

# SPREAD YOUR WINGS



**ACTIVITY PACK**

# SPREAD YOUR WINGS ACTIVITIES

Here are some ideas that you could use with your children to enable them to break away from the monotony of screen based learning.

## GROUP ACTIVITIES

If local restrictions allow, families could work together to make it possible for each child/young person to have at least one opportunity in each week to do an activity with a child/young person from another family in the park or similar. Groups should make every effort to maintain a 2 metre distance during the activity. Take photos and videos of activity work so you can share them with others (in line with GDPR regulations, of course).

For group activities with older children, all members of a team should have each other's mobile numbers in case anyone gets separated from the rest of the group.

Ideally avoid public transport and use bikes or walk. Car sharing with people from another household is to be avoided. Consider wearing a face mask when engaged in outside activities. Some families have understandable concerns about health risks and wearing a mask will enable more people to participate in group activities without undue anxiety.

## EQUIPMENT

Some activities involve the use of tools or other specialist equipment. Parents should satisfy themselves that their child is mature enough to handle this equipment safely. It is important to take note of any health and safety instructions, especially if you are not experienced in using a particular material or tool. If you borrow or share any tool with someone outside your household, you should make sure that you wash your hands before and after handling it and disinfect the tool and any surface.

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# ACTIVITIES

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# TREASURE HUNT / SCAVENGER HUNT

You can make up your own treasure hunt relevant to your local area or you can purchase a ready-made treasure trail. Here are links to commercially available UK treasure hunts:

[Treasure Trails - the fun way to explore](#)

[City Treasure Hunts from Treasuredays](#)

Alternatively you could do a scavenger hunt. Here are suggestions for all sorts of scavenger hunts. [22 Best Scavenger Hunt Ideas for Kids - Indoor and Outdoor Treasure Hunt Ideas](#)

You can do the hunt in a team with people from your household or with other classmates. Keep to the local rules - in Tier 3, no more than six people in a group and keep a 2 metre social distance from people from other households. There should be a responsible adult with each group. Anyone who is unable to physically join the group, could be in a team with an open phone connection so that they can take part remotely and contribute ideas or information.

All members of a team who are physically walking around should have each other's mobile numbers in case anyone gets separated from the rest of the group.

If you are able to get together several teams, you could ask for a small contribution and award prizes for the team with the most correct answers, such as:

- A voucher for a local attraction (to be used when it opens again)
- Goody box of chocolate to be shared among the group



## FOREST SCHOOL CRAFT

You could use these in your own garden or donate them to a local forest school or nursery.

### Wind chimes

These are easy to make with pieces of twig, some twine and screw-eyes. Sand down any rough parts on the twigs, screw the hooks into the top and suspend using garden twine. You can leave the wood natural or add some paint effects.



### Wonder books

These are notebooks for primary age children to use to record their forest school experiences.



You can use a cheap shop-bought notebook or you can make your own notebook by using thick card for the outside covers and sheets of paper inside for children to write and draw on. Hole punch the cards and paper and lace with twine.

Decorate the front of the wonder book with fabric, twine, torn paper, small craft items or natural found objects) to make them attractive to children.

Include some resources that children can use to attach some of their finds - such as pockets on some pages or clothes pegs. You can use paper bags to create the pockets or just fold and glue some paper to make an open envelope.



## Forest school seats

For the more ambitious word-workers, here is something that will require a saw or axe.



You will need a log that you can cut/saw into rounds. A simple log round will make a basic seat for a small child but you could try sawing or carving a back. The seat (and back) will need to be planed to make it smooth and then rubbed over with sandpaper. You could paint the seats if you want, using an exterior wood paint.



To prepare the logs, clean or simply dust off the log cut-off, sanding down any sharp parts. You can simply cover the entire seat in the same colour, or you could get more creative and add ladybirds, bees, spiders or other designs that are simple to paint.

If you have enough logs and can find a plank of wood or an old round table top, you could even make a bench or a games table.



# LET'S GO (MAKE AND) FLY A KITE

Make a kite and take it to a local park to fly on a windy day.

