

ROTHERHAM HEALTHY HOLIDAYS

Be Healthy. Be Active. Be Happy

ACTIVITY PACK



Department
for Education



Rotherham
Metropolitan
Borough Council



KOI KITE: mini Koinobori

Koinobori, carp windsocks, streamers or banners, decorate the landscape of Japan from April through early May, in honor of the Children's Day (originally the Boys' festival) on May 5.

In Japanese culture, the carp symbolizes courage and strength because of its ability to swim up a waterfall.

The Boys' Festival was originally an event, expressing hope that each boy in the family will grow up healthy and strong like wild carps.

During this festival, people set up a warrior doll or a yoroi armor set in the house, and Koinobori, large carp-shaped windsocks, outside the house.

<https://koinobori-japan.jp/>

<https://www.youtube.com/watch?v=YNcCvGBRdLw>

DIY Fish windsock decoration

Need:

1 A3 piece of card

scissors

oil pastels

water colour

paint brush/sponge

streamers

double sided tape / glue and pegs

hole punch

string

Take the card and along long side cut scallop shapes

Take light coloured oil pastels and draw designs

Make the water colourblock wet and use a brush or small sponge to wash over the oil pastel

Leave to dry

Take 8 streamers about 2ft in length and glue on the underside/inside of the scalloped edge

Leave to dry

Make 4 holes 3 cm from the edge, on the top short edge for the string.

Glue or use double sided tape along the short edge and roll the card into a tube. If using glue peg the ends to keep secure.

Thread string through the 4 holes to make a handle/hanging loop.

FINISH.



Go on a listening walk



What do I need?

- You just need somewhere to walk. You can go for a listening walk anywhere. Familiar places are often good to start with, Somewhere you can listen and hear things you haven't noticed before.



What do I do?

- Go somewhere you would like to walk. This can be nearby. Somewhere with natural sounds like leaves rustling or birds singing
- Talk about how to listen very carefully while you're on your walk. Think about the sounds you might hear on your walk
- Stop often, and in different places. Close your eyes. Think about the sounds you can hear
- Notice sounds, both near and far away. Talk about how loud the sounds are. Talk about what's making the sounds. Are they made by people or machines, or are they natural noises like wind or birds?



Make your own Cress head

You will need:

- Empty yoghurt pot
- Felt tip pens/ paints
- Cotton wool
- Cress seeds
- Water
- Kitchen roll



What do I do?

- To start you will need to take the label off the yogurt pot and give it a wash to remove any left over yoghurt etc and they dry it off
- Next you can decorate your yoghurt pot using felt tip pens or paint or anything you ave available to do so—Lets see how creative you can get :)
- Once you have finished decorating your yoghurt pot you will need to put some wet kitchen roll in the bottom of the pot and then on top of the kitchen roll you will need to put some damp cotton wool on top of that
- Now we need to put the cress seeds on top of the cotton wool and press them down gently— Try to spread them out evenly if possible
- Now the cress heads are ready to go on a window ledge in your home—They like lots of sunshine and warmth so try and find a good sunny spot somewhere—It usually take around 7 days for the cress to grow so be sure to cheeking in it and make sure you water it a little now and then



Frisbee Games

Steps

Pass the disc back and forth. For each successful catch, both players take one step back. Take one step in for missed catches.



Sticks

Insert two sticks of similar size into the ground approximately 10 steps apart. Each player stands behind one of the sticks. Take it in turns throw the disc at the stick.



5 points are awarded for each direct hit

1 point is scored for catches made from a missed throw – these must be behind the stick

Players must not put any part of their body in front of the stick to defend it.

This activity can be adapted to different ages so for the younger ones make the space smaller for them to hit the target and for the older ones make the space bigger so that it is harder to hit the target and to give them more of a challenge.

Frisbee Flip

Flip the disc in the air as you would a coin. As soon as it lands, the player whose side is facing up must run to a predetermined spot so this might be in the park somewhere or if in the garden just use an object so you know where to run to. The other player must try to catch them before they reach the spot or the object.



Frisbee bowling

Line up water bottles for bowling pins and try to knock them down with the frisbee.

Speed Catch

Complete as many passes as you can within a time limit. Use a stopwatch to time you, for 2 or 3 minutes and see how many catches you can make as a family. You get 2 points for 2 handed catches and 3 points for 1 handed catch. You get 5 bonus points for no drops!

If you get into the zone, have a go at some catches behind the back and under the legs – you get 5 points for these!

You can also do this activity on your own by throwing the frisbee into the air and counting how many times you can catch it without dropping it and try to beat your score each time.

Easy Healthy Pizza

Equipment

- ♥ Weighing scales
- ♥ Sieve
- ♥ Mixing bowl
- ♥ Baking tray
- ♥ Chopping board

Ingredients

- ♥ Oil
- ♥ 50g reduced fat cheese
- ♥ 1 tin of tomatoes or passata
- ♥ 100g self-raising flour
- ♥ 25g butter
- ♥ 60ml skimmed milk



To Make Your Pizza Base

- ♥ Sift the flour into a medium mixing bowl.
- ♥ Rub in the butter until the mixture resembles fine breadcrumbs.
- ♥ Gradually add the milk and mix together
- ♥ Bring together with fingers, add more flour depending on the consistency.

