

Home Learning  
Week 10  
W.C. 15.6.2020

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Year 2

Home Learning

Please write all answers in your distance/home learning  
journals and email:

[ash@newvalleyprimary.com](mailto:ash@newvalleyprimary.com)

Hi Year 2,

Hope you are all keeping well!

We've been busy here at school and I can see some of you have been at home too.

We are starting a new topic for Maths and we will be looking at the Tear Thief for VIPERS and English.

We have lots of fun things for you to try in our discovery.

Make sure you join us for our class call on Tuesday and join in with Well-being Wednesday.

Speak to you soon!

From Miss Swainson

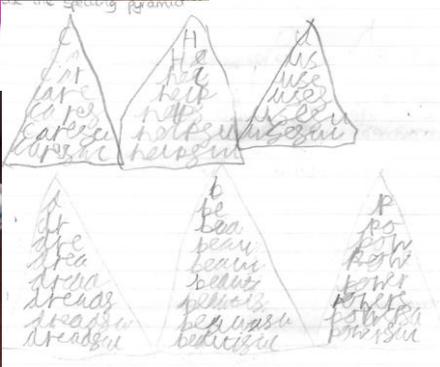
# W O W W O R K



## Penguins

habitats  
they live in the South Pole.  
their enemies are sharks, whales, seals.  
they hunt fish for the sea.  
Fun Fact  
they don't live near Santa.

DESCRIPTION  
they are 17 diff. spcies.  
a group of penguins are called a waddle.



## PENGUINS

What penguins eat

- penguins eat a large of fish and other sea life that catch under water.

Where penguins live

- penguins live in south equator.
- none of them live in the North Pole.

Fun Facts

- Large penguin populations can be found in countries such as New Zealand, Australia, Chile, Argentina and South Africa. Most penguins live in the Southern Hemisphere.

A colony of penguins can have about 20000 individuals in the year.

The emperor penguin is the largest species in the world and can be as tall as 1.2 meters.

### Fun Facts

Most penguins only lay one egg a year.

Notes about penguins

What do penguins eat? Fish, squid and krill.

How many species of penguins are there? 17 different species of penguins including Emperor, King, and others.

A penguin is a bird!

What do penguins eat? Fish, squid and krill.

How many species of penguins are there? 17 different species of penguins including Emperor, King, and others.

Math Monday 30 June 2020

70P

65P 10P

45P 50P 20P

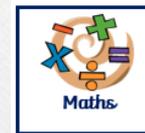
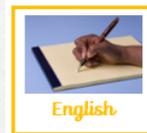
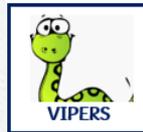
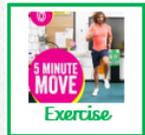
70P

45P 25P 10P

# Day 1

## Timetable for the day

New Monday  
New week  
New goals



Why are frogs are  
so happy?

They eat  
whatever  
bugs them.

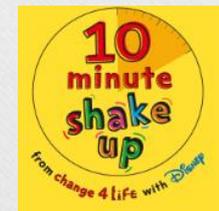
# Good morning! Let's start the day with some exercise.



Choose what you would like to have a go at:

#PEwithJOE

Click [here](#) to follow the link to Joe's Youtube channel – The Body Coach to join in with his live PE workout every morning at 9am.



If you want a song to start the day, listen to and join in with...

'Start the day with exercise'



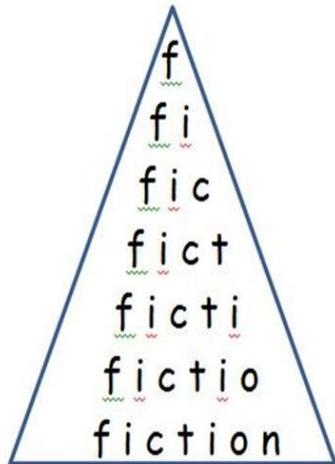


# Spellings

Suffix -ness.



This week we are looking at the suffix -ness  
Write out the words below ready to use one of our  
practice methods.



