

EVERYTHING
IS INTERESTING
MIND & BODY EXPLORATIONS
TO LIVEN UP THE WEEK

WEEK 5



Hello Parents and Children,

We hope that you have had a good week trying to be kind, careful and curious.

This week we have a special page on Florence Nightingale, it was her birthday last week, 12th May. If still alive she would be the ripe old age of 200 years!

There are also mountains to climb, trees to find and worries to banish!

We had lots of entries for the Teacher's Pet competition and the winners are as follows:

Aylin Year 1

Mac Y4

Bonnie Y3

Goalen Family Y1 /Y4

Rose family Y1/Y3/Y5

Ted Y4

Zara Y5

Isabel Y1

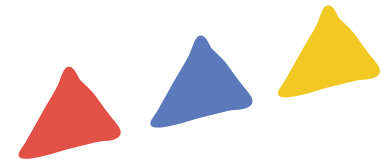
Prizes in the post !

DON'T PANIC - they're intended to be fun and educational things for those that want it, not EXTRA HOME LEARNING!

Make sure you upload any photos or videos on your [classdojo.com](https://www.classdojo.com) or email your teachers. We love to see your efforts!

How to Explore

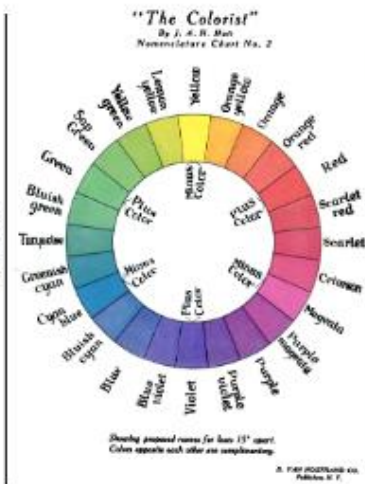
1. Explore in any order
2. All are open to interpretation
3. Feel free to add alter or ignore
4. There are no rules, merely suggestions
5. Treat everything as an experiment
6. Start with whatever gives you the most excitement



StART the Week: The Art of Colour

What is a colour wheel or colour circle? A colour wheel is an arrangement of all colours on the spectrum based on their relationships with each other. It is useful in creating harmonious colour schemes.

Activity: Create a colour wheel and come up with your own name for each colour.





The Goldie Hawn Foundation

Brain Break

Children and or Parents to do together:
mindup.org/brain-break-at-home

New: mindup.org.uk/mindup-activities/



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Sporting Skills with Mr. Henwood

Keep your PE skills sharp with Mr Henwood's weekly video clips.

youtube.com/user/DHenwood84



Tree Spotting

Visit your local park and see if you can identify the trees that are breathing around you!

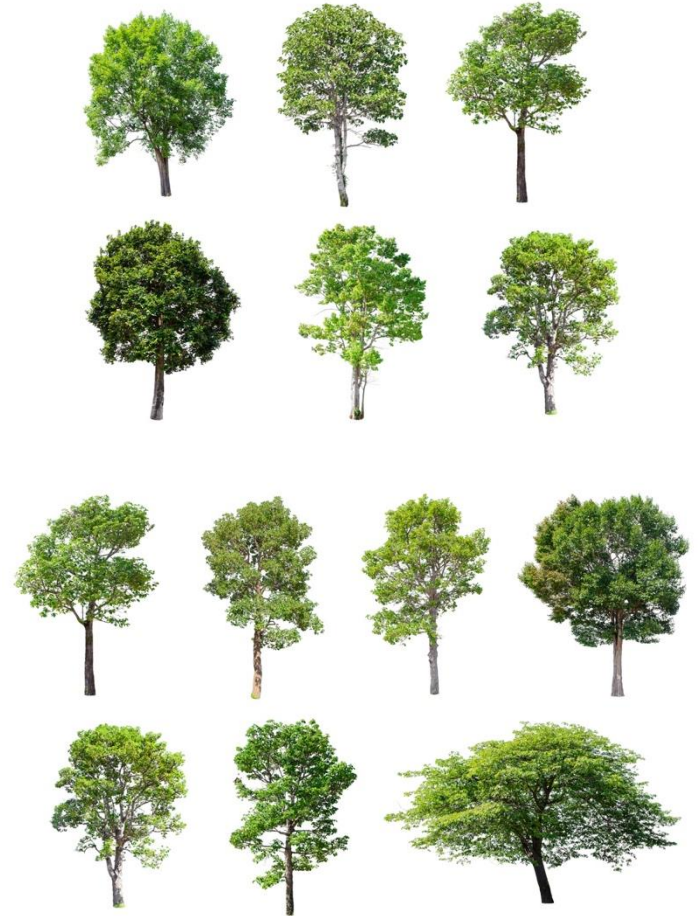
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Tree identification tips