To Make Your Pizza

- ♥ Lightly grease the baking tray or tin.
- ♥ Preheat the oven to 220°C/200°C fan or gas mark 7.
- ♥ Press the dough into the baking tin or press or roll into an 18cm circle on a lightly floured surface. Alternatively, cut the dough in half and press out into 2 x 12cm rounds. Place the rounds onto the baking tray.
- ♥ Spoon on the sauce and spread almost to the edge of the dough.
- ♥ Sprinkle the cheese over the top.
- ♥ Add toppings of your choice.
- ♥ Place in the hot oven for 15-20 minutes and cook until the base is golden.

Parachute Games

(With a
Bedsheet!)

Please ensure all children are supervised when playing these games.

Popcorn



This can be a simple ball game with ball pit balls on the bedsheet, and the children try and pop them off the top. This can be done until all the balls have fallen off.

Alternatively to add some challenge the children can count the balls and then pop them off stopping whenever they are told and they can count how many are left or how many have fallen off. This can also be turned into adding and subtracting

Cat and Mouse

Children all sit on the floor holding a side of the bedsheet. One child is then picked to be the cat and one is picked to be the mouse. The Cat must sit on top of the bedsheet and close their eyes while everybody counts to 10. While everyone is counting the mouse must hide under the bedsheet and crawl around. After ten all the children need to shake the bedsheet to hide where the mouse is. The cat then opens his their eyes and has to crawl around and feel on top to find the mouse underneath.

Fruit Salad

Choose three fruits and then go around the children giving them the name of the fruit that they are going to be, try to keep the groups as equal in numbers as possible. The children stand shaking the parachute and listen for their fruit to be called out. When a fruit is called, the children have to raise the parachute while the children whose fruit has been called run underneath and swap places with someone of the same fruit. Fruit Salad can be called, so all the children swap places and the same time before the parachute falls to the floor. To simplify this game two children's names could be called for them to swap places.



Make your own Drum Kit!

You Will Need:

2 x kitchen utensils (spoons, spatula) for your drumsticks

1 x plastic bowl for your snare

Grab a cushion for your kickdrum

Frying pan and a saucepan to use as a cymbal & hi hat

Place the items upside down and arrange the items like this picture.



STEP ONE: Hold one utensil in each hand, your left hand is L and your right hand is R

STEP TWO: Remembering the letters for each part of the drum kit

The Kick Drum (Cushion) is **K**

The Snare (Bowl) is **S**

The Hi Hat (Saucepan) is **H**

The Cymbal (Frying Pan) is **C**

STEP 3: Play

Practice these beats:

With your Right hand (**R**) hit the cushion (**K**) 4 times,

	1	2	3	4
		RK	RK	RK RK

Now try adding a Left (**L**) on **S** whilst hitting **RK** at the same time,

1	2	3	4
RK	RK	RK	RK
	LS		LS

Playing my Drum Kit!

**Now try and
follow these
rhythms!**

1. 1 and 2 and 3 and 4 and
RC RC RC RC RC RC RC RC
LK LS LK LS

2. 1 and 2 and 3 and 4 and
RK LS RK RK LS

3. 1 and 2 and 3 and 4 and
RK RK LS RK RK LS

4. 1 and 2 and 3 and 4 and
LH LH LH LH LH LH LH LH
RK LS RK RK LS

5. 1 and 2 and 3 and 4 and
RK RC RK RC
LS LS LS LS

**Can you come up with a
rhythm of your own?**



Musical Shakers : 0-5s



Fill a plastic bottle with different items to create a discovery learning experience for your little one. Choose your items based on the sound they create when shaken, for being bright and captivating or for the way they move in liquid, perfect for developing a small persons senses.

What benefits does this have for my baby?

Allows them to explore items through their developing senses, many of the items they are interested in are too small for them to play with safely or can be overstimulating.

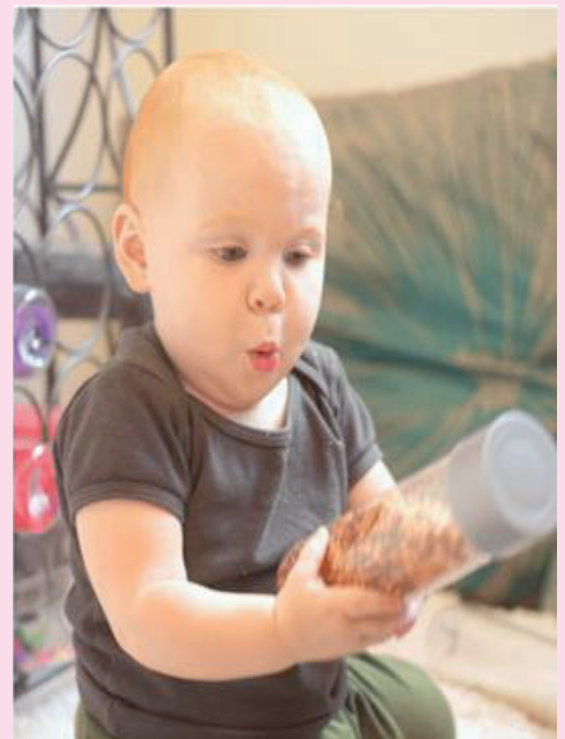
Research shows sensory play supports language development, cognitive growth, fine motor skills, problem solving skills, develops curiosity and discovery, creates a calming affect and builds the pathways in the brain.

How can I make one?

They are cheap to make, long lasting and can be adapted to create a stimulating, exciting experience for your little one.