Another method is shown here: [How to make a Kite from a plastic bag](#)

You will need:

- Plastic bag, bin bag, plastic tablecloth or similar

HOW TO MAKE YOUR OWN DIY KITE  
USING A PLASTIC GARBAGE BAG  
BY YUMI SAKUGAWA

YOU WILL NEED...

PLASTIC GARBAGE BAG

DENTAL FLOSS

STRING

WOODEN DOWELS

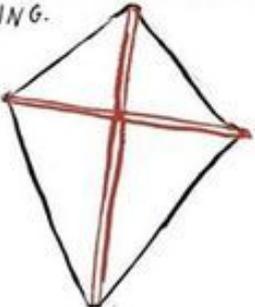
OLD TOWEL

TAPE

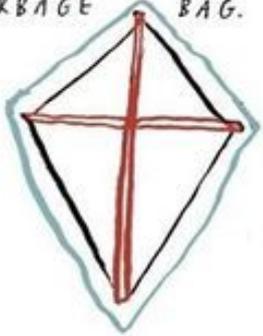
① TIE TOGETHER 2 STICKS INTO A CROSS. HORIZONTAL STICK SHOULD BE  $\frac{1}{3}$  OF WAY DOWN VERTICAL STICK.



② OUTLINE CROSS WITH STRING. MAKE SURE IT IS TAUT.



③ COVER KITE OUTLINE WITH THE PLASTIC GARBAGE BAG.



④ TIE EXCESS ENDS DIRECTLY ONTO THE WOODEN FRAME.

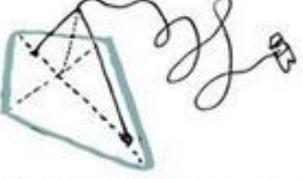


RUN STRING ALONG HORIZONTAL STICK AND PULL TIGHT. YOU WANT THE WOOD TO CURVE SLIGHTLY.

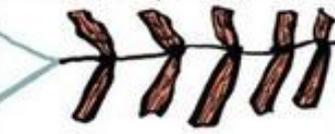
⑤ POKe HOLES ON BOTH ENDS OF KITE NEAR TOP AND BOTTOM OF THE VERTICAL STICK. THREAD STRING THROUGH HOLES AND REINFORCE WITH MASKING TAPE. LEAVE SOME SLACK; THIS IS THE STRING THAT WILL ATTACH TO THE LINE OF DENTAL FLOSS.



⑥ ATTACH ONE END OF DENTAL FLOSS TO STRING FROM STEP ⑤ IN A WAY THAT DENTAL FLOSS STRING IS PERPENDICULAR TO WHERE THE WOODEN STICKS CROSS.



⑦ ATTACH TAIL STRING TO BOTTOM AND TIE STRIPS OF AN OLD TOWEL



⑧ ALL DONE! FLY KITE ON A WINDY DAY



- Bamboo skewer sticks or 5mm dowel
- 7 metres of thin nylon string or dental floss
- Sticky tape
- Scissors
- Kite template (in pack)
- Thick needle
- Wind

## WOOD WHITTLING

Whittling away at a piece of wood is a wonderful way to forget about the troubles of the world (or your own) and get lost in creating something beautiful or quirky. Start with one of the simple projects, using simple tools. If you get hooked on this, you can try using more advanced techniques and tools.

### Whittling ideas

Whittle a simple **marshmallow** **toasting fork** for your next campfire.



Whittle a **simple flower**. Take a small, straight twig and peel off the bark. Then peel back thin strips of wood from the tip of the stick and open them out to look like petals. You could do a couple further down to look like leaves.

Once you have mastered these basic techniques, you can move on to carving spoons or animals.



You could hold a Whittling Competition with prizes for the most artistic, technically accomplished or original object.

## What you will need

- You need **young, fresh wood** that's not dried out. Don't pick twigs and branches off the tree – you'll find plenty that have fallen to the ground. Try and choose a smooth piece of wood without too many knots.
- A **vegetable peeler** is a good tool to start with and is useful for simple jobs like stripping off bark. Choose a good quality peeler as they're not really designed for wood and cheaper ones tend to break.
- A **folding penknife** - a lockable one is best as it won't accidentally close on your fingers. But you need to remember it's illegal to carry a lock knife in public without good reason. This means you can carry it to and from the woods if you're going to use it there, but not stop off at the shops on your way home with the knife in your pocket.
- If you get really into whittling, you may want to invest in a proper **wood carving knife**.
- **Sandpaper** is useful for smoothing rough edges.