Fairness  
Sadness  
Kindness  
Willingness  
Fitness

The word **happy** ends with a 'y' when we add a  
suffix we change the 'y' for an 'i'.

The word is spelt **happiness**. The same is true of

Silliness  
Nastiness  
Tidiness

This weeks common exception words are :  
**behind, beautiful, children, child, many**





# Spellings Day 1

Suffix -ness.



Now to practice your spellings.  
Today we are going to the look, Say, Cover, Write, Check method to help us to practice and learn our spellings.

Add the suffix *-ness* to the words below:  
Then use the practice method to learn your spellings.

*fair*  
*sad*  
*kind*  
*willing*  
*fit*

And the words ending in 'y'

*happy*  
*silly*  
*nasty*  
*tidy*

<b>LOOK</b> 	Look at the word. How many parts are there? What are the tricky bits? Can you find any spelling patterns?
<b>SAY</b> 	Say the word to yourself. Break the word into syllables. How many parts are there? What sounds can you hear?
<b>COVER</b> 	Cover up the word so you cannot see it. Picture the word in your mind.
<b>WRITE</b> 	Write down the word, remembering how it sounds and what it looks like.
<b>CHECK</b> 	Check to see if it is correct. Tick the letters you got correct. Write the word correctly if you made any mistakes.

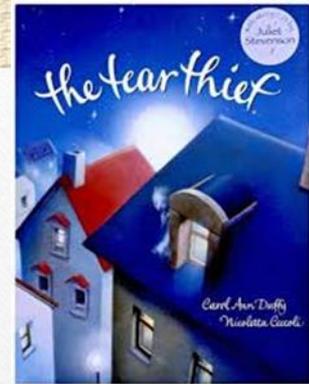


Please write your date and VIPERS at the top of your distance-learning book.

**Monday 15th June**

**The Tear Thief**

Watch and listen to the story up to 'rain gurgled and chuckled in the gutters'  
**6mins 12**



Match the shape of the tear to the child by drawing a line.

Long tears

Baby having nappy changed

Tiny tears

Boy caught lying

Pear-shapes tears

Boy who has trapped his finger  
in a flute



Match the colour of the tear to the emotion.

Red

Self-pity

Green

rage

Turquoise

guilt

White

jealousy

Amber

fear



Complete these sentences:

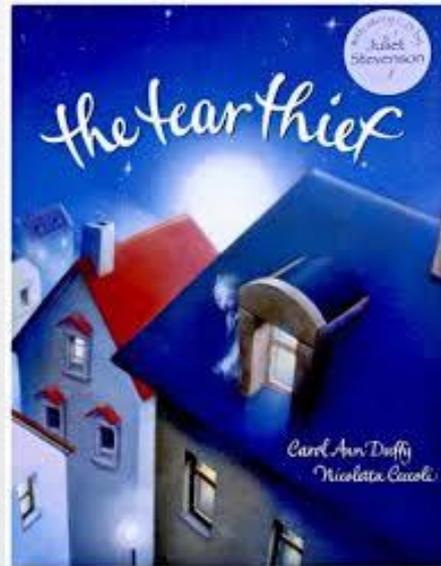
Tears of \_\_\_\_\_ were purple like \_\_\_\_\_.

Tears of \_\_\_\_\_ were pink like \_\_\_\_\_.

Tears of \_\_\_\_\_ were yellow like \_\_\_\_\_.

## English- Day 1

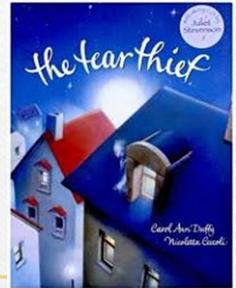
We have been watching the Tea Thief as part of our VIPERS.  
This week we are going to look at the story again in our English.



Click on the link or the picture on each page to see the film..

# English- Day 1

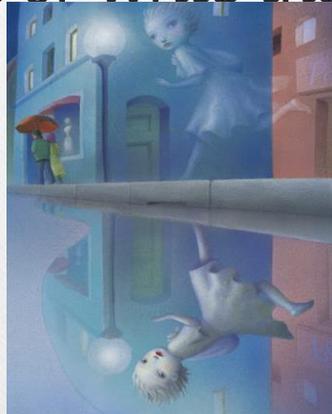
LO: To write sentences using common exception words, adverbs and adjectives.