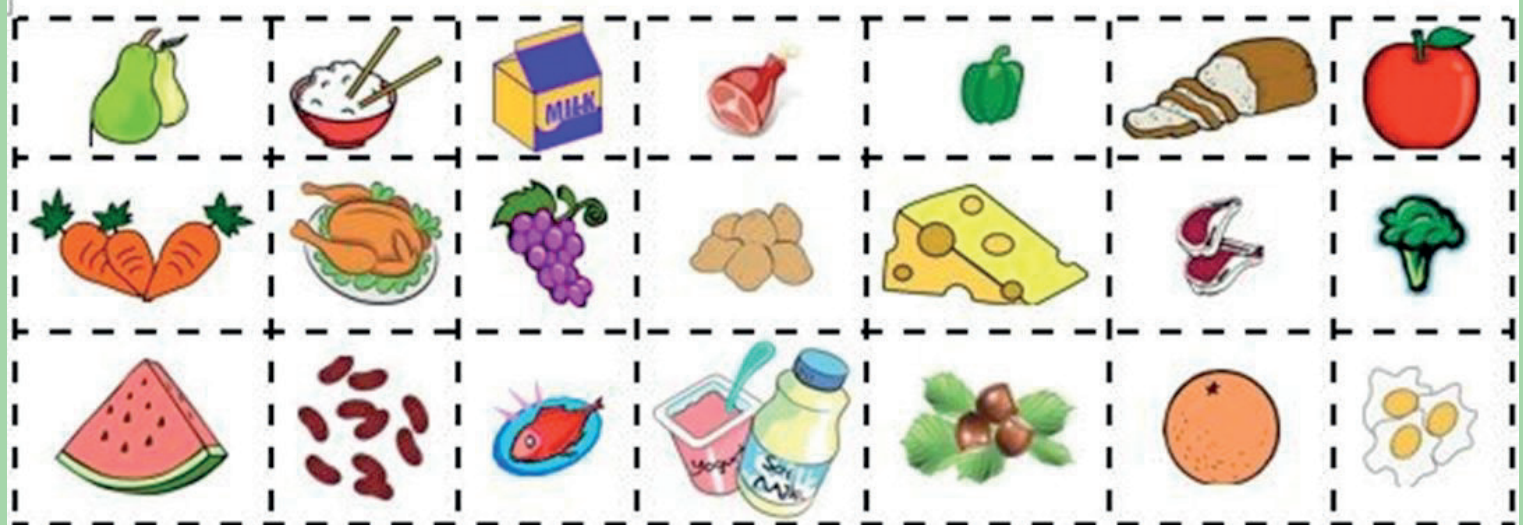
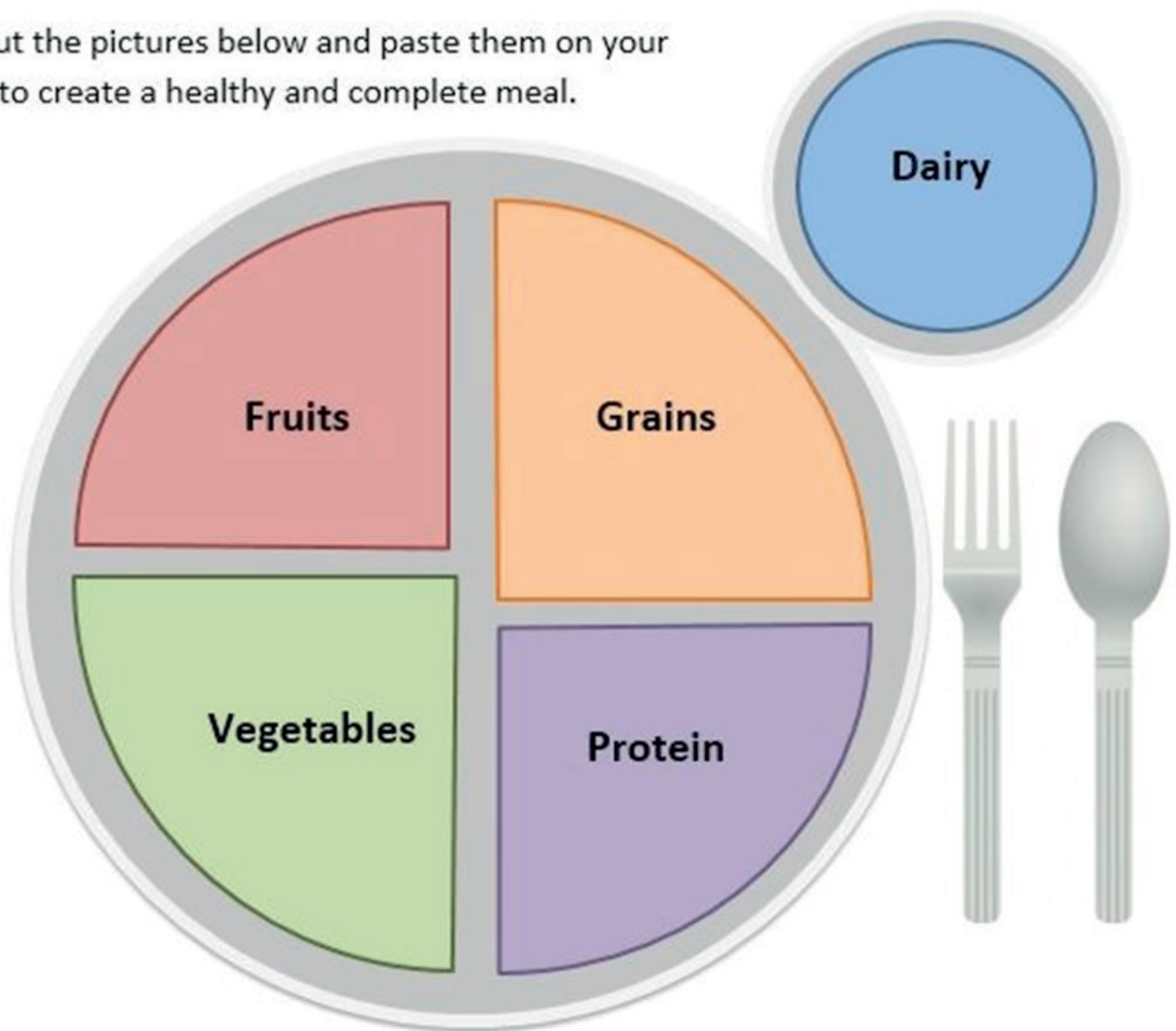
Grab a clear plastic bottle or milk carton (good for babies so they can hold the handle) and collect small items from around the house and outdoors that are too small for your infant to explore up close, but perfectly safe behind a clear window!

