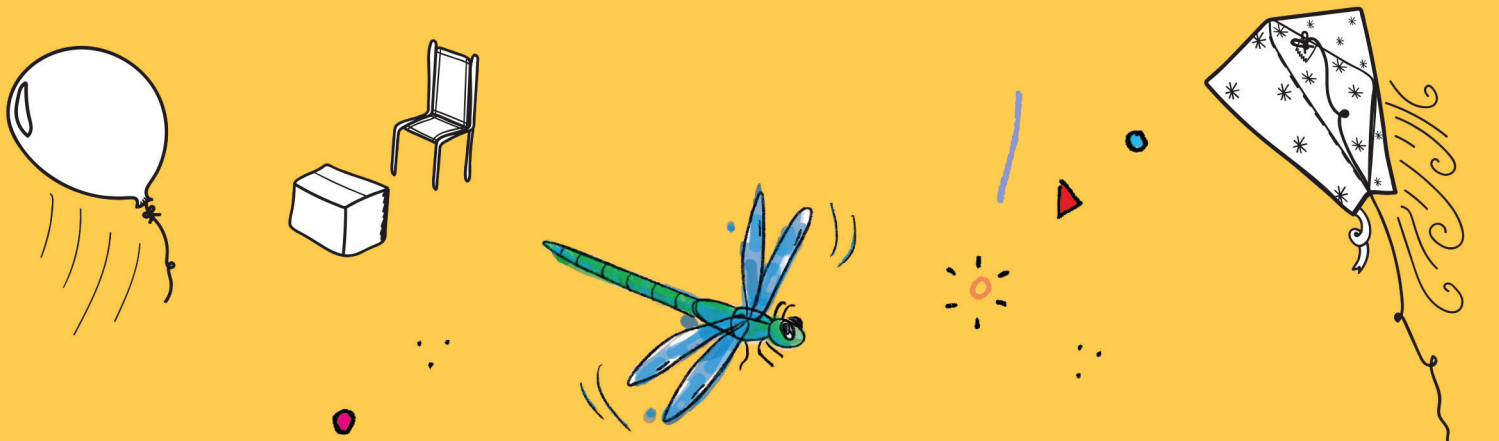
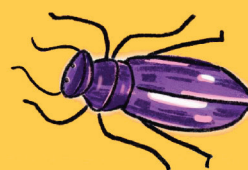




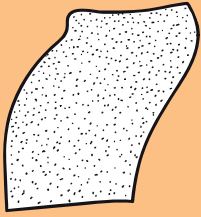
At home activity pack

From Collins



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Collecting textures

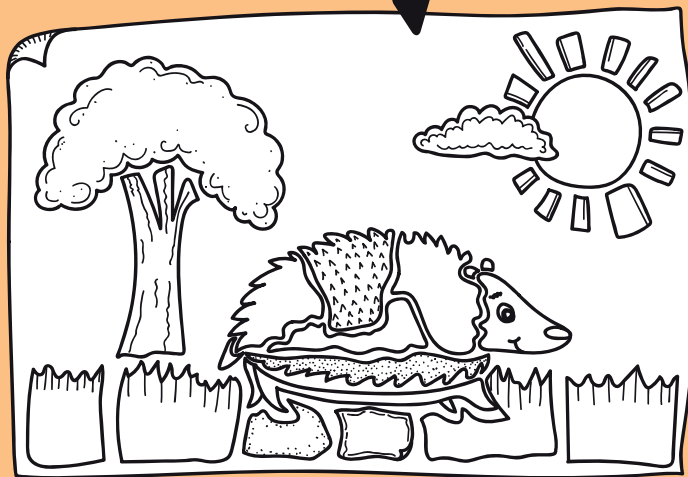
1. Collect some materials that have different textures.

Here are some ideas:

- Something **rough** (like sandpaper)
- Something **shiny** (like tin foil)
- Something **fluffy** (like cotton wool)
- Something **soft** (like velvety fabric)
- Something **crinkly** (like a sweet wrapper)



2. On a piece of plain paper, draw a picture with big open shapes that you can fill in with different textures. Why not try a hedgehog in a field, like this?