Can you order these pictures: you can cut them out, redraw them or write the letter in your book.



A



D



B

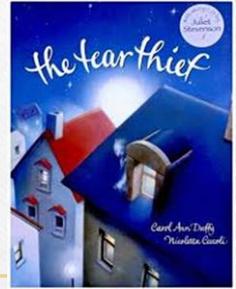


C

## English- Day 1

LO: To write sentences using common exception words, adverbs and adjectives.

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Can you order these sentences?

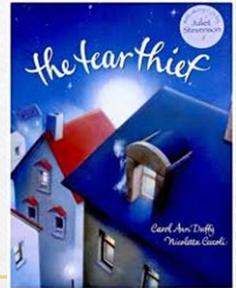
Write them in the right order in your book.

Do they come at the beginning, middle or end of the story? How do you know?

- A little boy was sitting in the bath crying.
- The girl's lost dog was splashing towards her.
- Late one evening, the Tear Thief crept silently into town.
- "I WANT CHOCOLATE" screamed the girl at Number 25.
- The girl ran and ran, searching in every puddle for The Tear Thief.

# English- Day 1

LO: To write sentences using common exception words adverbs and adjectives.



Can you use the vocabulary below to write 5 of your own sentences about the Tear Thief. You can use other words too.

crept	silvery	jumped	sneaked	spiky	the	because	some	would	made
pounced	peeped	bright	vanished	whispered	she	pretty	behind	should	door
silent	short	listened	stole	slipped	was	beautiful	climb	had	house

Here are some examples of sentences you may write using the words above:

**The** Tear Thief **had** **short**, **spiky** hair.

**The** Tear Thief wore a **pretty**, **silvery** dress **made** of a handkerchief.

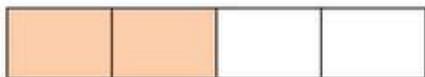


# Maths Flashback

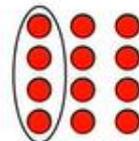


1) What fraction of the shape is shaded?

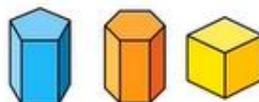
Write your answer in two ways.



2) What unit fraction is represented?



3) How have the shapes been sorted?



4) What is the missing number?

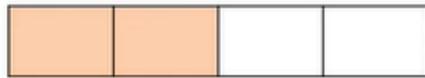
15, 12, , 6, 3



# Maths Fluency Answers



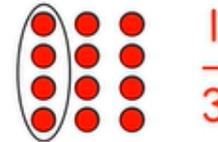
- 1) What fraction of the shape is shaded  
Write your answer in two ways.



$$\frac{2}{4} \text{ or } \frac{1}{2}$$



- 2) What unit fraction is represented?



$$\frac{1}{3}$$

- 3) How have the shapes been sorted?



Triangular faces  
and non-triangular  
faces

- 4) What is the missing number?

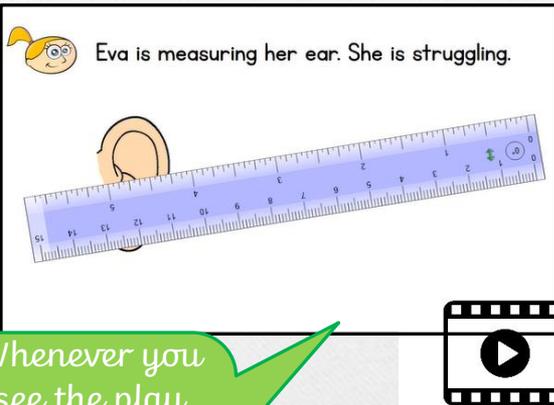
15, 12, 9, 6, 3

02:09

For this lesson you will need your ruler from your home learning kit sent home.

# Day 1- Monday -15.6.2020

## LO: To measure using cm.



Whenever you see the play sign, click on it for your video of the lesson.