Some ideas of what you can fill them with: pine cones, pebbles, pom pom balls, beads, buttons, rice, a mix of glitter and water.



WHAT'S ON MY PLATE?

Cut out the pictures below and paste them on your plate to create a healthy and complete meal.



ANSWERS: FRUITS: Pear, Apple, Orange, Melon, Grapes
 VEGETABLES: Carrots, Pepper, Potatoes, Broccoli
 GRAINS: Rice, Bread, DAIRY: Milk, Yoghurt/Milksake, Cheese
 PROTEIN: Chicken, Kidney beans, Fish, Meat, Nuts, Eggs

Make your own Skittles



You will need:

- Plastic drinks bottles
- Play sand or other weighty material
- Kitchen funnel (or make one with a cone of paper)
- PVA (white glue)
- Paint and paintbrushes
- Ball to play



What do I do?

- Gather your plastic drinks, these ideally need to be the same size and shape but not to worry if not
- Using a funnel, fill each bottle about one third full of sand, earth (dirt) or other weighty material
- Now paint around the top of the bottle with the glue and screw the lids on tightly.
- Paint your skittles or decorate them, try adding numbers if you wish

Now line them up, grab your ball and have fun!



Dot to Dot

Join the dots to reveal the full picture!



Stop and Go Game

What will I need?

- Scissors
- Glue
- Lollipop sticks
- Stop and Go sign and card



What do I do?

- Firstly cut out the Stop and Go signs and stick onto some card
- Stick your lollipop stick onto the card and allow to dry
- Once dried you are ready to begin playing the game

This game is a good way for your child to learn how to follow instructions, listen and have fun. You can play this game in lots of ways indoors and outdoors

Ask them to Stop! Holding up the stop sign.

Ask them to Go! Holding up the stop sign.

You could do this to music, they can Go when the music starts and stand still when the music stops.

Nature scavenger hunt

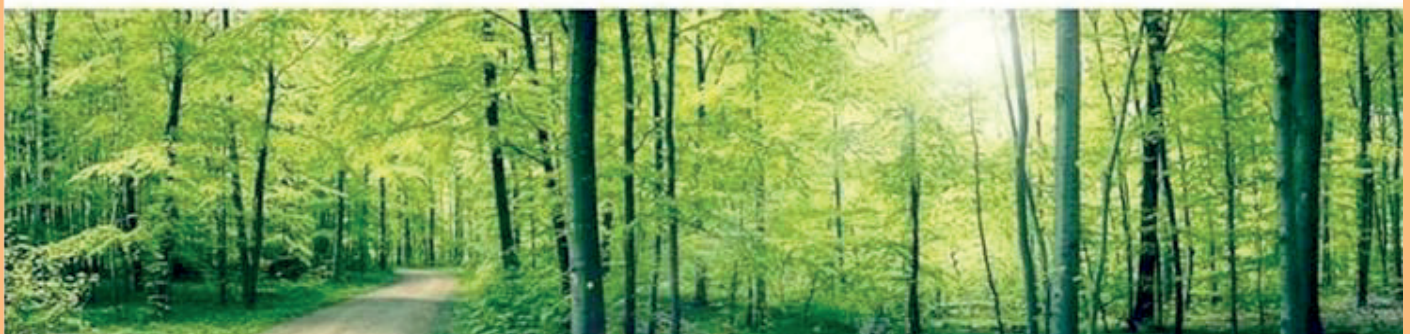
Can you find items from the list below... maybe you could set a time limit to find the items.

Don't forget to have fun searching :)

NATURE SCAVENGER HUNT

primary playground

- 🍃 Find 4 pine cones.
- 🍃 Find something that is yellow.
- 🍃 Find 2 tree stumps.
- 🍃 Find a feather.
- 🍃 Find a seed pod.
- 🍃 Find 4 smooth rocks.
- 🍃 Find a spider web with a spider on it.
- 🍃 Find 3 mushrooms.
- 🍃 Find a long stick.
- 🍃 Find 2 things that can fly.
- 🍃 Find 3 different sized green leaves.
- 🍃 Find a dandelion weed. Blow a wish.