## How to whittle safely

- Practice using your peeler and knife on vegetables or a dry bar of soap before you get started on wood.
- Use a push stroke. This means cutting away from your body, or the hand holding the piece of wood.
- Be patient and slice off a tiny bit at a time. If you press too hard, you may lose control of the knife or get it stuck.
- Never hold the wood in your lap as the knife will be too close to the large blood vessels in your thighs. Hold it past your knees or to the side, or sit at a table.
- Don't walk around holding the knife.
- Have a first aid kit handy just in case.

# MARBLE RUN

Create a marble run that can be used by younger children.

Watch this video first: [Educational Activities for Kids: Marble Run Challenge](#)

Use a cardboard box and cardboard struts to create a marble run. The marble must run for 60 seconds - no more, no less.

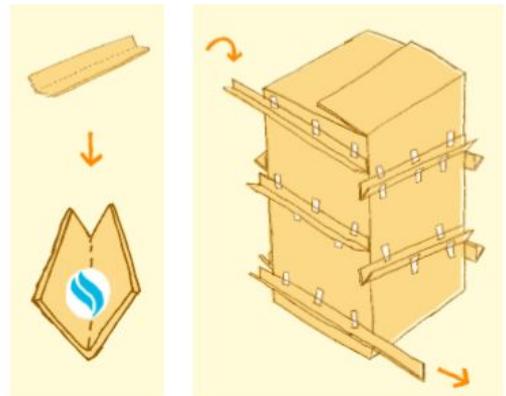
## Materials

- Large cardboard box
- Cardboard struts or strips of card
- Tape
- Marbles - you can use ball bearings or even newspapers screwed up
- Scissors



## Method

1. Use tape to attach the cardboard struts to the cardboard box, creating a run for the marble.
2. Place the marble at the top of the run and time how long it takes for it to reach the bottom.
3. Keep improving your design until the marble takes exactly 60 seconds to reach the bottom.



## Top tips

If you can't find cardboard struts, make your own by folding four inch wide strips of cardboard in half to create a V shape.

To help you to control the time your marble takes to run its course you'll need to consider a few factors:

- **Potential energy** = mass x gravity x height: The heavier your marble and higher your slope, the more energy your marble will have.
- **Friction**: The rougher or stickier the surface, the slower your marble will travel.
- **Angle of the slope**: The less steep the angle of the slope, the longer the marble will take to reach the bottom

# PAPER ENGINEERING

Make a pop-up card or a working card model using a range of paper engineering techniques.

For a complete course in making pop-ups you cannot do better than Duncan Birmingham's Pop-up Channel tutorials: [The Pop-Up Channel](#).

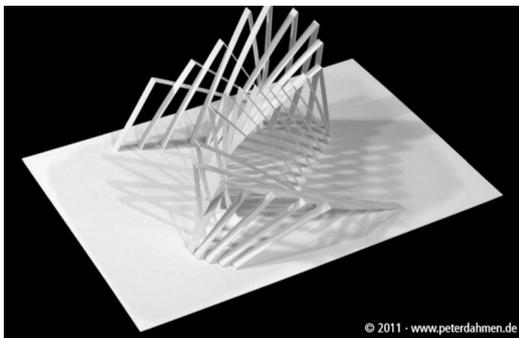
Here is the introductory one but there are many, many more with lots of different techniques demonstrated. [Pop-Up Tutorial 1 - Introduction – Materials and Basic Theory](#) The channel has a wonderful video that shows how lots of different techniques have been used by some of the great pop-up artists. [Pop-Up Tutorial 40 - Pioneers of Pop-Up - Part One](#)

Once you have got some inspiration and ideas, start with simple card cutting and folding techniques such as the 'pop-up city' card, then progress to more challenging card designs. There is a template for the abstract card design below - try making it with different coloured paper.



[How to Make a City Pop-Up Card | Pop-Up Cards](#)

[Amazing Pop Up Card Tutorial](#) (abstract design)



Once you have got the hang of the basic cutting and folding techniques, you can start to design your own pop-up card.

