 2021, Children’s Mental Health Week will be exploring the theme Express Yourself. Please see lots of free resources on**

**<https://www.barnardos.org.uk/blog/express-yourself>**

## ART & CRAFT

### Blow Art Portraits



You will need:

- Paper
- Pen
- Inks/paints
- A straw (if you don't have one, roll a paper into a straw)



How to make them:

1. Draw an outline of a head.
2. Drop your paint or ink on the outline of the head.
3. Blow through the straw, directing the paint/ink in the way hair grows.



We would really like to see your artwork, and maybe display them in future activity packs, please send to: [freya.howard@barnardos.org.uk](mailto:freya.howard@barnardos.org.uk)

## Skittles

You will need:

- Skittles
- Plate with raised edge
- Water

Method:

1. Arrange the skittle into a pattern around the circle of the plate.
2. Gently add water & watch the colours flow from the skittles.



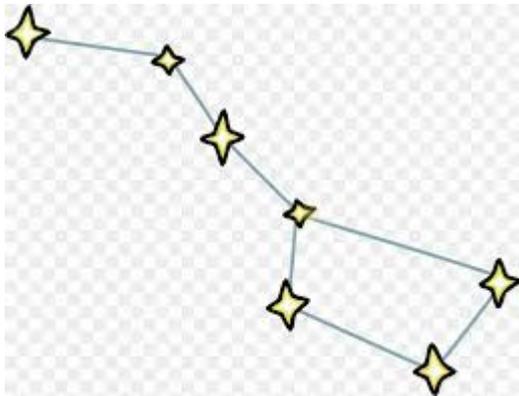
## Marshmallow Constellations

You will need:

- Spaghetti (dried/ not cooked)
- Marshmallows
- Pictures of the constellations (or design your own)

Method:

1. Break the spaghetti into small piece
2. Use one piece of spaghetti and stick it into the marshmallow, continue with this method to make the constellation shape you want (see pictures for examples).



## Spread the colours

You will need:

- 3 different colour dyes
- 5 water glasses half full
- Kitchen roll

Method:

1. Add the colour dyes to three glasses (one dye per glass)
2. Organise the glasses so it goes: coloured water, not coloured water, coloured water, not coloured water, coloured water
3. Fold the kitchen paper sheets
4. Add the folded kitchen roll sheet to the glasses as shown in the pictures below.
5. Watch the colors spread - what do they look like when they meet each other? How do they mix? Is one of the colours stronger than the others? What happens to the water?



## Fish Mobile

You will need:

- Pen
- Pencil
- Card
- Glue
- Scissors
- Scraps of material
- Paper
- Sequins
- String/ thread

Method:

1. Use your pen to draw three fish outlines (one large, one medium and one small fish shape)
2. Cut these shapes out carefully and use the pen to draw on fish eyes
3. Cut the paper and material and glue these to the fish shapes
4. Stick on the sequins
5. Use the pencil to make a hole in the top and bottom of the fish and thread the string/ thread through (the small fish only needs a hole on it's top).
6. Make a loop to hang the fish mobile from.



## Precious stones keyrings

You will need:

- A keyring (don't worry if you don't have one as you can make a decoration / bracelet etc. with this same method)
- Colourful beads
- String / bracelet wire
- Other i.e. ribbon

Method:

1. Choose the coloured beads you want to use. Research precious stones in these colours and learn their names (e.g. red precious stones are rubies)
2. String your beads onto your thread in the pattern you want.
3. Tie the end when finished and fix onto the keyring (ask an adult to help you as this can be fiddly)