The UK has at least fifty species of native trees and shrubs, and many more species of introduced non-native trees.

There are lots of features that give you clues to what species it is.

- **Look at the leaves or needles.** Is it a broadleaf (usually deciduous) or is it a conifer (usually with needles or scales)?
- **Different features will be visible through the seasons.** In winter, for broadleaf trees, you'll have to use twigs, leaf buds and bark.
- **Take notice of the surrounding area** such as hedgerows, fields, parks, woodland or close to water. Some species are more likely to grow near water, in scrubland, parkland or in woodland.
- **Piece the clues together**, including the overall shape and size of the tree, bark, leaves or needles, flowers, fruits, leaf buds and twigs. The more features you can see, the more accurate your identification will be.



British Trees

SYCAMORE TREE

Acer pseudoplatanus



OAK TREE

Quercus



HORSE CHESTNUT TREE

Aesculus Hippocastanum



SWEET CHESTNUT TREE

Castanea Sativa



WALNUT TREE

Juglans Regia



SILVER BIRCH TREE

Betula Pendula



WYCH ELM TREE

Ulmus Glabra



HORNBEAM TREE

Carpinus betulus L.



BEECH TREE

Fagus Sylvatica



ASH TREE

Fraxinus Excelsior



Websites

www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/how-to-identify-trees/

www.nhm.ac.uk/discover/uk-tree-identification.html

Phone App

These free Apps below may help you too:

<https://www.wwf.org.uk/discover-nature-seek-app>

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/>

Climb every mountain!
Set your family a challenge now we can
exercise more...

Give each family member a mountain to climb.

[https://www.muchbetteradventures.com/magazine/
how-many-stairs-do-you-need-to-climb-to-reach-the-
top-of-famous-mountains/](https://www.muchbetteradventures.com/magazine/how-many-stairs-do-you-need-to-climb-to-reach-the-top-of-famous-mountains/)

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Spanish

Guatemalan Worry dolls

Worry dolls are small, mostly hand-crafted dolls that are originally from the highlands of Guatemala. They are sometimes called Guatemalan worry dolls or trouble dolls. They date back to Mayan culture and tradition.

Worry dolls are mostly hand-made. The size of the dolls can vary between half an inch and two inches. In Guatemala, artisans bind pieces of wood together or twist together short lengths of wire to create a frame for a torso, arms, legs, and a head. They wind colourful pieces of cloth and yarn around the frame to give the doll its shape. They also wind more yarn around the frame to create the head, hair, feet, and hands. To create the costumes, the artisans use scraps of traditional woven fabric. Sometimes, they also include traditional implements such as tiny woven baskets. Guatemalan worry dolls are often sold in sets of 6 to 12 per box or pouch.

<https://www.tinyfry.com/make-worry-doll/>



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The aim of worry dolls is to help you deal with your worries by saying them out loud. Worry dolls also encourage you to demonstrate that you are willing to let go of your worries before going to sleep.



Computer Computations

Have a look at the activities on the Barefoot Computing website. They aim to help families develop their computational thinking skills in a fun and interactive way at home. There are some online activities too!

<https://www.barefootcomputing.org/homelearning>



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Musical Mayhem!