# FAMILY / HOUSE HISTORY

## Family history research

If you have ever watched *Who do you think you are?*, you will know how fascinating it can be to research about your family history. The best place to start is by talking with your parents and grandparents about what they already know about their ancestry. Is there someone whose life sounds particularly interesting. Aim to start with just one particular line and follow the trail as far back as you can. Ask parents and grandparents for photos and use online sources.

Produce a presentation or booklet about what you have discovered. Think carefully about how you will lay it out, balancing text, images and extracts from documents. Here is one done for a new baby in the Boulton family - produced as an A4 booklet.

The booklet is titled "HENRY BOULTON'S HERITAGE" and contains 12 pages of family history research. The pages include text, photos, and document extracts. Key elements include:

- Page 1:** Title page: "HENRY BOULTON'S HERITAGE".
- Page 2:** "You are the first **Henry Boulton** for five generations." Includes a map of Pickering and text about Henry Sr's lineage.
- Page 3:** "Both the Henrys were born in Pickering in North Yorkshire." Includes a census extract and text about Henry Sr's work as a joiner.
- Page 4:** "In his teens Henry became his father's apprentice and began to learn how to make carts and wheels." Includes a photo of a wooden cart and text about his work as a cooper.
- Page 5:** "At some time in the 1820s Henry Sr married Ann from York." Includes a census extract and text about his marriage and work as a miller.
- Page 6:** "This is the house where the family and their visitors lived." Includes a photo of a house and text about the family home.
- Page 7:** "Henry Boulton Sr took on building work throughout the local area and would ride around on a large horse to supervise the building work." Includes a photo of a man on a horse.
- Page 8:** "By the late 19th century, Henry was well off enough to buy some land outside the village." Includes a photo of a house and text about his land.
- Page 9:** "Great-great-great-grandfather Henry bought his elder son, James to take over the family business." Includes a photo of a mill and text about the family mill.
- Page 10:** "Henry Jr married Alice Culum in 1894 and they had a daughter called Rose." Includes a census extract and text about his marriage.
- Page 11:** "Some years later, Henry Jr was talking with his doctor friend, Dr John L. Kirk." Includes a photo of a mill and text about his work as a miller.
- Page 12:** "ABBREVIATED FAMILY TREE" showing a family tree diagram.

You can get a 14 day free trial with Ancestry. You must ask your parents' permission before signing up for this as it requires credit/debit card details. Make a careful note of the date by which you have to cancel before any charges are incurred. This will open you up to a wealth of sources, including the UK census data, birth, marriage and death records, as well as some war records and immigration/emigration records.

<https://www.ancestry.co.uk/cs/offers/freetrial/>

The **UK Census Records** which go from 1841 to 1921 are also available to access at: [Free Search](#)  
The amount you can find out is limited on the free search.

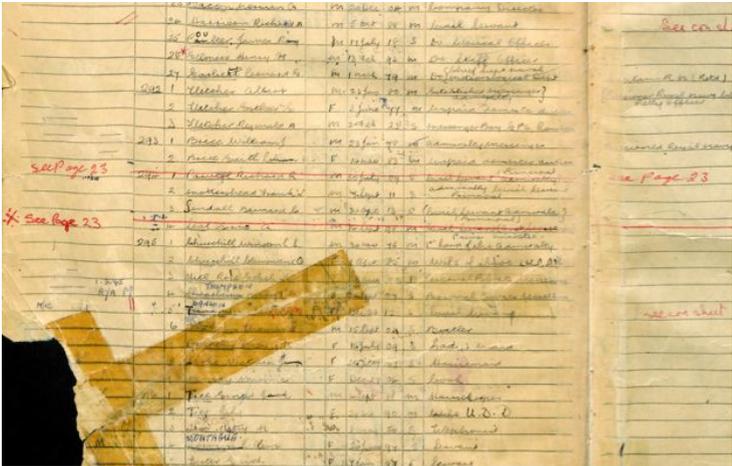
There is another interesting document called the **1939 Register** which records the details of who was living in every house in the country for the purposes of making up ration books during the war. Again you can have a 14 day free trial. <https://www.findmypast.co.uk/free-trial>

# House history research

Some of you may have been watching the amazing series *A house through time* presented by Prof David Olusago. Here is the link to the first series which was set in Liverpool: [A House Through Time Series 1 1of4 - video dailymotion](#)

Instead of tracing the history of your family, you find out who has lived in your house. This really works best with an older house as if you are living in a new build, there won't be much to find out!

