

FUN ACTIVITIES: WEEK 1

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](#)

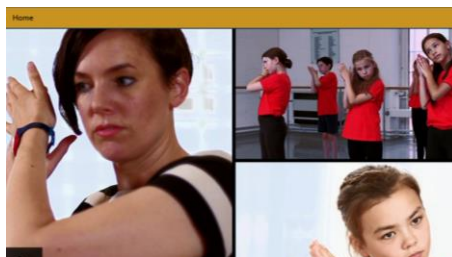


MAKING MUSIC

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!