AFRICAN MASK

African masks are used in rituals and ceremonies. Usually, the mask is worn by a dancer or participant in the process rather than a spectator. Some masks are worn by men, while others by women. Some forms are worn by both genders. In general, masks tend to represent spirits or beings important to the ritual in which the mask is used. The wearer of the mask is often believed to be able to communicate to the being symbolized by it, or to be possessed by who or what the mask represents.



To African cultures, masks aren't playthings or decorations. They might serve an important role in rituals or ceremonies to ensure a good harvest, address tribal needs in time of peace or war, or convey spiritual presences in initiation rituals or burial ceremonies. Some masks represent the spirits of deceased ancestors. Other symbolize totem animals, creatures important to a certain family or group. In some cultures, like the Kuba culture of Zaire, masks represent specific figures in tribal mythology, like a king or a rival to the ruler.

wikipedia

<https://www.youtube.com/watch?v=C9mmrfGWllg>

DIY African Decorative mask For Wall Decor || Plastic Bottle mask || Craft from waste ||

NEED:

- clean plastic pop bottle
- scissors
- glue
- newspaper
- marker pen
- paint
- modelling clay / card

draw rounded end on the bottle- elongated mask shape
cut out carefully.

Mix glue and water – equal parts

tear pieces of newspaper, soak in the glue mix and layer over the mask

do 3-5 layers

leave to dry

mark out eyes and mouth

carefully cut out.

Use the paper clay or layers of cardboard to glue on and build up the lips nose and eyes.

Leave to dry

paint all over in black acrylic

use the wrong end of the paint brush to spot paint decorations.

When dry display on the wall.

FINISH



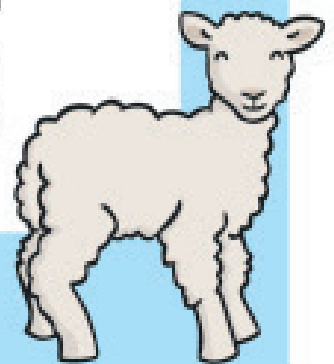
Easter

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

CHOCOLATE
FLOWERS
EASTER
BASKET
JESUS

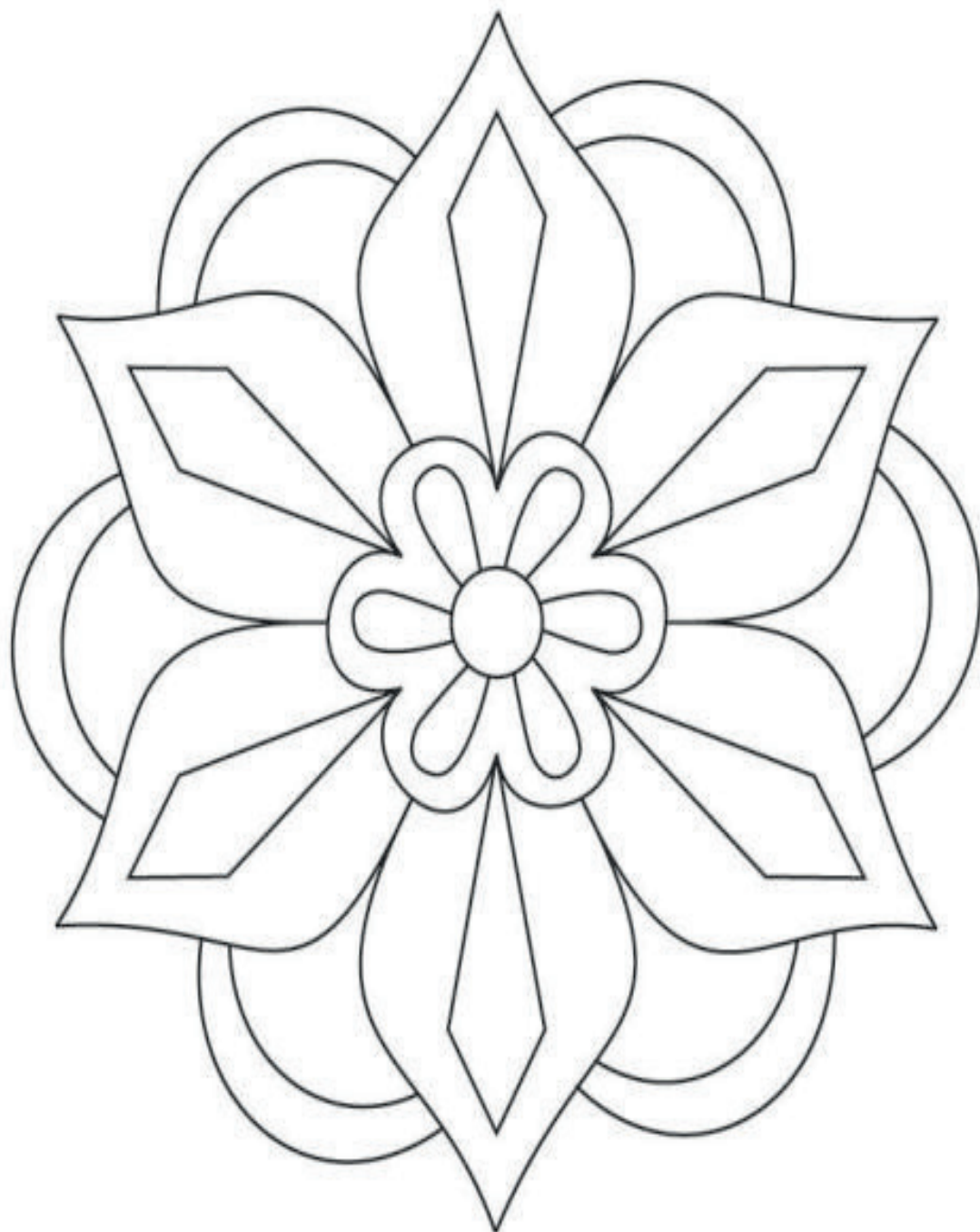
CHICK
BUNNY
DAFFODIL
SPRING
LAMB

ANGEL
DONKEY
PRIEST
BREAD





Rangoli with Flowers Colouring page.