1 How long is the pen to the nearest centimetre?



The pen is  cm long.

2 How tall is the doll to the nearest centimetre?



cm



Day 1- Monday -15.6.2020

LO: To measure using cm.

3 Use a ruler to draw the lines.

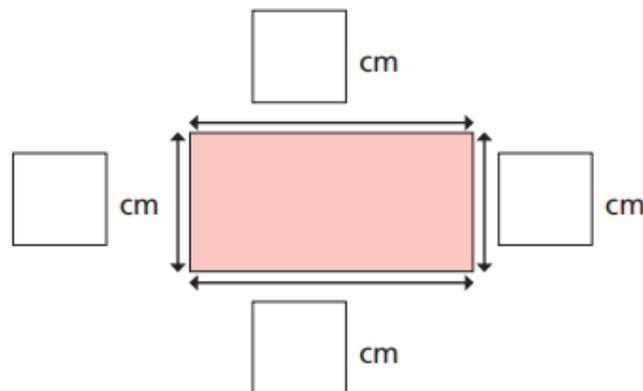
a) 12 cm long

b) 7 cm long

c) 8 cm long

4 How long is each side to the nearest centimetre?

Measure and label the rectangle.





# Day 1- Monday -15.6.2020

## LO: To measure using cm.



Whenever you see this button, click on it for your answers.

5 Rosie measures the length of a tube of sweets.



The tube is 8 cm long.



a) Do you agree with Rosie? \_\_\_\_\_

Talk about it with a partner.

b) How long is the tube to the nearest centimetre?

 cm

6 You cannot use a ruler to measure the line.



Why not? How could you measure it?

8 Amir has a 15 cm ruler.



I cannot measure anything that is longer than 15 cm.

Is Amir correct? \_\_\_\_\_

How could he measure an object longer than 15 cm?

Talk to a partner.



Reading

# Reading and mind time



Mind time

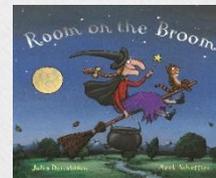
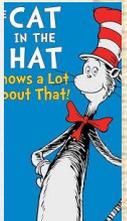
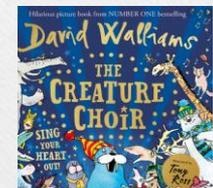
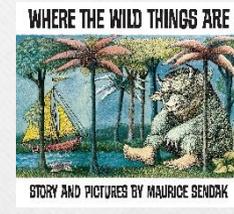
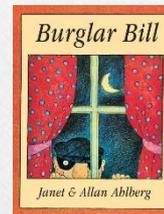
Log onto Bug Club and do some reading. Miss Swainson will be checking this regularly.



Click on the book to listen to one of the teachers at school reading it!

Check out some of these mindfulness websites:

- <https://www.headspace.com/subscriptions> Head Space - a website for children to learn and take part in meditation.
- <https://www.youtube.com/user/CosmicKidsYoga> Cosmic Yoga - yoga, mindfulness and relaxation designed specifically for kids ages 3+.
- <https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/> Cosmic Kids guided meditation.



Why not read with a police officer? Click the picture to hear them read!

# Discovery Week

## 10

Now you try it.  
Looks like!  
Mirror writing  
This is what



### Music

Make music using jars. See if you can make the sounds of the Tear Thief.

[https://www.bbc.co.uk/bitesize/articles/zd74\\_sxs](https://www.bbc.co.uk/bitesize/articles/zd74_sxs)

### Science

The Tear Thief was invisible but you could see her reflection. Have a mirror in front of you. What happens to your reflection when you look at it? Write your name on a piece of paper and hold it up to the mirror. What happens to your name?

Can you write your name so it looks correct in the mirror?

### Art

Create a picture using light and dark. The Tear Thief only worked at night.

<https://www.thenational.academy/year-2/foundation/to-create-shadow-art-year-2-wk5-5>

### Science

What is the difference between Night and Day?

<https://www.thenational.academy/year-2/foundation/what-is-the-difference-between-night-and-day-year-2-wk3-3>

### Spanish

Learn the days of the week and the months of the year in Spanish.

