



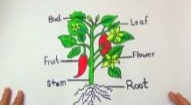








Spring bank outdoor activities

<p>Start the day with a spring in your step with Joe Wickes</p> 	<p>Cut the bottom of a plastic drink bottle. Put a sock over the end and hold it in place with a band. Dip into washing liquid and water. Now blow. What is the longest bubble you made?</p> 	<p>Use the things you can find in the garden to create a picture. What have you made? Can you do a face? A house? Photograph it so that you have it to keep.</p> 
<p>Hide a little plastic toy in the garden. Give clues to your adult saying cold if they are far away and warm when they get close to it.</p> 	<p>Get a little brush and a pot of water and paint a picture outside. How long did it take to dry? What if you paint in a different area?</p> 	<p>Look up and watch the clouds blowing across the sky - what shapes can you see? What stories can you tell about the shapes in the clouds? Don't look at the sun!</p> 
<p>Draw and label the parts of a plant</p> 	<p>I have seen bees and ladybirds when I've been outside. Build a bug hotel with garden things or Lego.</p> 	<p>Write a poem about the weather</p> 
<p>Get a plastic bottle or tub. Fill it with stones. What sound does your shaker make? Try different things. Can you sing a song and shake your shaker in time?</p> 	<p>See if you can have a little space in the garden or a tub to plant some things.</p> 	<p>Draw or paint a picture of your garden.</p> 
<p>Sit quietly in the garden. Make a list of all the things that you can hear.</p> 	<p>Try the 'keepy uppy' challenge. How many times in a row can you kick the ball up in the air?</p> 	<p>Read your book outside.</p> 

Remember to be safe online. You must only talk to people who you know.

Remember to keep washing your hands for 20 seconds – the germs hate it. Hand washing is your Super Power.