Easy Easter Bunny with Flower Crown



What will you need:

- Paper plate
- White and pink card
- Coloured paper or tissue paper to make flowers
- Crayons or felts for drawing facial features
- Glue and scissors
- String to hang

How to make:

1. Get your paper plate
2. Cut out 2 ear shapes for the rabbit in white card, then a smaller ear shape in pink to make the inner ear.
3. Stick these together, pink on top of the white and then glue to the underneath of the paper plate.
4. Using your coloured paper cut out some flower shapes or just scrunch the paper into a flower shape, just as in the picture.
5. Stick these to the top, on the front of the plate between where you added the ears to make a crown shape.
6. Draw on two black eyes and a pink nose. You can also add some whiskers and a mouth too.
7. Add the string to the back and hang.

Scavenger Hunt

Can you find items from the list below... maybe you could set a time limit to find the items.

Don't forget to have fun searching :)

BACKYARD SCAVENGER HUNT

primary playground



-  Find 3 kinds of leaves..
-  Find something yellow.
-  Name a bug that is red.
-  Find 2 sticks.
-  Find something that smells good.
-  Name something you see in the sky.
-  Find something that is round.
-  Find something that grows that is green.
-  Find a bird.
-  Find 3 different colored rocks.
-  Find something purple.
-  Find a bug.



PHYSICAL ACTIVITY



Activity

3



Why is it important to get 60 active minutes every day?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Fitness and Nutrition Word Search

Use the words **underlined** and **bold** below for the word search above.

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

Regular **physical** activity can produce long term health benefits.

Being physically active can help you **sleep** well at night.

Being active increases the amount of **calories** burned.

Balance and stretching activities enhance physical stability and **flexibility**.

Children and adolescents should do 60 **minutes** or more of physical activity each day.

Body weight exercises such as push-ups and squats are great examples of **strength** training.

Make **half** your plate fruits and vegetables.

Fruits are sources of many essential **nutrients**.

Vitamin C is important for growth and repair of all body tissues.

Vegetables are important sources of many nutrients, including dietary fiber, vitamin A and C.

Make at least half of your grains **whole** grains.

Most **dairy** group choices should be fat free or low fat.

Water helps **energize** muscles.

JASMINE FLOWER GARLAND

The National flower of Pakistan is Jasmine. It is Very Popular flower whose Meaning is often Associated with love and Romance. The jasmine flower also symbolizes beauty and sensuality. Its flamboyant white flowers and its paradisaical scent are ideal for the

Moon Gardens where lovers would spend time whispering soft words under the stars. Once cut, the National flower of Pakistan is Jasmine Embalms the house with its Fragrances relaxing and favorable to sleep.

<https://whatsanswer.com/national-flower-of-pakistan/>



<https://www.youtube.com/watch?v=WaKtjltWSaM>

How to make jasmin flowers with tissue paper|artificial jasmin buds|DIY|jasmin garland

Need:

white tissue paper (toilet roll/ kitchen roll etc.)
cotton wool (optional)
green paint
needle and thread

Cut tissue paper into small squares- approx 5cm (one toilet roll sheet into 4)
Place a small ball of cotton wool or more tissue inot the centre of one square
gentle twist the edges together
apply green paint to the pointy ends
leave to dry
thread together into a garland.
Use to decorate or wear.

FINISH

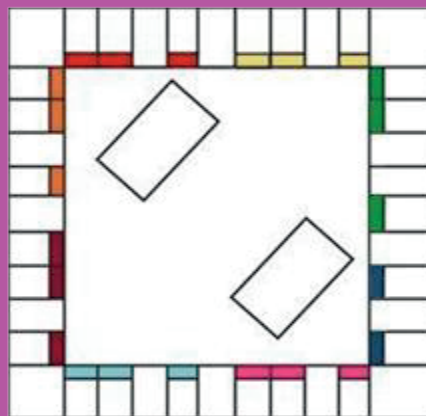


Make your own Board Game



What will I need?

- white card (you could use the old cereal boxes or packaging) to make your board
- Coloured pens, markers or pencils
- Stones, cars, charms, buttons, bottle tops (These will be the counters/players)
- place cards
- scissors
- glue
- Ruler



What do I do?

- To begin with you need to you will need your card or box, if your using a box you will need to open it up so its flat
- Next we will then need to use a ruler and pencil to draw out the lines and boxes (See pic above)
- Once you have drawn the boxes you can then colour them in different colours for different places on your board
- Next you need to think of a name for your game and then name the different areas on your board
- Next you will need to collect your players/ markers. These can be anything from car, animals people etc
- Once you have finished designing your board game and you have your players/ markers ready you can begin to play your game
- Have fun :)





HENNA

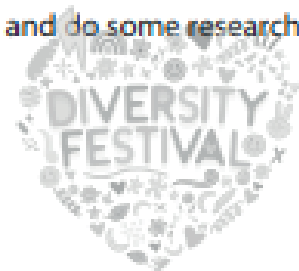
Otherwise known as mehndi, henna refers to the tradition of body painting with a paste made from the powdered, dried leaves of the henna plant, aka *Lawsonia inermis*. Typically done on the hands and feet.