<https://www.thenational.academy/year-2/foundation/learning-the-days-of-the-week-and-months-of-the-year-in-spanish-year-2-wk4-2>

### Science

Which materials are reflective?

<https://www.thenational.academy/year-2/foundation/which-materials-are-reflective-year-2-wk4-3#slide-2>

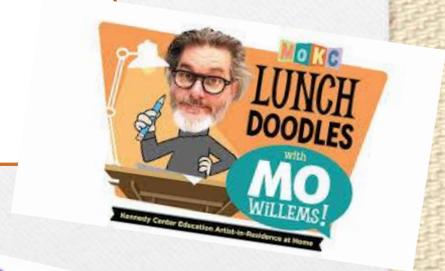


# Creative time/ Free time



**30 Day Lego Challenge**  
 Day 26  
 Build a machine that can help you with lots of different things!

Click on one of the 30 day challenges to choose an activity!



Fitness

Life Skills

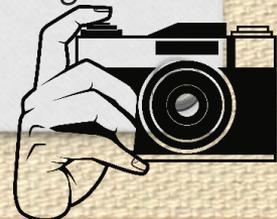
Writing

Art/DT



Click on the tree to find an outdoor learning activity!

Ask an adult to take a photo of all of your work today to send to me!





Getting outside is good  
for your wellbeing!  
Here are some ideas...



### INVENTOR SCAVENGER HUNT

- Find something that you can turn
- Find something that is bumpy
- Find something that is metal
- Find something you put together
- Find 3 things that are round
- Find something you twist
- Find something shiny
- Find something you can roll
- Find a tube
- Find 3 things that are squishy
- Find something clear
- Find something that can bounce



### BOOK SCAVENGER HUNT

- Find an animal in a book
- Find the word spring in a book
- Find someone helping someone in a book
- Find a picture of a sun in a book
- Find a book that makes you laugh
- Find a bug in a book
- Find someone sleeping in a book
- Find a character sitting in a book
- Find a cat in a book
- Find a cat in a book
- Find a superhero in a book
- Find a bike in a book



### RAINBOW SCAVENGER HUNT

- Find something red
- Find something yellow
- Find something orange
- Find something green
- Find something blue
- Find something purple
- Name a Fruit that is red
- Name an animal that is yellow
- Name a vegetable that is orange
- Name a plant that is green
- Name a flower that is purple
- Name something outside that is blue



### INDOOR SCAVENGER HUNT

- Find a Fork
- Find something that is red
- Find a tissue box
- Find 3 things that have wheels
- Find an orange crayon
- Find something that is very soft
- Find a band-aid
- Find a key
- Find 2 books that match
- Find something round
- Find a shaker
- Find a rubber band
- Find a pair of glasses
- Find an envelope



Have a go  
at a  
scavenger  
hunt!



See Miss  
Wingrave's 30  
Days Wild  
nature  
challenges!



Explore 30 Quests for students  
around the world to celebrate,  
explore and connect with  
nature.

Click here to find some  
outdoor learning activity  
ideas!

\* **SPRING  
INTO SPRING**

BIRD'S NEST	ANT	RABBIT	BLACKBIRD	BERRIES ON A TREE
SPARROW	DANDELION	FROG OR TOAD	FEATHER	WASP
LADYBIRD	ANIMAL-SHAPED CLOUD	BLUE TIT	CATERPILLAR	OAK TREE
DAISY	WORM	NETTLE	SPIDER'S WEB	CLOVER
BUTTERCUP	WOODLOUSE	SNAIL	BEE	BUTTERFLY

Go on a walk  
and see what  
you can spot  
on this Bingo  
page!



