

Hello everyone! The Healthy Lives Team have put together a packed edition today, full of exciting activities that families can do together both this weekend and over the Easter Break!

The Healthy Lives Team would also love to hear about your **positive moments of the week!** Maybe you would like to **share your arts and craft creations** or **experiments** from the ideas below as well. Please email kate.smith@towerhamlets.gov.uk.

50 kids PLAY, MAKE and LEARN activities



Estimated time: 5-10 minutes

Age 3+

The '5 minute fun website' has put together 50 quick and easy activities and projects which use items that you may already have at home. The website has hundreds of activities, craft ideas, baking, learning and party ideas to explore. Why not give the following ideas a try this weekend?

<https://www.5minutefun.com/play-make-learn-50-more-kids-indoor-activities/>

Rainbow art - create your own colourful message of hope to display in your window



Rainbows are being used as a message of hope during the COVID-19 lockdown and are being displayed in windows across the country. The '5 minute fun' website have compiled 4 of their best rainbow art ideas that can then be displayed in your own windows. Activities include washing-up sponge painting, fingerprint rainbow art, rainbow handprint painting and creating a colourful rainbow photograph using a collection of similar coloured objects from around the house or garden.

<https://www.5minutefun.com/5-rainbow-activities/>

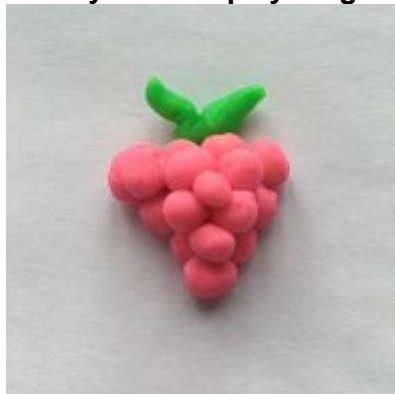
Home Sweet Home - Make your own doll's house



Turn a box into a homemade doll's house. Start by cutting off the 'roof' and snip out windows and door for your child. Then it's time to decorate with coloured paper or wrapping paper for the walls and carpet. Your child can then divide the room by adding internal walls. Finally, get your child to make furniture using household items such as egg box cups for a table and chairs and small boxes to make cabinets and beds. The final task is to move the dolls in!

<https://www.5minutefun.com/5-empty-box-makes/>

Make your own playdough



This playdough recipe takes just 10 minutes and uses ingredients that you may already have in the cupboard; it is as simple as combining flour, warm water, vegetable oil and food colouring. The best part about the dough is that it can be stored inside a sandwich bag in the fridge until next time, adding water will bring it back to life. Let your imagination run wild by trying out different colours using food colouring.

<https://www.5minutefun.com/how-to-make-your-own-dough/>

The Alphabet game: A great way to get kids talking



With a plethora of electronic devices, streaming films and computer games, all competing for attention, it is important for children to take regular screen breaks. This simple game is an effective way to get your children talking. Begin a conversation on a topic such as 'school', then challenge the children to go through the alphabet and think of a word that starts with each letter. For example **A**: algebra, **B**: basketball, **C**: clock, **D**: desk... You can then use any of the answers to spark further discussions, by asking open-ended questions such as 'Basketball': "how did you get on with the tournament the other day?"

<https://www.5minutefun.com/5-ideas-to-get-kids-talking/>

Grow saucer vegetables with the Royal Horticultural Society



Estimated Time: 15 minutes

Age: All

Do you fancy something a bit more educational? Did you know that there are vegetables that you can re-grow again from kitchen scraps? Try this fun, easy and engaging science experiment to grow either celery, carrots, parsnips, beetroot, chives, leeks or turnips. The activity is excellent for helping children to discover what plants require for growth, observing growth and change over time, whilst also showing care for a living thing.

<https://schoolgardening.rhs.org.uk/Resources/Activity/Saucer-veg?returnUrl=%2FResources%2FFind-a-resource%3Fso%3D0%26pi%3D120%26ps%3D10%26f%3D1,1:>

How to make papier-mâché



Papier-mâché, or commonly searched for as paper mache, is a creative and hands-on way to spend an afternoon making masks, globes, cutlery holders or any project you had in mind. BBC Good Food has compiled a 'winning recipe' for papier-mâché projects, with step-by-step guide and simple video to follow. All you will need is an old newspaper or magazines/comics, plain flour and some warm water. You could even make some colourful Easter eggs to display around the house, like in the photo above.

<https://www.bbcgoodfood.com/howto/guide/how-make-paper-mache>

Give bread making a try!



The basics of bread making are quick to learn, fun and useful. BBC Good Food have put together an ingredients list (flour, salt, fast action yeast, small amount of olive oil and water), with a video demonstrating the method to make the bread

Healthy Schools Top Tip, by David Banks- It is important to note that you should add the salt and the yeast into opposite sides of the bowl when adding to the flour, mixing-in each separately initially, otherwise the salt will kill the yeast from the outset. Also, Paul Hollywood from the Great British Bake Off adds a splash of olive oil to the worktop, instead of adding more flour, before beginning to knead. This avoids the dough becoming too dense. You can also use wholemeal flour or combine flours for different mixtures of bread.

Did you know- A quick search for 'bread' on BBC Good Food found 795 results for bread, so there are plenty of recipes to try!

<https://www.bbcgoodfood.com/recipes/easy-white-bread>

And remember...

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."

Harry Potter and the Order of the Phoenix, J.K.Rowling

Take care and there will be more from The Healthy Lives Team tomorrow!

Kate

Kate Smith
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The Healthy Lives Team want to support you with all aspects of health and wellbeing. So we will be sending you daily health and wellbeing advice that will be relevant whether you are at home with your children, working

from home or in a school. Each day we will send you links to activities and resources that promote healthy living. We will be putting together information each day, so please do let us know if there is a topic you would like included. Please feel free to share this email.

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Healthy Schools

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