**Match up the precious stone name and the colour:**

Red

Blue

Green

White

Sapphire

Emerald

Diamond

Ruby



## LEARNING FUN

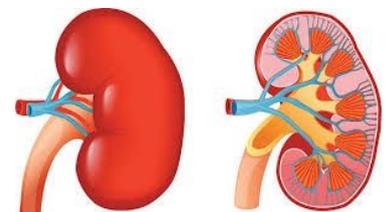
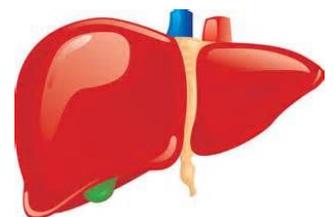
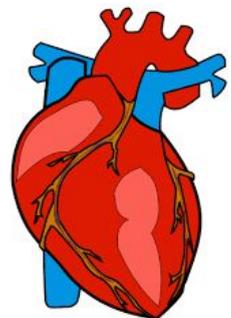
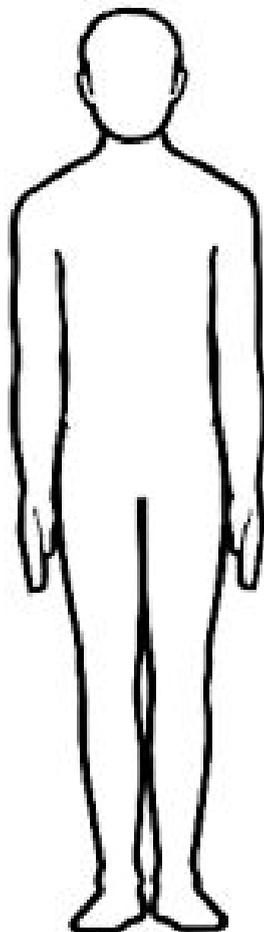
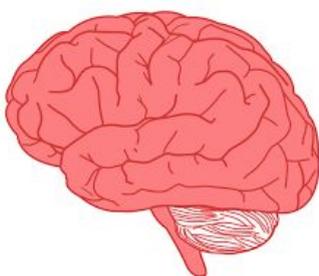
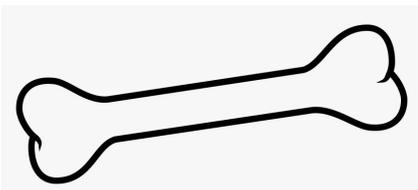
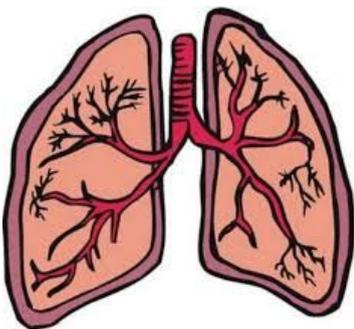
### Body Shape

You will need:

- Roll of paper / piece of paper stuck together the size of the person you want to draw around
- Coloured pencils/ pens

Method:

- Draw around one person
- Now your challenge is to draw their organs. Do you know where the brain, heart, lungs and bladder are? Why not try and be as detailed as you can (you can always do some research first!) Don't forget to add some bones too!
- Colour in your body parts & label them if you want to.



# Science Fun

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

DATA  
THEORY  
SCIENTIST  
HAWKING  
TELESCOPE  
TEMPERATURE  
CHEMISTRY  
BATYGIN  
WEATHER  
PHYSICS  
AL-HAYTHAM  
ASTRONOMY  
BEAKER  
BOTANY  
ATTENBOROUGH  
ENERGY  
MAE JEMISON  
RESEARCH  
BIOLOGY  
PIPETTE

Play this puzzle online at : <https://thewordsearch.com/puzzle/1903435/>

**There are famous scientists in this list, can you find their names?**

- Hawking
- Batygin
- al-Haytham
- Attenborough
- Mae Jemison

If you are unsure about what they're famous for, why not look them up - have fun discovering!

## What colour is the pen?

You will need:

- Coloured pens
- Scissors
- Kitchen towel
- Glasses with water in each glass

Method:

- Draw a coloured circle on the paper towel. Do this for each of the coloured pens you have.
- Gently fold the paper towel and put one of them in each glass with the water.
- See the colours that come out of the pens - they'll be shown as the water spreads out on the kitchen roll.