# 30 Day Fitness Challenge

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<p>Do 10 star jumps.</p> <p><b>Day 1</b> </p>	<p>Hop around like a frog for 20 seconds.</p> <p><b>Day 2</b> </p>	<p>Touch your toes 10 times.</p> <p><b>Day 3</b> </p>	<p>Balance a ball on your head.</p> <p><b>Day 4</b> </p>	<p>Spin in a circle for 10 seconds.</p> <p><b>Day 5</b> </p>
<p>Walk like a crab for 1 minute.</p> <p><b>Day 6</b> </p>	<p>Stretch as high as you can.</p> <p><b>Day 7</b> </p>	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p><b>Day 8</b> </p>	<p>Pick up a ball from the floor without using your hands.</p> <p><b>Day 9</b> </p>	<p>Take 10 giant steps.</p> <p><b>Day 10</b> </p>
<p>Balance on one leg for 30 seconds.</p> <p><b>Day 11</b> </p>	<p>Do 6 cartwheels.</p> <p><b>Day 12</b> </p>	<p>Lay on your back and paddle your legs like you are on a bike.</p> <p><b>Day 13</b> </p>	<p>Skip the rope for 1 minute.</p> <p><b>Day 14</b> </p>	<p>Make your own hopscotch. Play it for 1 minute.</p> <p><b>Day 15</b> </p>
<p>Stretch like a cat. Do it 5 times.</p> <p><b>Day 16</b> </p>	<p>Do an egg and spoon race with your sibling.</p> <p><b>Day 17</b> </p>	<p>Dance like a chicken for 1 minute.</p> <p><b>Day 18</b> </p>	<p>Walk backwards 10 steps and then skip back.</p> <p><b>Day 19</b> </p>	<p>Do 10 squats in 30 seconds.</p> <p><b>Day 20</b> </p>
<p>Wiggle like a worm for 20 seconds.</p> <p><b>Day 21</b> </p>	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p><b>Day 22</b> </p>	<p>Tiptoe for 25 seconds.</p> <p><b>Day 23</b> </p>	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p><b>Day 24</b> </p>	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p><b>Day 25</b> </p>
<p>Create your own obstacle course and time yourself doing it!</p> <p><b>Day 26</b> </p>	<p>Do gorilla shuffle for 15 seconds.</p> <p><b>Day 27</b> </p>	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p><b>Day 28</b> </p>	<p>Balance a book on your head for 15 seconds.</p> <p><b>Day 29</b> </p>	<p>Do 10 sit ups in one minute.</p> <p><b>Day 30</b> </p>



# 30 Day Life Skills Challenge

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<p>Learn how to load and unload the washing machine.</p> <p><b>Day 1</b> </p>	<p>Make your bed.</p> <p><b>Day 2</b> </p>	<p>Learn to wrap a gift.</p> <p><b>Day 3</b> </p>	<p>Cook a new meal from whatever you have in the fridge.</p> <p><b>Day 4</b> </p>	<p>Make your own breakfast.</p> <p><b>Day 5</b> </p>
<p>Learn to tie your shoelaces.</p> <p><b>Day 6</b> </p>	<p>Learn to stitch a button.</p> <p><b>Day 7</b> </p>	<p>Learn to tell the time in both digital and analogue clock.</p> <p><b>Day 8</b> </p>	<p>Set a dinner table for your family.</p> <p><b>Day 9</b> </p>	<p>Sort the recyclable bins.</p> <p><b>Day 10</b> </p>
<p>Make a cucumber or cheese sandwich.</p> <p><b>Day 11</b> </p>	<p>Wash a dish or pot.</p> <p><b>Day 12</b> </p>	<p>Learn to use a knife and fork.</p> <p><b>Day 13</b> </p>	<p>Read a book and act out a scene from it.</p> <p><b>Day 14</b> </p>	<p>Girls: Learn to plait hair. Boys: Do a cool hairstyle.</p> <p><b>Day 15</b> </p>
<p>Clean your bedroom.</p> <p><b>Day 16</b> </p>	<p>Know your full name, phone number and complete home address.</p> <p><b>Day 17</b> </p>	<p>Learn how to use a vacuum cleaner.</p> <p><b>Day 18</b> </p>	<p>Plant a herb and take care until it grows.</p> <p><b>Day 19</b> </p>	<p>Hang the clothes out to dry.</p> <p><b>Day 20</b> </p>
<p>Dress yourself.</p> <p><b>Day 21</b> </p>	<p>Hang clothes on a hanger.</p> <p><b>Day 22</b> </p>	<p>Learn to fold clothes.</p> <p><b>Day 23</b> </p>	<p>Mop one room in your house.</p> <p><b>Day 24</b> </p>	<p>Clean your kitchen shelves.</p> <p><b>Day 25</b> </p>
<p>Peel vegetables safely.</p> <p><b>Day 26</b> </p>	<p>Know who to call in an emergency.</p> <p><b>Day 27</b> </p>	<p>Iron a pillowcase and put it on the pillow.</p> <p><b>Day 28</b> </p>	<p>Know when to use 999 and when to use 111 emergency services.</p> <p><b>Day 29</b> </p>	<p>Tidy your toys.</p> <p><b>Day 30</b> </p>