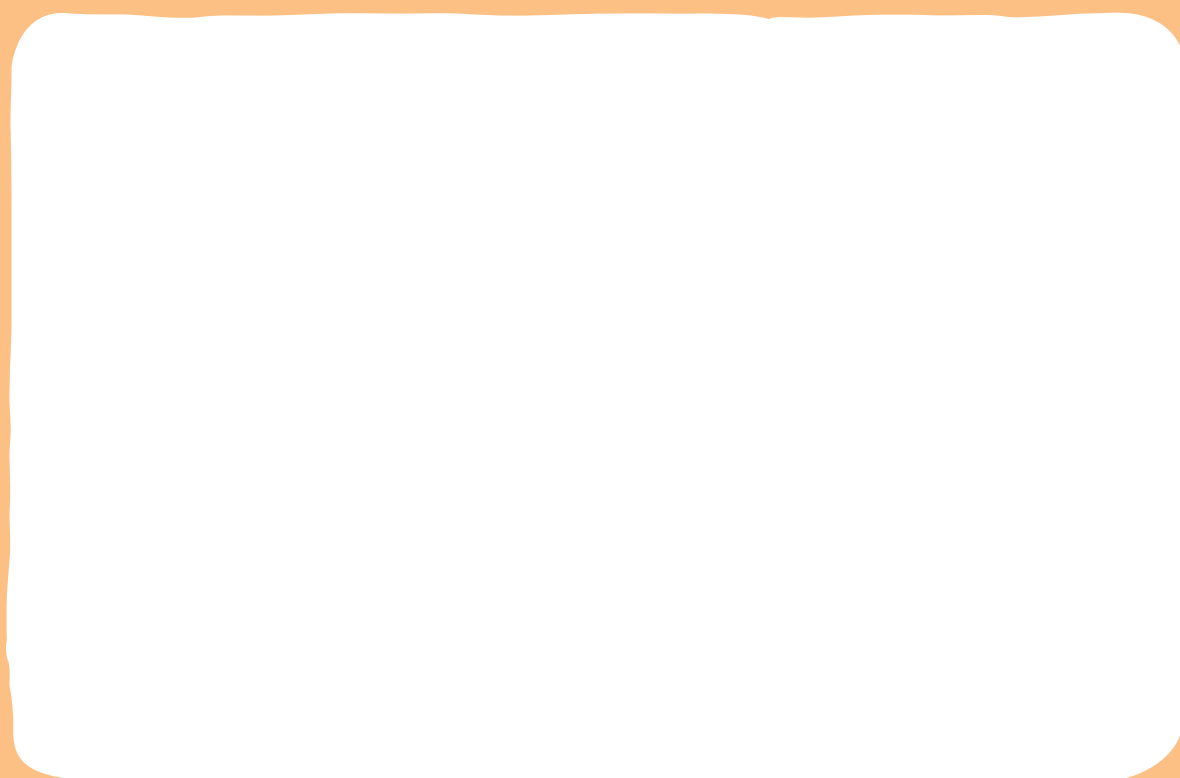
3. Rip or cut your materials into different shapes and stick them onto the paper to fill out parts of your drawing.
4. Well done, you just made a collage out of your texture collection!

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When you have finished your collage, run your hands across it. Which texture do you like the best? Why?

Stick in a photo of what your collage looks like (or draw it) here:



Did you enjoy making your collage? _____

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Making a kite



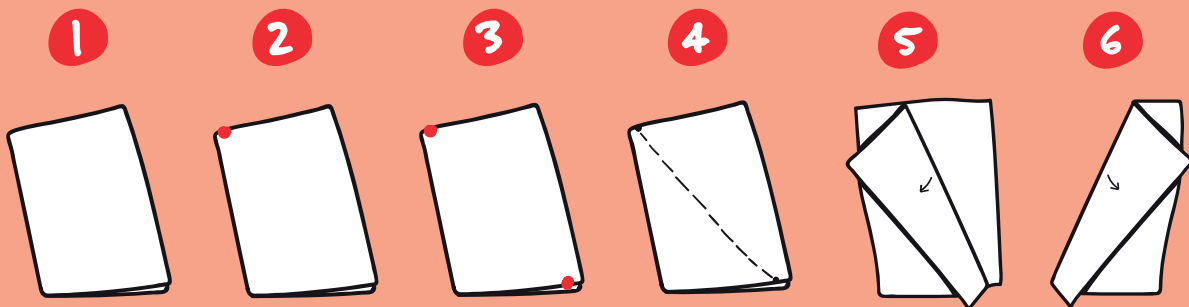
Let's go fly a kite! (But we need to make it first!)

What you will need

- An A4 piece of paper or thin card
- String (any type, but kite string is best)
- Wooden skewers (or skinny bamboo sticks, or straws)
- Ribbon of any colour you like
- Hole punch, tape and a ruler

How to make

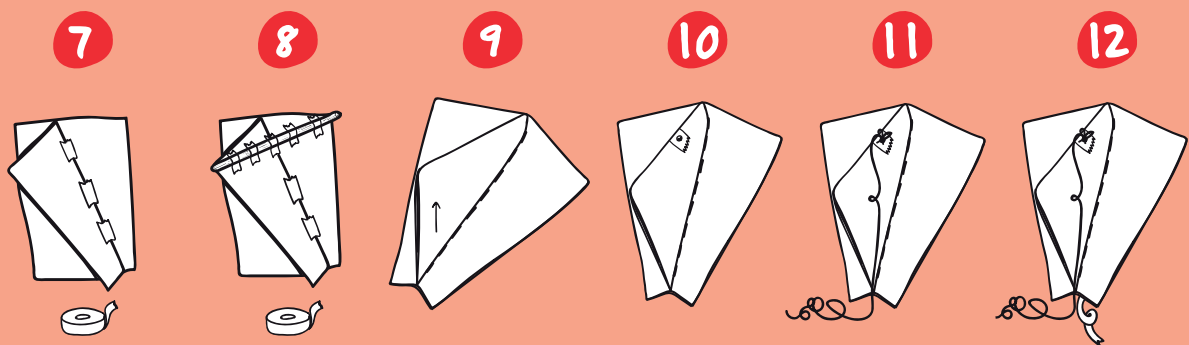
1. Fold the piece of paper or card in half.
2. Along the top of the folded paper, measure 2.5cm (1 inch) from the fold and make a mark.
3. Along the bottom of the folded paper, measure 2.5cm (1 inch) from the other side and make a mark.
4. Then, draw a line from one mark to the other.
5. Fold the paper along the line.
6. Turn the paper over and fold the other side down to match.



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7. Then turn the paper back over so that it looks like it did in step 5. Tape along the middle line.
8. Put your skewer, bamboo stick or straw across the middle and tape it down. (If it is too long, ask a grown-up to help you cut it down to the right size.)
9. Turn your kite over and straighten out the middle flap.
10. Make a mark 5cm (2 inches) down from the top of the flap. Put tape over both sides of the mark to make it stronger, then punch a hole there.
11. Tie your string through this hole. Use a double knot.
12. Tape some ribbon to the bottom of your kite, then it is ready to fly!

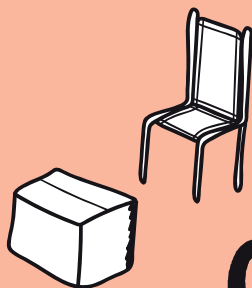


Tips

- Decorate your kite with pens, glitter, or whatever you like!
- Before flying the kite, make sure the middle flap is out straight.
- Try on a day where it is breezy but not too windy.
- If the kite starts to fall, pull the string tighter.
- If the kite looks like it is tugging on the string, unravel a bit more string to give it more freedom.
- Be patient, it takes a bit of practice to fly a kite!

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CREATING AN OBSTACLE COURSE

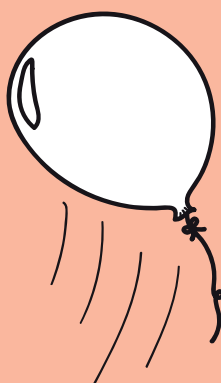


Get creative in making your own **obstacle course**, then have a go at it yourself or challenge your family and friends to try it out.

