GET CREATIVE

The Great Outdoors!
Five Senses Nature Scavenger Hunt
Explore outside on a walk or in a garden, to find as many challenges as you can. [Click here for the sheet]

AAC Boards Garden Hunt (SEND)
You can download 3 versions of a simple nature hunt AAC board to use during outdoor activity. [Click here]

Botanical Drawings
Pick a plant, flower or tree to draw, and have paper and drawing materials ready! The House of Illustration has a guide to botanical illustration [here]

Make a Bee Hotel
Help your family build a bee hotel to give a wandering bees a place to rest and help protect the environment in your area! [Have a look here]

MAKING MUSIC

Body Percussion – where your body is the instrument! There are many ways to use the body to make sound and rhythm. The four main body percussion sounds are clicking, clapping, patting and stamping. Also try tapping your chest, slapping your thighs or rubbing your hands together. Listen to the different types of sounds produced by the different actions.

Create a simple rhythm like clap, clap, stamp, click, click, stamp! For variety, add more actions to the sequence, repeat them, change the order, speed them up or slow them down!

Need more inspiration? [Watch Anna Meredith demonstrate body percussion moves in this BBC Ten Pieces video of her composition Connect It.]

WORLD OF WORK

Key worker of the week: NHS
3 examples of NHS key workers are:
- Nurses
- Doctors
- Cleaners

Nurses and Doctors look after sick people to help them get better. Cleaners make sure that hospitals are safe and clean so that diseases do not spread.

ACTIVITY:
Ask an adult to help you put together your very own first aid kit so that you can practice being a health professional from home!