

Friends of the Earth

Physical Activity: LITTER PICK

Help to keep your neighbourhood / local area clean and tidy. This is a great way to exercise and keep fit as well.

Why don't you try a few different litter pick-up challenges, or a litter scavenger hunt, you will need an adult to help you: -

Challenges

Physical Challenge 1) How many pieces of litter can you find and pick up in 30 seconds?

Physical Challenge 2) Can you use a different body part to pick up the litter, try your feet or your elbows together?

Physical Challenge 3) Test your strength - once you fill a bag of litter, can you complete some of the "Healthy Kids Virtual Sports Day" training, while carrying the bag of litter?

Scavenger Hunt

1) Can you find 3 items of litter that are shiny?

2) Can you find 3 plastic bottles?

3) Can you find 3 items of litter smaller than your hand? Or larger than your shoe?

Once you have found all your Litter Treasure, can you help an adult put it into your recycling?



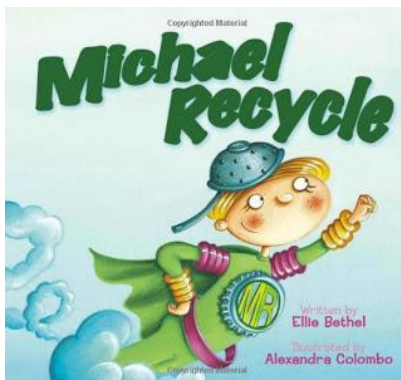
Song



<https://www.youtube.com/watch?v=oEkXzi19Crk>

Story

'Michael Recycle' (YouTube)



'Litterbug Doug'

World Around Us

Take pictures of different trees or plants that you discover and see if you can identify them.



Make Your Own Compost- use a sealed container.

Add leaves, cut grass, non animal food scraps, fruit / vegetable peel, shredded paper, cardboard, egg cartons, wood chips, twigs, nut shells, saw dust, pine cones, cotton balls etc.



Bug Fact File - Development of ICT Skills

Can you create a fact file for a bug/minibeast?

The fact file must have

- 3 facts
- 1 image and a
- 3d model of your chosen bug



Art Activity

Use paper plates, paint or collage materials to make flowers



HANDPRINT
EARTH DAY ART



Sound of the week - c/k

- Write the letter on paper, in flour, shaving foam, with paint
- Make the letter from Play-Doh
- Look for the letters around the home
- Look for things that start with the sound the letters makes
- If you have magnetic letters play with those
- Make words starting with the letters
- Play I-Spy
- Match upper and lowercase letters C-c K-k

Listen to the Jolly Phonics song and do the actions

<https://www.youtube.com/watch?v=BB1GHldatFc>

Number of the Week – 10

- Look at the number 10 and look for 10 in the environment
- Talk about how number 10 has two digits – 1 and 0
- Write the number
- Make the number using Play-Doh
- Talk about the number before and after
- Count items of that number and make collections
- Add numbers together to make 10

Cookery

Earth Day Peanut Butter Cups



<https://www.spabettie.com/earth-day/>

Sensory Play

Lots of online ideas for earth sensory play

<http://adventuresandplay.com/top-10-earth-day-sensory-activities/>



Moon Sand:



2 cups of flour and $\frac{1}{4}$ cup of baby oil

Optional: add food colouring or

essential oil eg. lavender,

or food flavouring, eg. vanilla/peppermint extra.

Moon sand: Taste safe recipe

(for children that may put it in their mouth)



- 2 cups of brown sugar
- 2 cups of corn flour (corn starch will also work)
- 10 tablespoons vegetable oil (eg. olive oil)



YOU WILL NEED:

- an empty water bottle
- vegetable oil
- water
- food colouring of your choice
- [Alka-seltzer tablets](#)

MAKE YOUR OWN LAVA LAMP INSTRUCTIONS

1. First, fill the empty water bottle about 2/3 full with vegetable oil.



2. Fill the rest with water, leaving a little of space at the top.



Notice that the water sinks below the vegetable oil. Oil and water just do not mix. The oil floats on the surface because the water is heavier (has a higher density) than oil.

3. Now, add the food colouring



The food colouring will only mix with the water, not the oil. We stirred our concoction with a chop stick to mix the food colouring well with the water. I don't recommend shaking the mixture. This causes a lot of little bubbles to form in the oil, which makes the effect of the lava lamp less stellar.

Now for the magic...

2. When you are ready for the fun, break an Alka-seltzer tablet into four pieces. Have your child drop in one piece at a time.



Have fun watching what happens! The best part is that your homemade lava lamp will work over and over again. You can even screw on the little plastic cap and break it out a few days later for fun. All you need is more Alka-seltzer.



WHY DOES IT WORK?

When you drop in the alka seltzer, it sinks to the bottom and starts dissolving. As it dissolves, it forms a gas which rises to the top and takes a little of the coloured water with it. The gas bubble breaks on the surface and the coloured water sinks back to the bottom.

Enjoy!