

## Screen Free Fridays: What will we do today?

**Key Stage:**

**Date of activities:** Friday 29<sup>th</sup> January/5<sup>th</sup> February/12<sup>th</sup> February

| <b>Morning Activity</b> (STEM/Investigations based):                               | <b>Activity guidance:</b>  | <b>What will we need?</b>  |
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| Build a den using sheets, chairs, pillows, duvets, string - whatever you can find. | <p>First, plan your den. What do you predict will be the best materials to use? As you build, ask questions: What makes the best den? How can you hold it up? Afterwards, think about what worked or did not. Was it what you expected?</p> <p>The process of predicting, experimenting and analysing results that is used in this activity is the beginning of understanding the scientific method. It is also great experience of early engineering.</p> | <p>Whatever you have that could work for a den. Try:</p> <ul style="list-style-type: none"> <li>- String</li> <li>- Sheets</li> <li>- Blankets/duvets</li> <li>- Chairs</li> <li>- Pillows</li> <li>- Beds</li> </ul> <p>Watch these short videos before Friday for some ideas about what makes a great den:<br/> <a href="#">How To Build a Sheet Fort - YouTube</a><br/> <a href="#">How to Build a Pillow Fort! - YouTube</a></p> |
| <b>Afternoon Activity</b> (Creative/Physical/Play/Exploration based):              | <b>Activity guidance:</b>  | <b>What will we need?</b>  |
| Have an indoor picnic in your den.   | <p>Decide what you want to eat and prepare food. Talk about what is healthy. Decide how many plates, knives and forks you need. Set the picnic out and talk about which part you enjoy most.</p> <p>Meal times are the perfect chance to develop social and communication skills, and to talk about nutrition and healthy eating - an important part of physical development. Counting plates and sharing also provides lots of practical maths.</p>       | <p>Your favourite picnic food (bread, sandwich fillings, vegetables, fruit).</p> <p>Plates, cups, knives, forks and napkins.</p> <p>Something to use as a picnic blanket.</p> <p>Kitchen towel to mop up spills!</p>   |

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| <p>Look outside and pay attention to what you can see.</p> | <p>In the day time, see how many birds you can count from your window in 20 minutes. Are they all the same or are some different? Take advantage of the early sunset to see if you can see any stars from the window at night. Download the free NASA app to get help spotting constellations, stars and satellites.</p> <p>Noticing details in the world around us is how we develop scientific understanding. Asking questions is the foundation of inquiry. Noticing how the sky is different day and night is part of our topic.</p> | <p>Nothing essential!</p> <p>Check out this screen-based guidance in advance:</p> <p>If you want, sign up for the RSPB's Big Garden Bird Watch to get tips on spotting and counting birds from the window, and to take part in the UK's biggest citizen science project: <a href="#">Big Garden Birdwatch   Join the fun - The RSPB</a></p> <p>Download the <a href="#">NASA app</a> to identify constellations.</p> |
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