Your parents might have the title deeds for your property, which will contain information about when it was built and who has owned it as it has changed hands over the years. If your house is older than 1939, you can find out who lived there through the 1939 Register (see above). You can also use the census records.



## ART ACTIVITIES

Choose one or more of the following.

### Chalk pavement pictures

Using pavement chalk, create a series of pictures that can be joined together to illustrate a theme, tell a story, share encouraging words or Bible verses with passersby.



If you are good with perspective, you can try to create a 3D effect.



### Decorated stones

Find a decent sized stone/rock about the size of a fist or bigger. Paint with normal paint and varnish or use nail varnish or permanent marker pen. Take them to the park and put them at the foot of trees to cheer up passers by.

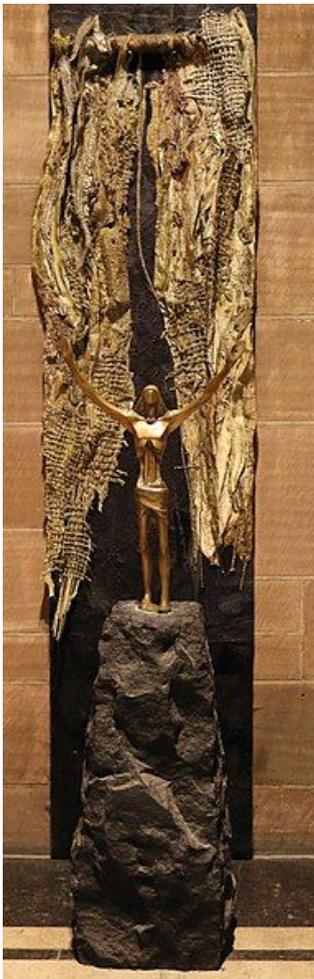


## VIRTUAL ART GALLERY

Get together with a group of classmates to stage a virtual art gallery tour.

Find a good quality picture of your favourite work of art (painting, sculpture, etc). Upload your picture onto a suitable digital platform (eg Google Classroom or Microsoft Teams, together with a text comment about the art work and why you choose it. Appoint a curator who puts the pictures and comments together in a slide show.

Here is an example of an image and comment:



*This is a bronze statue made by Liverpool artist Arthur Dooley. He died before it was completed but his friend, Ann McTavish, found it in his studio and decided to put it together with a piece of her own textile art to make this piece called Redemption. It depicts the moment when Christ burst out of the grave.*

*I love this piece of art because it seems inspired by the Holy Spirit as neither artist had the whole vision for the finished work. I sometimes use it as a backdrop to a time of prayer, especially if the situation is difficult. I imagine the people I am praying for being led by Jesus through the torn curtain into the presence of God.*

When all the pictures and comments are collated, get everyone together to hold a virtual digital tour on Zoom or similar platform. Invite each contributor to read out their comment and take questions from other visitors to the art gallery.

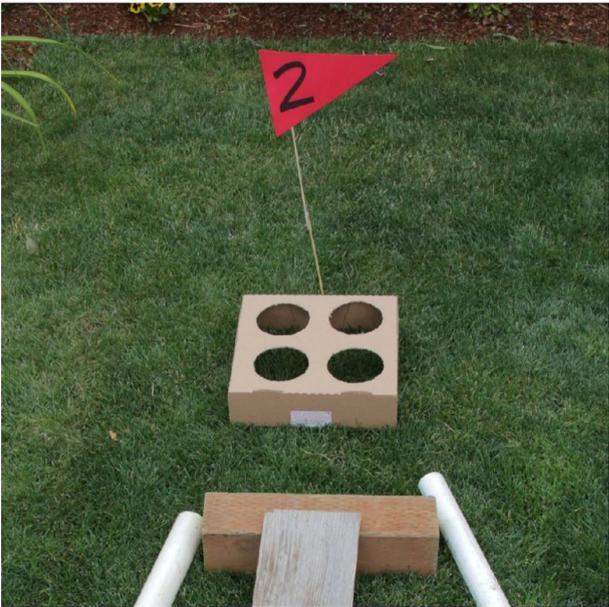
# SOCIALLY DISTANCED GAME

Devise and/or play an outdoor game in small groups while maintaining a social distance in local park(s). Remember you must keep a safe distance and you must not touch a ball or other piece of equipment that someone else has touched.