"It's hard to pinpoint exactly where henna originated from since people in Africa, Egypt, the Middle East and India were using it over 5,000 years ago," says Assar, who is the chief executive at Neha Assar Henna Artistry.

Henna designs are often intricate and symbolic, originating from a single point, or bindu that represents "the Supreme Reality." Artists might paint a wide range of flowing designs emanating from that point, including geometric shapes, mandalas, animals, plants and much more.

"I think it's important for anyone that is receiving henna to be respectful and do some research on the traditions that are connected with the art," Haque
<https://people.howstuffworks.com/>



Please follow the Health and Safety Guidance before using this product.
<https://www.wikihow.com/Be-Safe-when-Using-Henna>

Henna is used for body art or hair dye. There are, however, some serious risks involved with using henna. The use of "black henna" should be avoided. You should never use henna on children, and you should report all side effects to a medical professional.

Side effects include, but are not limited to, red lesions that are raised and weeping, loss of pigmentation of the skin, blisters, increased sunlight sensitivity, redness, and permanent scarring.

Read product labels carefully. If you are purchasing henna to use at home on your skin or hair, make sure you examine each ingredient listed on the label. Avoid any color additives in henna dyes to be used on the skin, avoid the inclusion of p-phenylenediamine, or PPD.

Perform a patch test. Before using henna to dye your hair or create body art, make sure you conduct a patch test. Apply a very small amount of the henna to a tiny patch of skin or swath of hair. Wait at least fifteen minutes before removing. If you experience any adverse side effects, such as redness or irritation, you should not use henna on your skin or hair.

INSTRUCTIONS

<https://www.youtube.com/watch?v=QB9Q9ZWH-WI>

Remember Henna is a dye and may colour anything it comes into contact with.

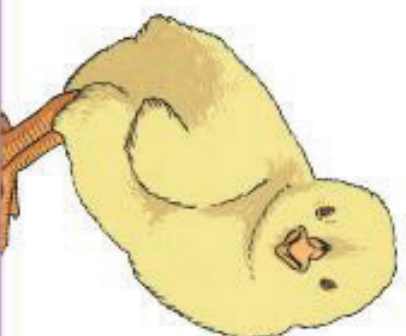
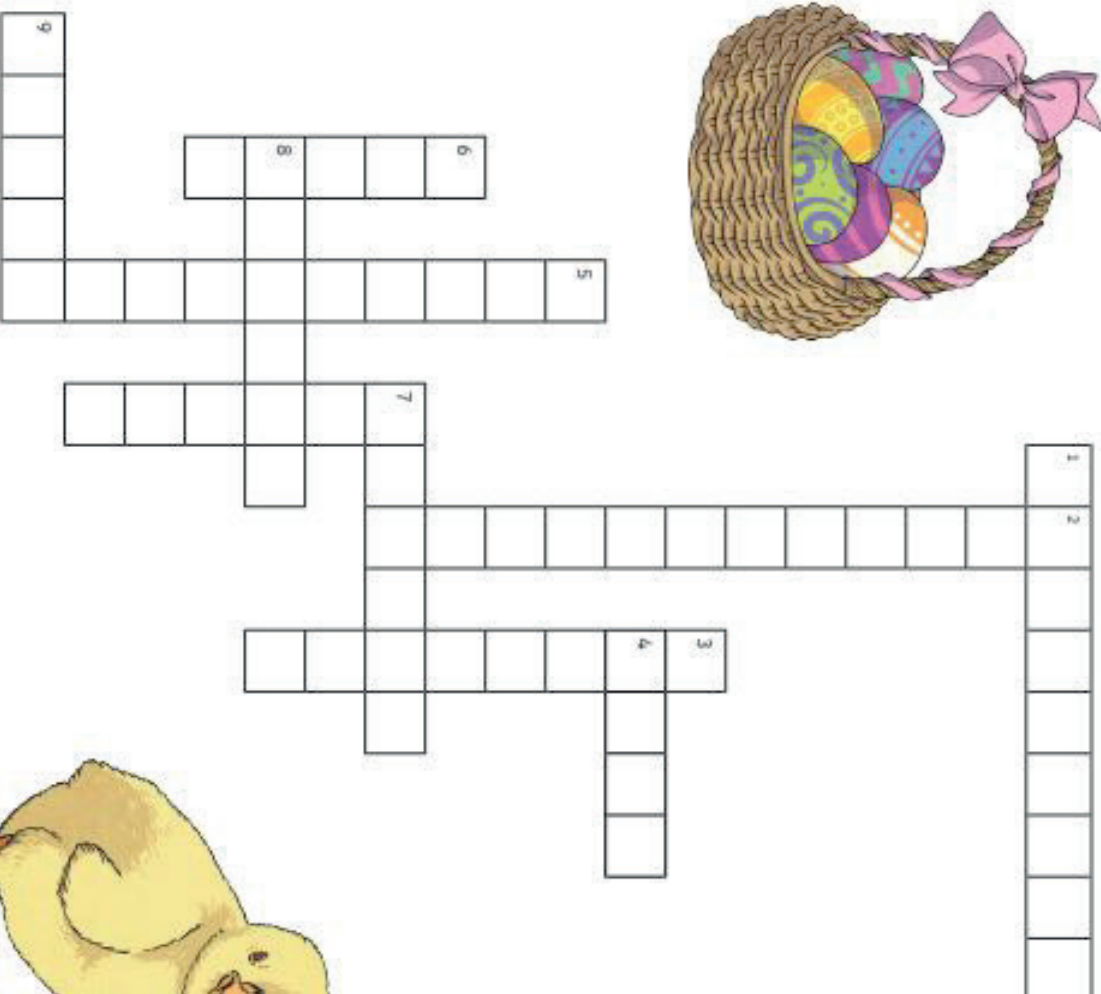
- Cut out the desired section of the stencil to fit your hands.
- Peel of the back and stick the stencils on to the skin.
- Apply a small amount of Henna on top of the stencil and use a cotton bud to spread the henna over the stencil covering all the holes.
- Leave to dry
- Remove the stencil and brush away any residue.
- Wash your hands.

