



Keep learning for mental wellbeing

Learning at home is just as important as it is in school. Home learning is a different environment to school but can still give you the opportunity to discover a variety of new skills.

Recently on the talent show *Britain's Got Talent*, a group named 'Sing along with us' gained the golden buzzer. The group used Makaton, more commonly known as sign language during their performance and wowed the judges. You can view their performance by following the link [BGT Sing along with us](#).

To have a go at learning Makaton yourself follow the link [Makaton singing hands - This is me](#) to sing along to the sounds of the Greatest Showman. Alternatively, for those who are enjoying baking in lockdown, follow the link [good food biscuit recipe](#) to make vanilla and raisin biscuits. If you really do have a sweet tooth why not try our cereal marshmallow treat?

Maybe you could place recipes and photos of your finished products in a book to create your own cookbook!

Please note: Ensure there is a responsible adult to supervise.

Alternatively, you may wish to create a paper paddle craft such as a kayak or canoe. Following instructions is an important part of being successful in all aspects of life. The tasks on the following pages will allow you to build upon developing these skills. Enjoy!

Cereal Marshmallow Treat



You will need:

- 2 Marshmallows, cut in half
- 1 tsp of butter
- 4 tablespoons of cereal
- 1 teaspoon of chocolate chips

To Make:

Put the marshmallows and butter into bowl and microwave for 20 seconds

Stir butter and marshmallows together with a small spoon.

Stir in your choice of cereal, and the chocolate chips, mix until all covered in the marshmallows.

Place into cake cases.

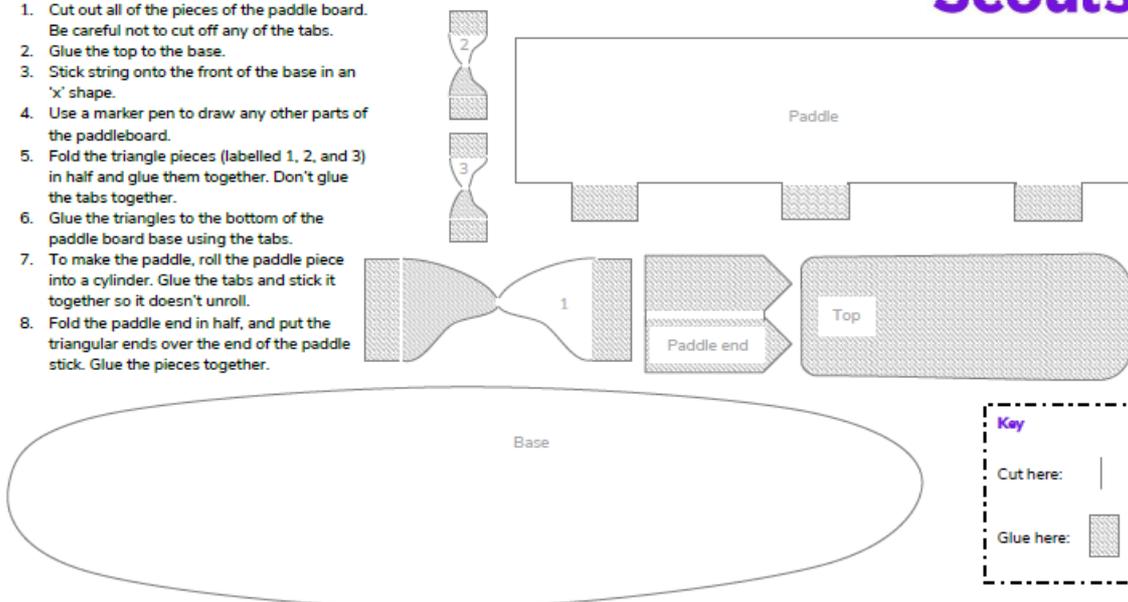
Leave to set.

Paper paddlecrafts



Make a paddleboard

1. Cut out all of the pieces of the paddle board. Be careful not to cut off any of the tabs.
2. Glue the top to the base.
3. Stick string onto the front of the base in an 'x' shape.
4. Use a marker pen to draw any other parts of the paddleboard.
5. Fold the triangle pieces (labelled 1, 2, and 3) in half and glue them together. Don't glue the tabs together.
6. Glue the triangles to the bottom of the paddle board base using the tabs.
7. To make the paddle, roll the paddle piece into a cylinder. Glue the tabs and stick it together so it doesn't unroll.
8. Fold the paddle end in half, and put the triangular ends over the end of the paddle stick. Glue the pieces together.