# 30 Day Art/DT Challenge

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<p>Design and make your own boat that will float on water.</p> <p>Day 1 </p>	<p>Draw a butterfly with exotic colours.</p> <p>Day 2 </p>	<p>Make your own puppet using a sock.</p> <p>Day 3 </p>	<p>Design the best parachute to protect a boiled egg.</p> <p>Day 4 </p>	<p>Make your own kite.</p> <p>Day 5 </p>
<p>Make a planet using paper Mache.</p> <p>Day 6 </p>	<p>Design a face mask for yourself.</p> <p>Day 7 </p>	<p>Make your own rocket using empty paper rolls.</p> <p>Day 8 </p>	<p>Use marshmallows and toothpicks to build your own 3D shapes.</p> <p>Day 9</p>	<p>Draw your family picture on a poster.</p> <p>Day 10 </p>
<p>Write your name with play dough.</p> <p>Day 11 </p>	<p>Build something you would find in the polar regions using things you can find in your home.</p> <p>Day 12 </p>	<p>Draw your own superhero with special powers.</p> <p>Day 13 </p>	<p>Use building blocks or Legos to build a sculpture.</p> <p>Day 14 </p>	<p>Make a squishy with a balloon and toothpaste.</p> <p>Day 15 </p>
<p>Make a den in your home using fabric, cushions and other furniture.</p> <p>Day 16 </p>	<p>Make your own monster bookmark.</p> <p>Day 17 </p>	<p>Design your own Easter egg. You can do this on paper or you can paint a real egg.</p> <p>Day 18 </p>	<p>Collect some nature things from outside and draw these in your book.</p> <p>Day 19 </p>	<p>Make a spider with pipe cleaners.</p> <p>Day 20 </p>
<p>Write a hilarious poem using bubble writing.</p> <p>Day 21 </p>	<p>Draw a picture of yourself and then label all the body parts of the body.</p> <p>Day 22: </p>	<p>Make your own glittery slime.</p> <p>Day 23 </p>	<p>Draw an illustration for your own story.</p> <p>Day 24 </p>	<p>Collect photos of your family and make a family tree.</p> <p>Day 25 </p>
<p>Paint rocks and turn them into animals.</p> <p>Day 26 </p>	<p>Make your own board game.</p> <p>Day 27 </p>	<p>Create a poster showing healthy and unhealthy food.</p> <p>Day 28 </p>	<p>Make your own paper plate nest.</p> <p>Day 29 </p>	<p>Make a castle using an empty cereal box.</p> <p>Day 30 </p>