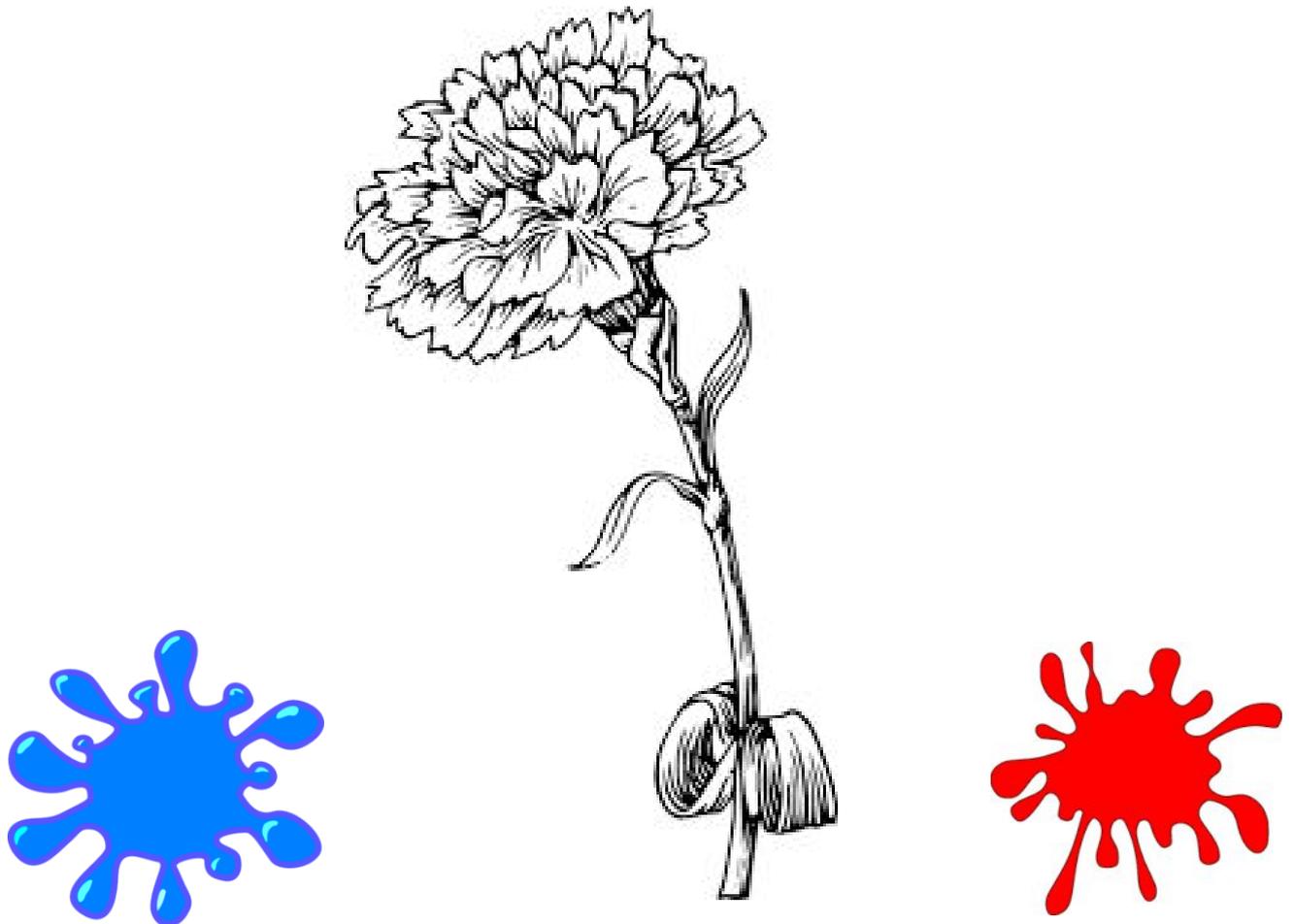
## Make your own coloured carnation flower

You will need:

- One white carnation
- Two vases of water / or cups of water
- Two different colour dyes
- Scissors

Method:

1. Split the end of the stem using the scissors.
2. Add some of the colour dye in one vase and some of the other dye into the other vase.
3. Put one of the stem ends into each of the vases.
4. Leave for a few days and watch the colour change!