Listen to a piece of music, all the way through, without talking or making a sound.

Sit as still as possible and try to listen all the way through. Really listen. Ideally your piece will have no singing or words (suggestions; Handel - Water Music or Benjamin Britten - Simple Symphony).

Once you have done this then listen again and this time think up a story that goes with the piece of music. Tell somebody your story, or write it down and draw a picture to go with it!

Florence Nightingale

Her life and times

<https://www.youtube.com/watch?v=jONlz7vaMnU>

<https://www.florence-nightingale.co.uk/learning-during-lockdown/>

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Competition

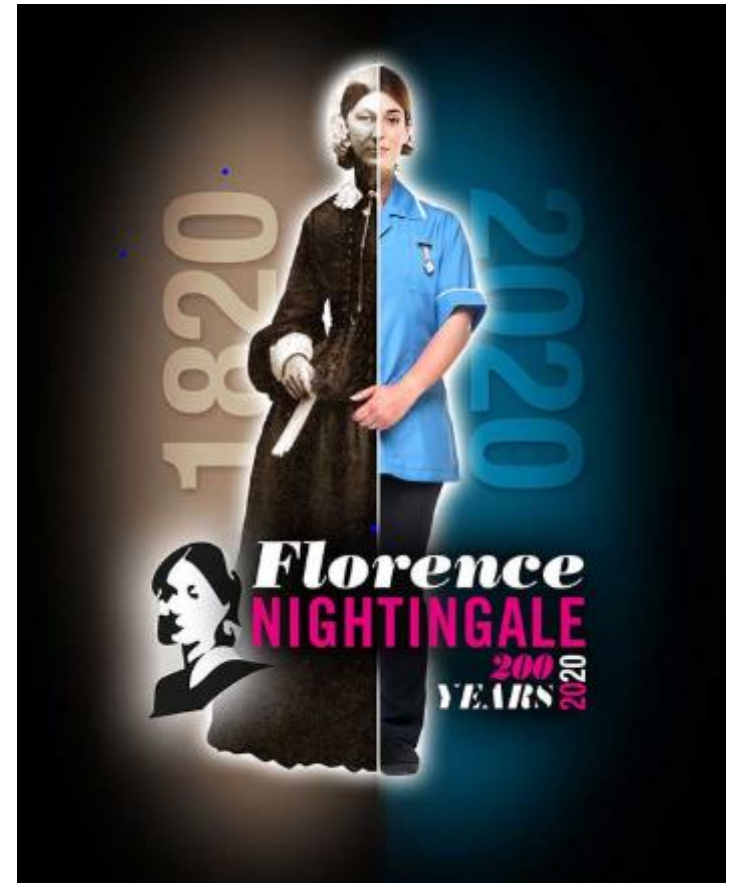
One of the scientific findings Florence Nightingale was famous for was hygiene. She found out that washing of hands was very important to save lives. This is just as important now as it was then.

Most staff and some children are coming back to school after half term. We would like you to design 2 badges for the teachers to wear that remind our community to:

1. Wash hands
2. Staff to social distance – 2meters

You can think of your own slogan and images that are simple and effective.

Send them to cchteverythingisinteresting@gmail.com by Wednesday 27th May.



Thoughtful Photography

Take a closer look at the everyday things around you.

This is all about taking it slow, being in the moment and not worrying about how the photos will look. This can be done in your home, looking out your window, in a garden or on a walk in your local area.

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First look for different perspectives:

- Move your body around to take photos of the world in different or unusual ways: What does your building look like upside down?
- Lie on the floor under a tree and look up at the branches.
- Carefully stand on top of something (a log, chair or low wall) and look down at the ground from high up.
- Look very closely at something interesting – maybe a flower.
- Look through a hole at the view the other side (you might find a hole in a fence or you could use a paper tube).

Now look for different textures:

- Now look for different textures – can you find something rough, smooth or squishy?
- Pretend your eyeballs have fingertips - imagine they can feel the textures you are looking at.

Do this for a few moments before you take the photo.