Here's one idea:

## Miniature Golf

Create mini golf obstacles at the park using junk (toilet rolls inners, pop bottles, plastic flower pots, cereal boxes, etc). Each person creates one or more 'holes' each. Then you can play the course using your own club and ball.



## MUSIC & DRAMA

Work together in a small group and prepare a short sketch (at a social distance) that can be videoed about someone who has been a source of inspiration to you. They can be from the Bible, a character in history or someone contemporary.

You can physically get together to do this at a safe distance or you can film yourself acting or playing an instrument and then get someone with good video-editing skills to put it all together.

Here is a beautiful socially distanced song from Lauren Daigle that shows how you can have one person record the instrumental part and then the other person plays that through a headset while recording themselves singing on another device:

<https://youtu.be/vuz7SMYydmI>



## SOCIALLY DISTANCED PICNIC

*Save for a warmish day or you could brave the elements if you are well wrapped up and have good umbrellas!*

Plan, prepare and enjoy a socially distanced picnic in a local park.

You can plan and prepare your food at home and then bring it to the picnic in separate containers so that people do not have to share serving spoons or knives. Or have everything cut up in pieces already. Some people may prefer not to share but just bring their own.

Be ultra hygiene conscious when preparing your food. Wash your hands before, during and after handling the food. Do not touch your face at any time.



When setting out your picnic a 2 metre square cloth is very helpful to keep everyone at the correct distance. One person should place the food in the centre then people should approach the food one by one to take what they want, before retreating to their side of the picnic cloth.

## HIKING

Complete a mini-hike in groups of three or four with one or two adults - all at a two metre distance throughout and cook a simple meal on a camping stove.

Safety will be the number 1 priority at all times and the leaders must insist on social distancing. It will be necessary to consider not only the health and safety of group members but also members of the public, so you need to be aware of mitigating risks of touching gates/stiles, etc by sanitising hands before and after opening them or climbing over them.



## REMOTE CONCERT/THEATRE TRIPS

Look through the four options and decide which one you are going to watch and with whom. Then fix a time when you can all watch at the same time.

Watch your concert, musical, ballet or play in your own home but use your phone or other device to be in contact with the other people in your group before and after the performance. You should also decide when you will have an 'interval' part way through the performance to discuss your thoughts so far - you could have two if it is a long performance.

There are some discussion questions at the end of the description of each production. You can start your discussion with these but feel free to branch off and talk about other aspects of the production that interest you.

### Ballet

The Royal Opera House is streaming some filmed versions of its ballets and operas. The price for access starts at £2.50.

[Royal Opera House Stream](#)



Choose one and watch it at the same time as others in your group. Then you can discuss it together afterwards.

## Concert

*Elgar's Cello Concerto*      About 32 minutes x 2

This is an amazing piece of classical music that will make you come out in goosebumps or sob your heart out. There are two recordings here for you to listen to - you could just choose one but it is really interesting to listen to them both and compare the way these two very different musicians interpret Elgar's piece.



Jacqueline du Pre gives us one of the great, classic interpretations of the piece. Her own life story seems to mirror the tragedy and soaring longing in the music. She is regarded as one of the greatest cellists of all time but her career was cut short by multiple sclerosis, which forced her to stop performing at the age of 28 as she began to lose sensitivity in her fingers and other parts of her body. She died aged 42.

In this recording, her husband Daniel Barenboim conducts the orchestra:

[Jacqueline Du Pré - \(Elgar\) Cello Concerto in E Minor, Op. 85 - Daniel Barenboim](#)

The second recording is much more recent and is performed by Sheku Kenneh-Mason at the 2019 BBC Proms. You can see the emotion that he feels and puts into the music.