## MESSY PLAY

### Volcanic cloud

Need:

- White/spirit vinegar
- Jar/vase
- Bicarbonate of soda
- 1x tablespoon
- Food colouring (optional)
- Tray
- Water

Steps:

1. Place the jar on a tray big enough to contain the contents.
2. Place a small amount of bicarbonate of soda and white vinegar into the vase.
3. Add some water and quickly add the food colouring.
4. Sit back and watch the explosion!



## Self inflating balloon

Need:

- White vinegar
- A balloon
- A funnel of some kind
- Tray
- Water
- Bicarbonate of soda
- Bottle

Steps:

1. Place the bottle on a tray to contain any spillages.
2. Add a small amount of white vinegar and bicarbonate of soda into the bottle.
3. Add a small amount of water into the bottle.
4. Quickly hold the balloon on top of the bottle so that it is covered.
5. Watch as the bottle inflates itself!



## **Gloop**

You will need:

- Water
- Cornflour
- Food colouring

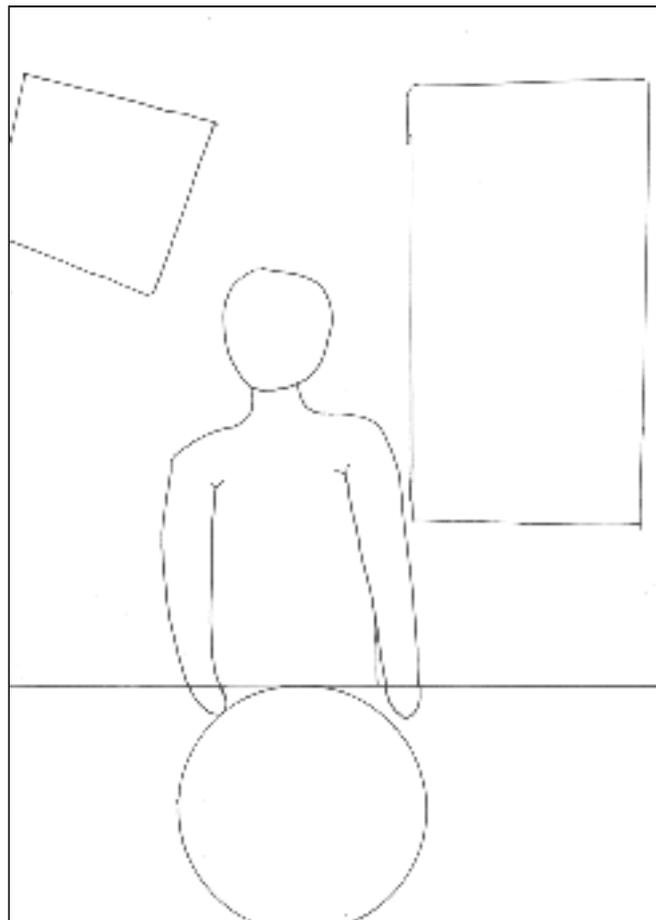
Method:

- To make gloop, mix water with cornflour. Thicken or loosen the gloop by adding more cornflour or water.
- Add food colouring, if you would like.

Get creative with making your own recipe for messy play. Add your recipes to this drawing and a drawing of you and your messy play.

Ask an adult for what you could use to make your messy play. Here are some ideas: dried pasta, rice, cooked spaghetti, lentils, cooking oil, water, flour, cornflour.

We would really like to see your recipes, and maybe display them in future activity packs, please send to: [freya.howard@barnardos.org.uk](mailto:freya.howard@barnardos.org.uk)



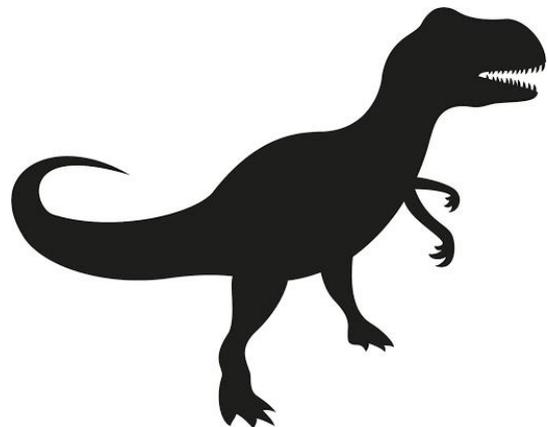
## Jelly fossils

You will need:

- Jelly cubes
- Hot water
- Large tupperware
- Plastic cutlery
- Clean plastic toys e.g. mini dinosaurs
- Fridge

Method:

1. Make up the jelly by following the instructions on the packet (ask an adult to help you as you will be using hot water!).
2. Put the toys in a large tupperware.
3. To set the jelly, pour it into the large tupperware.
4. Leave the jelly to set in the fridge.
5. When the jelly has set, take it out of the fridge and use plastic cutlery to 'discover' and uncover the toys from the jelly. Imagine you are an archaeologist during a dig!



## COOKING

### Golden Syrup Cake

You will need:

- 110g unsalted butter
- 110g sugar
- 225g golden syrup
- 225g self raising flour
- 1 large eggs
- 150ml milk (whole or semi-skimmed)
- Baking tin /loaf tin
- Whisk & wooden spoons, bowls



Method:

1. Preheat the oven to 140C/fan (or 160/C - gas mark 3).
2. Grease the baking tin
3. With an adult put the butter, syrup and sugar into a large pan and heat gently until the ingredients are melted together, stir occasionally. Leave to cool for 10 minutes.
4. Beat the eggs and milk together.
5. Add the flour and milk/egg mixture to the cooled syrup mixture in the pan and beat together until all the lumps have gone.
6. Pour the mixture into the tin.
7. Bake for around 50 minutes.

Recipe sourced from:

[www.bbcgoodfood.com/user/649514/recipe/golden-syrup-cake](http://www.bbcgoodfood.com/user/649514/recipe/golden-syrup-cake)



## Cheese Straws

You will need:

- 95g self-raising flour
- 35g unsalted diced butter
- 80g grated cheese
- 1 beaten egg
- Oven tray
- Bowl, wooden spoon etc.
- Cookie cutters e.g. stars, animals, etc.

Method:

1. Heat the oven to gas mark 4.
2. Mix the flour and diced butter together until the texture is like breadcrumbs.
3. Add the flour and cheese together in the mixture.
4. Stir in the egg (keep a spoonful for glazing the biscuits) & mix the mixture together into a ball.
5. Put some flour onto the table and roll the dough out. Use the cookie cutter to make cheese shapes.
6. Put the cheese shapes onto the greased baking tray. Glaze with the rest of the egg.
7. Cook for 20minutes.
8. Leave to cool & then they're ready to eat :)



## MUSIC

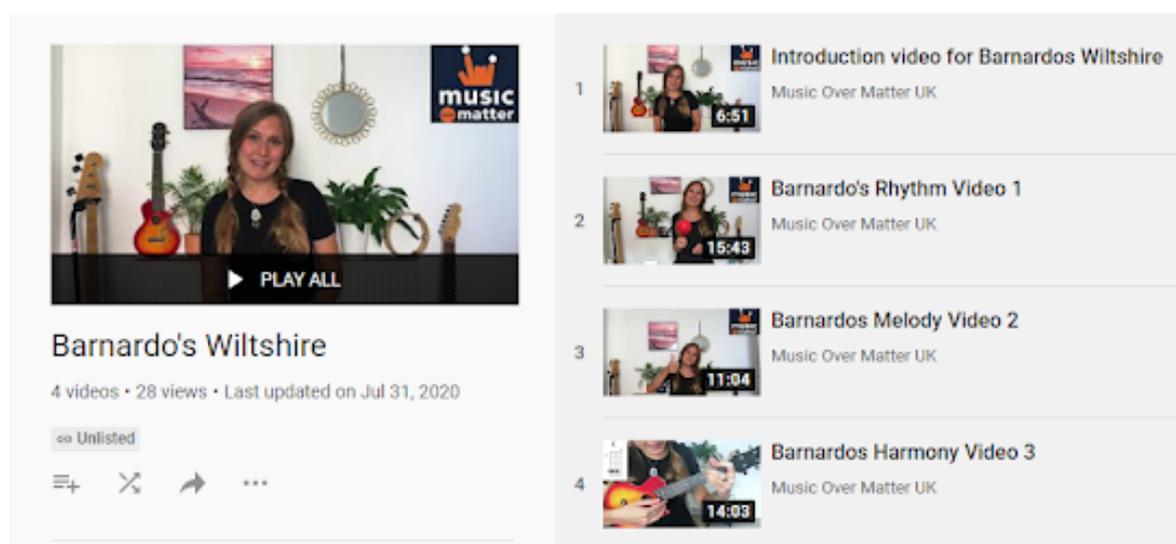
**Solar Planet Song** : [https://www.youtube.com/watch/BZ-qLUIj\\_A0](https://www.youtube.com/watch/BZ-qLUIj_A0)