# Summer Writing Challenge



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<p>Make a bucket list of things you want to do this summer.</p> <p><b>Date:</b></p>	<p>Write your life story.</p> <p><b>Date:</b></p> 	<p>Go for a walk. Write five sentences about the walk you went on.</p> <p><b>Date:</b></p> 	<p>Write a scary story.</p> <p><b>Date:</b></p> 	<p>Write a letter to your friend or family.</p> <p><b>Date:</b></p> 
<p>Write about the last week of school.</p> <p><b>Date:</b></p> 	<p>Write a description of a garden using 5 senses.</p> <p><b>Date:</b></p> 	<p>Write what you did on a rainy day.</p> <p><b>Date:</b></p> 	<p>Write about the worst holiday of your life.</p> <p><b>Date:</b></p> 	<p>Write swimming instructions for your younger sibling.</p> <p><b>Date:</b></p> 
<p>Write a poem about summer.</p> <p><b>Date:</b></p> 	<p>Write about a new exotic fruit you tasted this summer.</p> <p><b>Date:</b></p> 	<p>Write about a picnic.</p> <p><b>Date:</b></p> 	<p>Write about your favourite water game or activity.</p> <p><b>Date:</b></p> 	<p>Write a recipe of your favourite food.</p> <p><b>Date:</b></p> 
<p>Write a book review of your favourite book.</p> <p><b>Date:</b></p> 	<p>Write about your favourite children's book author.</p> <p><b>Date:</b></p> 	<p>Write about a magic lamp you found in the woods.</p> <p><b>Date:</b></p> 	<p>Write a summer song.</p> <p><b>Date:</b></p> 	<p>Write in your playhouse.</p> <p><b>Date:</b></p> 
<p>Write a hilarious poem.</p> <p><b>Date:</b></p> 	<p>Write about a favourite character you read in the book.</p> <p><b>Date:</b></p>	<p>Write a shopping list for your parents.</p> <p><b>Date:</b></p> 	<p>Write about your favourite sport.</p> <p><b>Date:</b></p> 	<p>Write a mystery story.</p> <p><b>Date:</b></p> 
<p>Write a new ending for a book you read today.</p> <p><b>Date:</b></p> 	<p>Write five interesting facts about summer.</p> <p><b>Date:</b></p> 	<p>Write about the beach you went this summer.</p> <p><b>Date:</b></p> 	<p>Write under the stars.</p> <p><b>Date:</b></p> 	<p>Write what you want to achieve in your new class.</p> <p><b>Date:</b></p> 

# INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



# RAINBOW SCAVENGER HUNT

primary playground

-  Find something red.
-  Find something yellow.
-  Find something orange.
-  Find something green.
-  Find something blue.
-  Find something purple.
-  Name a fruit that is red.
-  Name an animal that is yellow.
-  Name a vegetable that is orange.
-  Name a plant that is green.
-  Name a flower that is purple.
-  Name something outside that is blue.



# BOOK SCAVENGER HUNT

primary playground

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



# INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



Scavenger hunts are a good way to keep busy and require little preparation.

Here are some examples that can be done indoors or outside.

Alternatively, you can create a scavenger hunt together and have a mini-competition to find things.



# All our lives are better if they're a bit wild

See if you can fill June with 30 days of wild! Do something related to nature everyday! How many can you complete?

- 1 Plant a seed
- 2 Build a shelter outside
- 3 Make a paper Mache Earth model
- 4 Using recycling, make a bird feeder.
- 5 Make a pond dipping net.
- 6 Go on a nature walk and draw something you see
- 7 Go on a bug hunt in your garden or local area!
- 8 Make a recycling poster to encourage others.
- 9 Find out about a foxes habitat.
- 10 Make a house for a hedgehog
- 11 Learn all the planets and make up a rhyme to remember them
- 12 Create your own weather forecast
- 13 Design and make your own zoo
- 14 Make a wind chime
- 15 Go bird watching and make a graph for what you see.
- 16 Sketch some pictures of some flowers
- 17 Make your own garden snap game
- 18 Create a map of your local area.
- 19 Create your own quiz about nature
- 20 Draw the lifecycle of a flower
- 21 Draw pictures of your favourite animals
- 22 Go for a walk up a big hill
- 23 Draw the stages of a plant growing
- 24 Design what you would like a garden to look like
- 25 Go on a rainbow flower hunt
- 26 Get up early and listen to the birds singing
- 27 Create some natural artwork
- 28 Find out why bees are so important
- 29 Go for a teddy bear's picnic outside
- 30 Make a leaf crown or hat



We hope you've loved your wild month. Can you stay wild? Find your wild life with your Wildlife Trust [wildlifetrusts.org](http://wildlifetrusts.org)



# NETFLEX

Daily physical activity is very important to help keep a healthy body and mind. Aim for 60 minutes of physical activity a day  
Healthy Body & a Healthy Mind

## Warm Up



## Yoga



## Superhero Workout



## Just dance