[Elgar - Cello Concerto - Sheku Kanneh-Mason \[BBC Proms 2019\]](#)



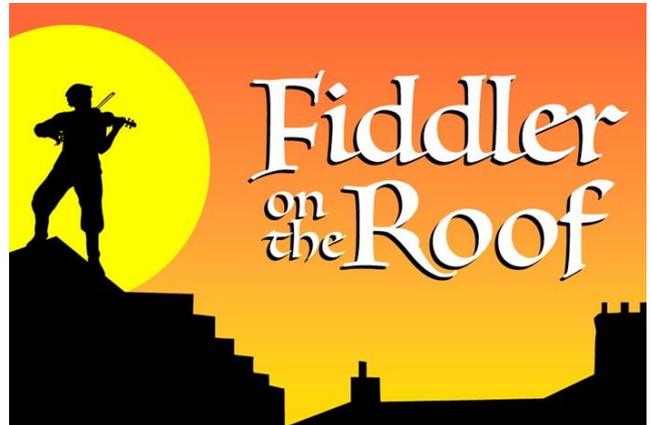
### Discussion points:

How did each version impact you? Which did you prefer and why? How were they different?

## Musical

### *Fiddler on the Roof*

This is the screen version of the popular Broadway musical, set in pre-revolutionary Ukraine. A Jewish milkman Tevye, played by the renowned Topol, plans to marry off his three daughters. However, none of the girls chooses what their father considers to be a suitable partner. Meanwhile the Russian Czar and his Cossack soldiers begin a campaign of intimidation against Tevye's



village, eventually forcing them all to flee.

The songs include *If I were a Rich Man*, and *Sunrise, Sunset*. This musical beautifully depicts life in a traditional Jewish community before persecution and revolution drives them apart.

Here is a trailer: [Fiddler on the Roof Official](#)

### [Trailer #5 - Topol Movie \(1971\) HD](#)

*Note:* There is a scary bit when Tevye tries to persuade his wife to let their daughter marry her sweetheart: he pretends he has had a dream where his wife's departed grandma visits him as a ghost and warns him of dire consequences if he forces their daughter to marry someone she does not love.



If you have Amazon Prime, you can watch it for free if you start a 7 day trial with MGM or you can rent it for £2.49.

*Discussion points:* What aspects of Jewish life in the early 20th century did you find most appealing? How would you describe Tevye's relationship with God? Which was your favourite song and why?

## Theatre Play

*I, Cinna (the poet)* 48 minutes

This is one of a series of solo shows written and directed by Tim Crouch inspired by Shakespeare's lesser characters, including I, Peaseblossom and I, Malvolio (RSC, 2011) and was commissioned as part of the RSC's World Shakespeare Festival.



In Shakespeare's *Julius Caesar*, the poet Cinna hardly says a word before he's mistaken for someone else and torn to pieces by an angry mob. He's Shakespeare's unluckiest character. Now Cinna searches for the subject of his next poem and invites us, the audience, to write with him, live. This production, starring the mesmerising Jude Osuwu, is a filmed version of the solo show and will make you think about words and actions, art, protest and power.

You can watch it here: [I, Cinna \(The Poet\) full-length film | 2012 | Royal Shakespeare Company](#)



*Warning:* you will see a dead chicken being cut up as Cinna looks for omens about the future but the assassination of Julius Caesar takes place off stage.

*Note:* have a notepad and pen handy as you will be invited to write your own poem.

Watch the trailer here: [I, Cinna \(The Poet\) feature trailer | 2012 | Royal Shakespeare Company](#)

*Discussion points:* Share any poetry you have written during this production. Does taking a minor character and seeing the events in a Shakespeare play from his perspective give you a better understanding of the play? What did you think of Jude Osuwu's performance?

## **SOME OTHER ACTIVITIES YOU CAN CHOOSE TO DO**

- Learn a new skill in a fortnight and present a photo/video journal of the experience
- Take the word 'HOPE' or 'THANK YOU' or similar and create something that portrays the meaning of that word. Each student can explore a 'gift' that they have to do this - for example if they are arty, they would produce a piece of art: if they are musical, it could be a song; if they are caring, it could be a gift for someone else.
- Celebrate the diversity of each other's backgrounds: coming together physically or digitally to share/show food, music, culture, stories, language from their different cultures