Make a kayak (instructions)

1. Cut out the pieces of the kayak. Be careful not to cut off any of the tabs.
2. Cut out the grey circle in the top of the kayak.
3. Glue the parts of the kayak together by folding and gluing the tabs. Use the line down the middle of the pieces to help keep the kayak aligned.
 - Glue the sides to the base of the kayak.
 - Gently fold along the dotted line on the top of the kayak.
 - Glue the top onto the sides of the kayak.
4. Fold and glue the seat onto the base of the kayak, putting it through the hole in the top.
5. To make paddles:
 - Roll the paddle piece into a cylinder.
 - Glue and stick the tabs so it doesn't unroll.
 - Put the triangular part of the paddle end over the end of the rolled paddle piece and fold it in half.
 - Glue the paddle end onto the cylinder.
 - Glue and stick the second paddle end to the other end of the cylinder.

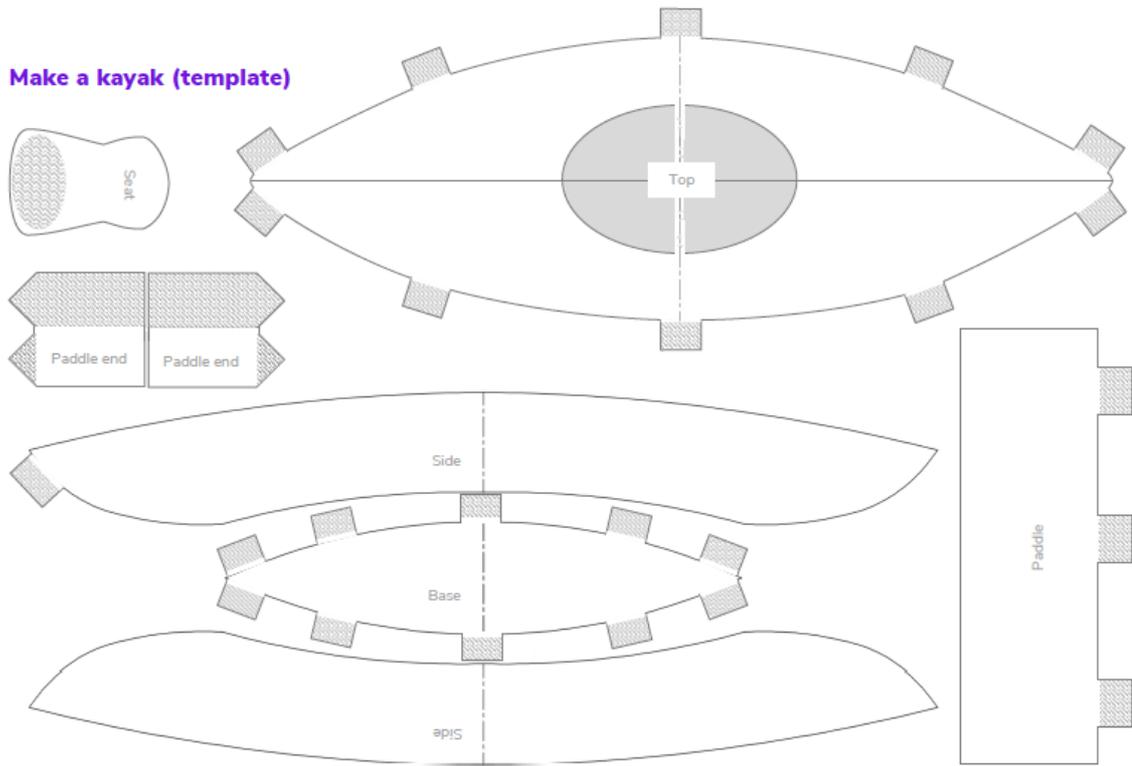


Make a canoe (instructions)