Inside or outside, choose from some of the sections below to set up your obstacle course. Make sure there are a good variety of different obstacle sections to tackle.

Obstacle ideas

1. Jumping over hurdles. Use a row of boxes or soft toys.
2. Ducking under 'spy lasers'. Use string or toilet roll hung across a room or garden at different heights. Try stepping over it or ducking under it – just don't touch it.
3. Hula-hooping. Set up a spot where you have to hula-hoop for a certain amount of time before carrying on.
4. Balancing. Try balancing an object on your head for part of the course!
5. Balloons. Try to keep a balloon up in the air while completing another section of the course.
6. Sprinting section.
7. Hopping section.
8. Backwards section.
9. Make up your own!



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Draw a **map** of your obstacle course here, with a **key** to show what you have to do in each section of the course:

Did you enjoy trying the course out? Was it easy or difficult?

Challenge family members and friends to try the course, and see if they enjoy it.

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Activity: Make a happy jar

It is so easy to make a 'Create Your Own Happy' Jar – a place to keep a record of all the little amazing things that happen.

YOU WILL NEED:

- A jam jar with a lid
- Colouring pens or permanent markers
- plain paper or sticky labels
- Glue or sellotape
- Stickers (optional)
- Small pieces of paper
- A pen



Soak the jam jar in hot soapy water to remove the label and let it dry out.

In the meantime colour or design your own label. This could be on a piece of paper you stick onto the jar, a plain sticky label or if you have permanent markers, you could draw straight onto the glass.

If you have stickers you could decorate your jar with them too. Your jar needs to be something that totally grabs your attention and feels full of happy.



Next, take some small pieces of paper and think of the awesome things that have happened to you in the last week. Remember they don't have to be big things. Here are some ideas to get you started:

- Getting a smile from someone special
- Hearing a favourite song play on the radio
- Receiving praise from a teacher
- Seeing a rainbow
- Inventing a new game
- Laughing at a funny joke
- Learning something new
- Experiencing a lovely smell
- Reaching a new level in a game
- Enjoying some good weather

Even on a really bad day, remember tomorrow is a new day, and you can always write: 'I survived a really tough day today.'

Make sure your jar is somewhere where you will see it every day – maybe by your bed so you can record the happy moments before you sleep?



Find more activities to help boost happiness at home with Create Your Own Happy



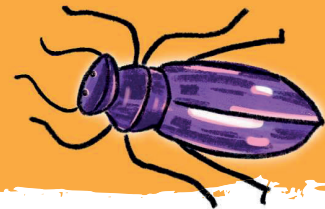
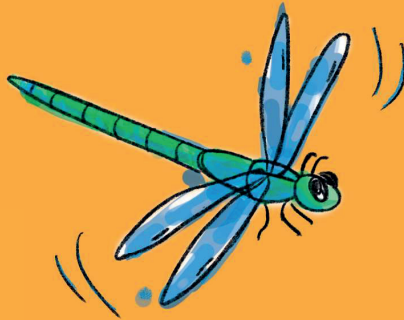
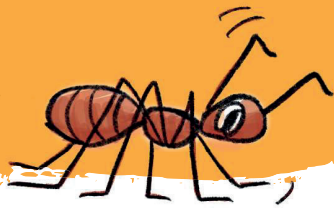


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at home with Create Your Own Happy



INSECTS

Let's draw some insects!
What do they have in common?



Start with the head. Add eyes and antennae.



Then draw in the body. They can be long, round or thin – you'll see all shapes and sizes.

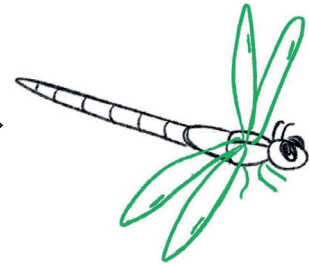


Finally, add legs (6) and wings (usually 2 or 4, if they have them).

