






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

**Key Stage:** Two


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

<b>Morning Activity (STEM/Investigations based):</b>	<b>Activity guidance:</b>	<b>What will we need?</b>
<p><b>Activity 1</b> Build a den using sheets, chairs, pillows, duvets, string - whatever you can find.</p>	<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 hearily 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: <a href="#">How To Build a Sheet Fort - YouTube</a> <a href="#">How to Build a Pillow Fort! - YouTube</a></p>
<p><b>Activity 2</b> Creating a habitat using whatever you can find around the house. You may even want to go on a socially distanced walk to see what you can find.</p>	<p>First, think of the type of habitat you will be creating. What materials would you use? What animals would live in that habitat?</p> <p>The process or planning and creating a habitat, will increase children's knowledge and awareness of the elements of different wildlife habitats. This activity will also improve children's problem solving skills in deciding what could be used to create their habitat.</p>	<p>Use whatever you have at home. Here are some ideas;</p> <ul style="list-style-type: none"> <li>- Cereal/shoe box.</li> <li>- Leaves/twigs/grass/pinecones</li> <li>- Cuttings from magazines or newspapers.</li> <li>- Fabric cut offs</li> <li>- Tin foil/cling film.</li> </ul> <p>Here are some ideas;</p>

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<b>Afternoon Activity</b> (Creative/Physical/Play/Exploration based):	<b>Activity guidance:</b>	<b>What will we need?</b>
<b>Activity 2</b>  Use the environment to create music Making music from everyday objects	<b>You can do this indoors or outdoors.</b>  Inside, choose one room in your home to find different “musical instruments” Play rhythms on as many different household objects as you can find. Create a drumkit from pans. You could choose words such as favourite food to tap out rhythms and repeat them!	Pans, spoons, boxes, worktops, Tupperware, beakers, empty cartons, turned upside down washing up bowls, toilet seat.....anywhere and anything in your house!  

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	Go outside into garden, park, street, use what is around you to play music. You might find some stones or sticks, tap them together.	 <p><b>Inspirational ideas, 4 minute video</b>  <a href="https://www.bbc.co.uk/programmes/p00yygix">https://www.bbc.co.uk/programmes/p00yygix</a></p>
<b>Activity 2</b>  PE- yoga charades	Use the yoga cards attached to help you tell the story using NO words. Have a practice and then perform it to a sibling or grown up. Ask them to guess what happened in the story (using the yoga cards for reference). Once you have done that can you create your own story and tell it through your yoga poses?	Yoga charades story (below- some children may need to have this read to them)  Yoga pose cards (below to refer to and do not need to be printed) moon and bridge cards should be horizontal.
<b>PE- Yoga story</b> <p>Once upon a time there was a cat stuck in a tree. She was too scared to come down because there was a growling dog at the bottom of the tree. The cat stayed in the tree until it was night time and the moon and stars came out. In the morning she saw that the dog was still there at the bottom on the tree... but he was moving! He was creating a bridge to help the cat get down. The cat was still very scared but she decides to be brave like a warrior and walk down the bridge. When she reached the ground it was a beautiful and happy day. There were lots of butterflies and a huge rainbow.</p>		

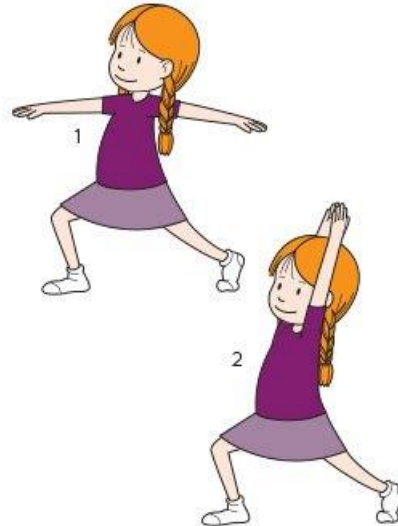
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Tree



Yoga Poses for Kids

Warrior



Yoga Poses for Kids

Bridge



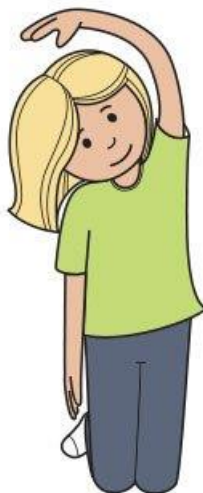
Yoga Poses for Kids

Cat



Yoga Poses for Kids

Rainbow



Yoga Poses for Kids

Moon



Yoga Poses for Kids

Butterfly



Yoga Poses for Kids

Star



Yoga Poses for Kids