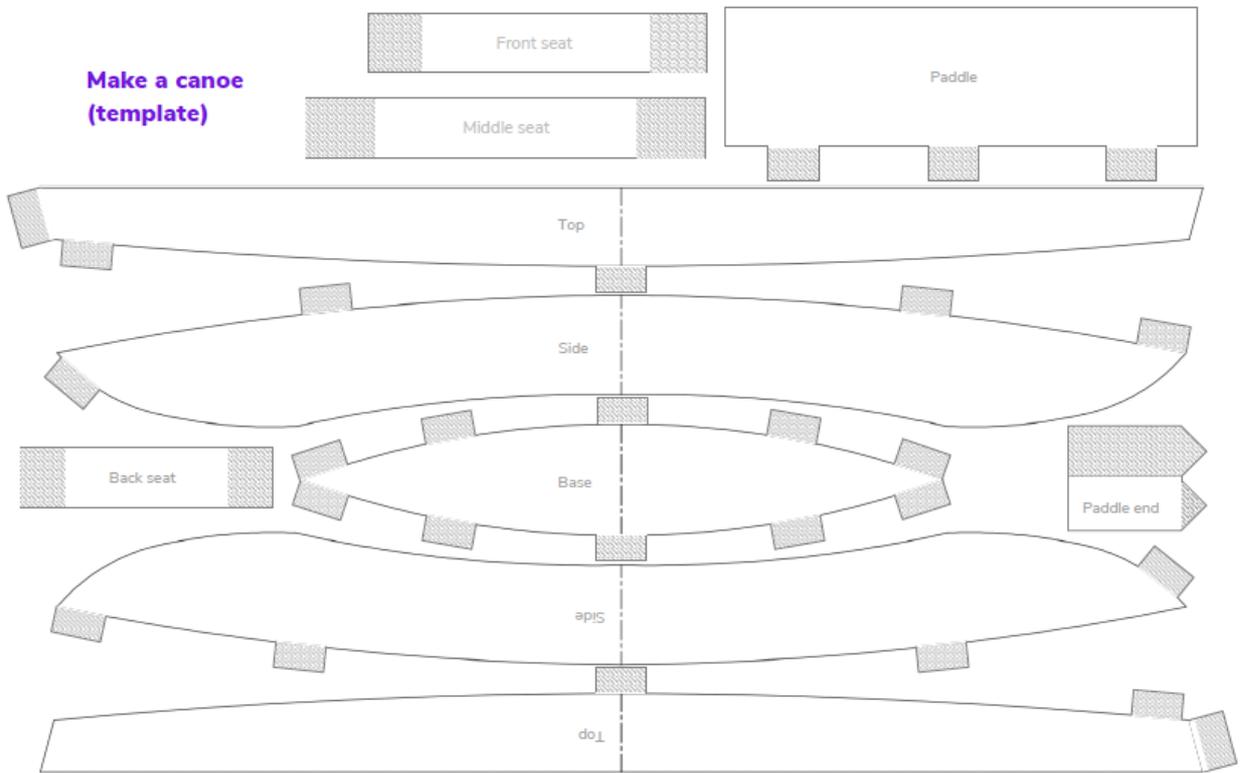
1. Cut out all of the pieces of the canoe. Be careful not to cut off any of the tabs.
2. Glue the parts of the canoe together by folding and gluing the tabs. Use the line down the middle of the base, sides and top to help keep the canoe aligned.
 - Glue the sides to the base of the canoe.
 - Glue the tops onto the sides of the canoe.
 - Glue the seats to the inside of the top of the canoe (with the text facing down).
3. To make paddles:
 - Roll the paddle piece into a cylinder.
 - Glue and stick the tabs so it doesn't unroll.
 - Put the triangular part of the paddle end over the end of the rolled paddle piece and fold it in half.
 - Glue the paddle end onto the cylinder.



Make a kayak (template)



Make a canoe (template)



If you like the thought of growing your own plants, taking better care of the ones you already have or being arty with plant pots then click on the link [DIY plant ideas](#) to find out more. There are ideas on how to grow your own vegetables, make fun egg heads and even have your own pineapple tree. It's an amazing feeling to watch them grow.

If indoor gardening doesn't appeal to you then you could always try making your own playdough. To make things easier, there is no cooking required but remember to store in an air tight container so you can possibly use again.

Follow the instructions on this sheet to make your own playdough – no cooking or hot water required!



No-Cook Playdough



Ingredients

- 2 cups plain flour
- 1 cup salt
- 1 tbsp oil
- 1 cup cold water
- 2 drops liquid food colouring
– any colour of your choosing

Method

1. Mix the flour and salt together in a large mixing bowl.
2. Add the cold water, oil and drops of food colouring and mix together.
3. When your ingredients are well mixed, take them out of your bowl and place your dough onto a flat surface, such as greaseproof paper.
4. Knead vigorously for a few minutes, until your dough feels like playdough and all of the stickiness has gone.

What is kneading?

This is when you press, massage, squeeze and fold your dough.

If your dough is too wet, add a little extra flour and carry on kneading.

If your dough is too dry and crumbly, add an extra drop of cold water and carry on kneading.

Make sure you add any extra ingredients a little bit at a time.