FINISH





Easter



Across

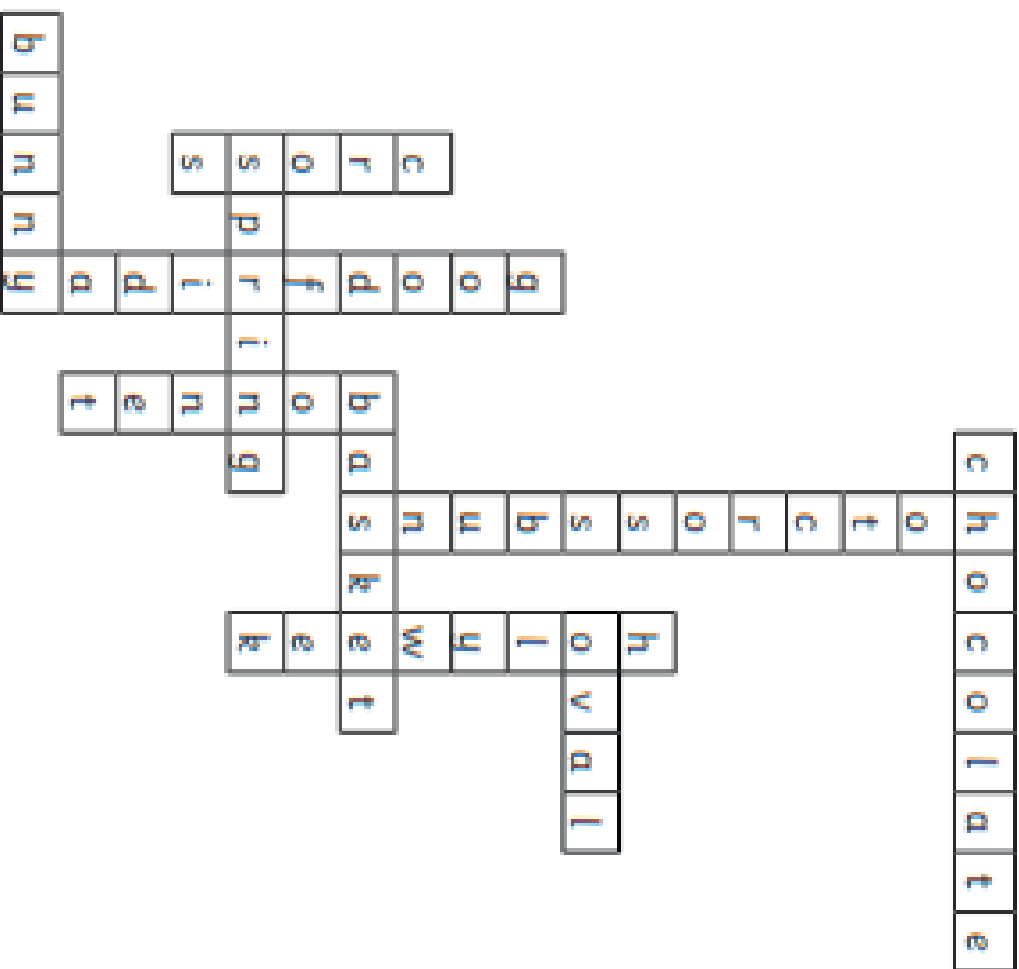
1. The main ingredient in Easter eggs. (9)
4. The shape of an Easter egg. (4)
7. This is used to collect Easter eggs. (6)
8. The season when Easter takes place. (6)
9. The animal who is said to deliver Easter eggs. (5)

Down

2. Special Easter cakes. (3,5,4)
3. The week before Easter Sunday. (4,4)
5. The day that Jesus died. (4,6)
6. Jesus was nailed to this. (5)
7. A special Easter hat. (6)



Easter Answers



Across

- The main ingredient in Easter eggs. (9) (chocolate)
- The shape of an Easter egg. (4) (oval)
- This is used to collect Easter eggs. (6) (basket)
- The season when Easter takes place. (6) (spring)
- The animal who is said to deliver Easter eggs. (5) (bunny)

Down

- Special Easter cakes. (3,5,4) (hot cross buns)
- The week before Easter Sunday. (4,4) (Holy Week)
- The day that Jesus died. (4,6) (Good Friday)
- Jesus was nailed to this. (5) (cross)
- A special Easter hat. (6) (bonnet)