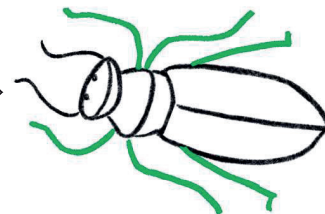
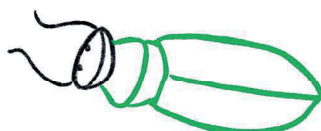
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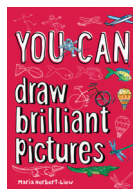
DRAGONFLY



BEETLE

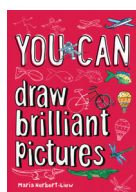


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Draw some insects here.
What shape are they? Can they fly?
Do they have long or short legs?

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COMIC STRIP CAPERS

There's more than one way to tell a story, and comic strips use a combination of words and pictures to do just that. A comic strip is a sequence of drawings arranged in panels to form a story, with the text shown in captions and speech bubbles.

In every kind of story, each word should be there for a reason, but getting to the point is even more important in comic strip stories. Space is limited and you need to let the pictures do a lot of the talking!

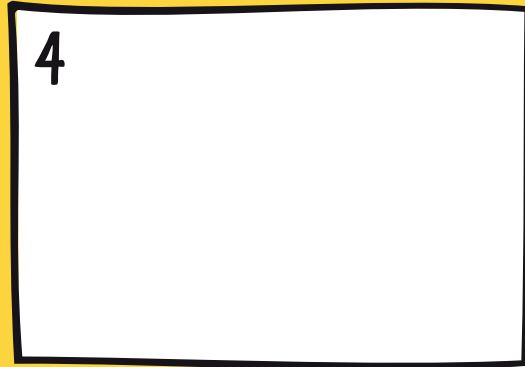
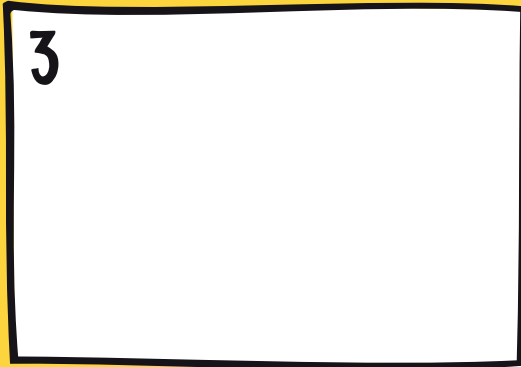
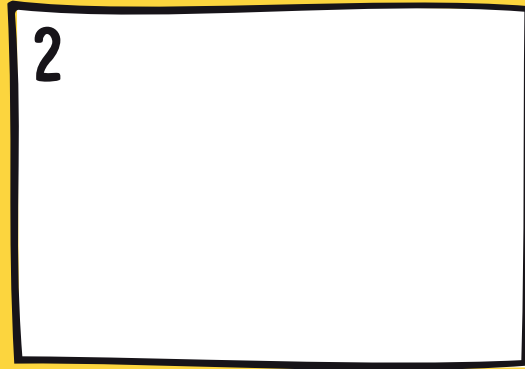
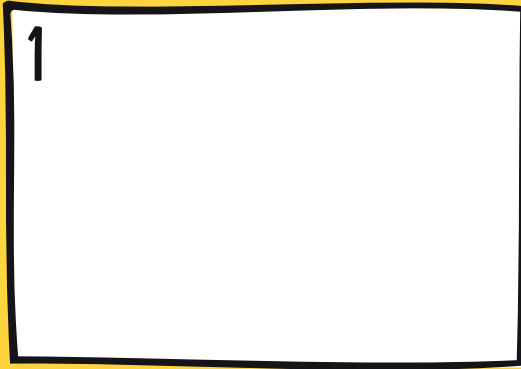
Before you transform your superhero story into a cool comic strip, check out these superhero sounds...



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Write and draw your superhero comic strip here.



You're approaching the halfway point, so the perils should be reaching their peak!



Make sure the final panel of your comic strip looks EPIC!

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