



I wonder if it feels like the week has flown by or gone by slowly since my last email? Lots of time at home does not mean you have to feel bored. Here are some ideas to help you feel like your week is full!

Draw a family or friend portrait

As I've said before, drawing is a really good way to relax. Here's a tutorial on how to draw your family, you can change the characters to look like members of your family - think about what their hair is like, their clothes and any other things that you could include that make them unique!

<https://www.youtube.com/watch?v=MLAT-Jz4Gto>



Have a Disco!

Maybe over half-term you could plan a disco at home. Dancing is a good way to get your heart pumping and playing happy music can make you feel good. Move the sofas or dining table out of the way and go on YouTube to find some videos of disco flashing lights you could play on your computer or pad - you could draw the curtains to create that disco atmosphere!

You could get involved in the planning of your disco by -

- Making decorations - try folding tinfoil around cardboard shapes and stringing them up for decorations.
- Choose a party outfit
- Create a 'glitter station' - you could apply glitter to disco-goers' cheeks - just be warned, this activity may require a bit of a clean-up after!
- Create a disco play list of your favourite songs

- Don't forget to plan some disco games - Limbo, musical statues or a dance competition.
- And of course you could help to get some party snacks and drinks ready.

Take part in some 'Name Fitness' -

The weather is getting warmer so exercising outside is a great idea. Next time you are outside have a go at some fitness based on the letters in your name, spell out the letters and do the activities! For instance, for my name, Helen, I need to; Hop like a frog 8 times, walk like a bear for a count of 5, pretend to jump rope to 20, walk like a bear again, and finally, pick up a ball without using my hands!

Have a go at using your friend's name to see what exercises they would have to do too.

what's fit activity for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|-------------------------------------------------------|--------------------------------------------------------------------|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

Ride a rollercoaster

If you are feeling bored and sleepy, this will give you a kick-start! You can ride a rollercoaster at home by watching these rides, if you can watch it on your tv for full effect! Warning!! The Fury 325 rollercoaster will make your stomach flip!

<https://www.timeout.com/usa/things-to-do/virtual-roller-coaster-rides-for-at-home-thrills>

Notice your feelings

Anger is a normal feeling that we all have at times and I'm sure there have been many times during quarantine when we have all felt angry. There are good things about anger, it is a feeling that tells us that we may need to stand up for our rights or the rights of others and can be the start of working to change things when you think something is unfair.

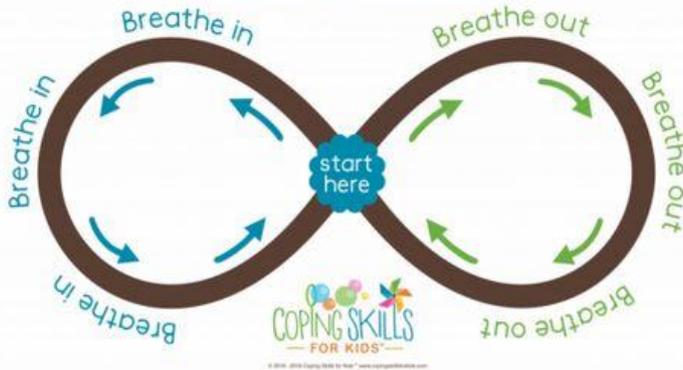
We can also think about times we get angry and then try and work out exactly what made us feel that way. When we know what has made us feel angry then we can work out what our 'triggers' are and then ask for help with those triggers. Next time you feel angry, or afterwards, have a look at these 'storm starters' to try and work out what happened just before. Then see if there is something you could do next time, for instance, if you got angry because your brother or sister hurt your feelings, you could ask your parent to hold a meeting with them and they can help you tell them calmly what they said or did that hurt you. Or, if you tend to get angry because something is hard to do, then you could ask for help, or ask for a parent to make a task a bit easier for you or to break it down into smaller tasks. But what about getting angry because you don't get what you want?! That's a tough one, but maybe you could try and negotiate when you could get what you want, do you have to finish work first? Do a chore for what you want?

Also, remember when angry feelings come, taking a calming breath helps...



LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



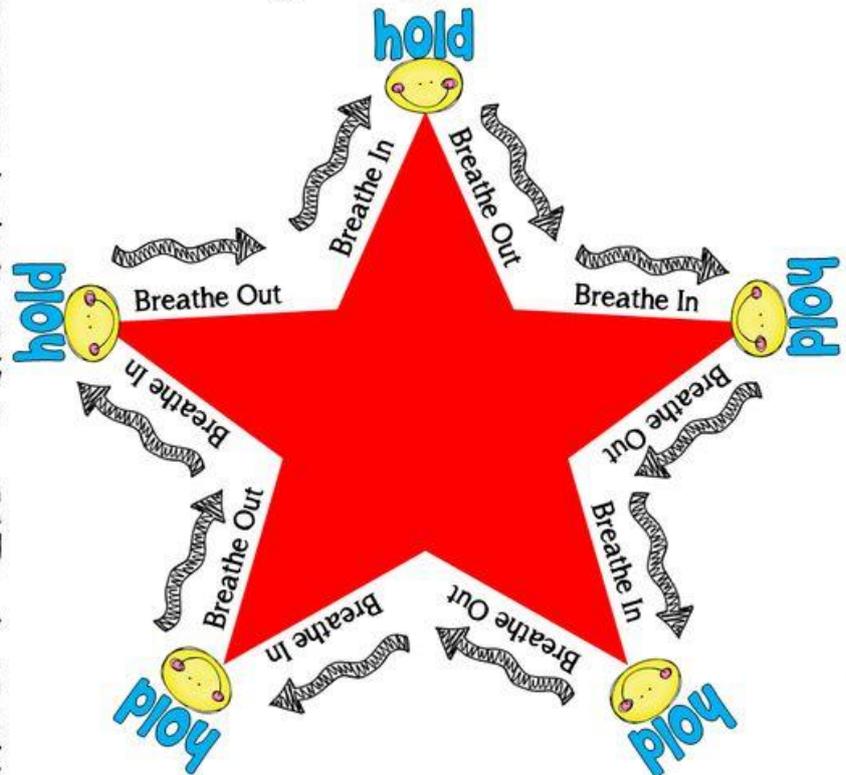
Calming breathing

A visual or tactile approach to calm breathing is good for children. It allows you something to focus on while you take your calming breaths. Here are two strategies you could use to help you learn to breath to calm yourself if you are angry or worried... or any time you like.

You could print this out and have on your fridge or in your bedroom as a reminder to take calming breaths throughout the day.

Star Breathing

Breathe in, hold at the point, and breathe out.
Follow your way around the star.



Go on a Minibeast Hunt

Next time you are out in the garden or in the park, have a look for some minibeasts, it's a great mindful thing to do... here are some tips.

Where to find minibeasts (from Woodland Trust website)

Minibeasts live in all sorts of habitats. Many prefer dark, damp spots in gardens and woods, so this is a good place to start your hunt. Encourage children to use their best detective skills to track creatures down:

- Peek under large stones and logs to find woodland and millipedes.
- Peer into the cracks in tree bark and deadwood to find beetles and spiders.
- Poke your nose into long grass to see ants and grasshoppers.
- Look closely at leaves to discover caterpillars and ladybirds.
- Keep your eyes peeled after rain – can you spot slugs, snails and worms.

Lots of creepy crawlies live in trees and shrubs. Lay a piece of white cloth, such as an old sheet or pillow case, under a tree or bush and gently shake the branches. You'll be surprised how many tiny creatures fall out.

Remember – bugs are very tiny, so be careful if you pick them up and always put them back where you found them.

Below is a sheet for you to record the minibeasts that you see.

1. Where is the most wonderful place you've ever been?
2. What's the nicest thing anyone has ever said to you?
3. If you were invisible for a day, what would you do?
4. What is the worst smell in the world?
5. What makes you cry?
6. If you could, what two animals would you combine?
7. Who is your hero?
8. What is your favourite song?
9. What is your favourite memory?
10. What are your top 3 countries that you would like to visit?
11. If you could, what animal would you be?
12. What is your favourite thing to do with your family?
13. What is the most important rule?
14. If your pet could talk, what would it say?
15. If you had superpowers, what would they be?
16. What is the best thing about being a kid?
17. Who is someone in history that you would like to be friends with, and why?
18. What makes you happy when you are sad?
19. Do you have a lucky number? Why is it lucky for you?
20. What is something you don't understand about grownups?
21. What is the greatest thing ever invented?
22. Have you ever played a joke on someone? What happened?
23. What is the most important appliance in your house?
24. What is your favourite word? Why?
25. If you were in a band, what instrument would you play?
26. What is something you'd like to learn how to do?
27. What is the hardest thing you've ever had to do?
28. Do you think that telling the truth is always right, even if it hurts someone's feelings?
29. What is the best thing about being you?
30. If you could choose, would you have the ability to read people's minds?

30 Questions for Children

I've heard that some of you liked the 'Would you rather?' questions from a few weeks ago, so here are some more questions that might spark a good discussion around the dinner table!



Let's all go on a bug hunt!
 How many can you spot?



Worm



Bumblebee



Ladybird



Moth



Snail



Spider



Millipede



Slug



Butterfly

Did you find them all?

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