### **Three Little Birds**

Emma has made some fantastic videos to learn a song together.

Here is the link to the videos:

<https://www.youtube.com/playlist?list=PLvpxnUTWeOkhV53fzMXd16ytZefu6PJ7r>



### **Our Playlist**

Here is our playlist with a bunch of upbeat music! Please check it out and add your favourite songs to the playlist!

[https://www.youtube.com/playlist?list=PLN\\_nVwCgILpR94Sq2anvToq2m3QRAv4NR](https://www.youtube.com/playlist?list=PLN_nVwCgILpR94Sq2anvToq2m3QRAv4NR)

**Soundabout** [www.soundabout.org.uk](http://www.soundabout.org.uk) -

New inclusive choir lead by Soundabout and in partnership with Wiltshire Music Connect -

<https://www.soundabout.org.uk/wiltshire-music-connect-inclusive-choir/>

Facebook - <https://www.facebook.com/SoundaboutUK>

- Hello songs every Weekday morning at 9.30am
- Free Live music sessions on Facebook every Tuesday and Saturday at 2pm

## **Useful Links**

From 1-7 February, 2021, Children's Mental Health Week will be exploring the theme Express Yourself. Please see lots of free resources on

<https://www.barnardos.org.uk/blog/express-yourself>

Here is the information about the animation about wearing masks:

[http://www.wiltshireparentcarercouncil.co.uk/en/Signposting\\_-\\_Support\\_for\\_families\\_-\\_Sesame\\_Street\\_and\\_Autism](http://www.wiltshireparentcarercouncil.co.uk/en/Signposting_-_Support_for_families_-_Sesame_Street_and_Autism)

There is other information and support on our website here:

[http://www.wiltshireparentcarercouncil.co.uk/en/Covid-19\\_-\\_Coronavirus\\_-\\_Information\\_and\\_Changes\\_to\\_Services](http://www.wiltshireparentcarercouncil.co.uk/en/Covid-19_-_Coronavirus_-_Information_and_Changes_to_Services)

### **RESOURCES explaining Coronavirus to children**

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>

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

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

Barnardo's Coronavirus advice for young people

<https://www.barnardos.org.uk/coronavirus-advice-young-people?fbclid=IwAR0jS4qT5MKSywanIKH9QhBish9gWbiUpUjgp9NoPmYZJbctDg1xXq0fasE>

### **Barnardo's Resources for School**

- Returning to School Life After Lockdown -  
[https://www.onyourmind.org.uk/wp-content/uploads/2020/08/Barnardo\\_s\\_Returning\\_to\\_School\\_Life\\_After\\_Lockdown\\_Guide\\_Final.pdf](https://www.onyourmind.org.uk/wp-content/uploads/2020/08/Barnardo_s_Returning_to_School_Life_After_Lockdown_Guide_Final.pdf)

### **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=IwAR0FxmFjFFmDTog5O3IsO9fyNDdWKfAnvRjFJmMfQjFw37DrernX3\\_WH4BI](https://stories.audible.com/start-listen?fbclid=IwAR0FxmFjFFmDTog5O3IsO9fyNDdWKfAnvRjFJmMfQjFw37DrernX3_WH4BI)

Singing Hands UK have a collection of Makaton signed Nursery Rhymes on

YouTube - <https://www.youtube.com/user/SingingHandsUK>