



Connect4Summer ACTIVITY BOOK

Name:



Connect4Summer

Susan Parish MBE and Jan Lefley MBE of Park Community School are the creators of Connect4Families and Connect4Youth. Their goal is to help families thrive through taking part in activities with their children. The youth programme has a great variety of experiences, fun, learning and providing challenge. Working with our great team of Chefs the food is always nutritious, daily different flavours and ingredients, a big part of the day, eating around the table together.

This is the 4th year of running the programme and for the first time there is a great variety of activities for all, culminating in a Big Top Circus coming on the last day for us all to celebrate a great summer and making memories.



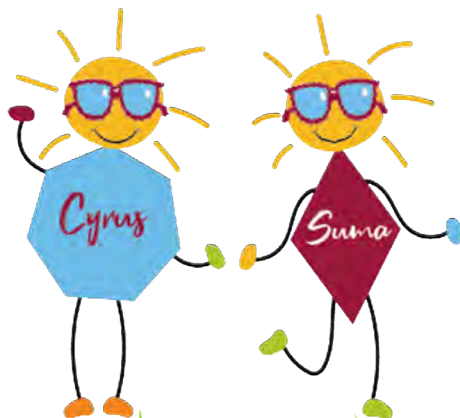
Susan Parish MBE



Jan Lefley MBE

Find inside:

- A range of support services
- 18 healthy recipes, including vegetarian
- Fun activities to do with the family



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SIGNPOSTING

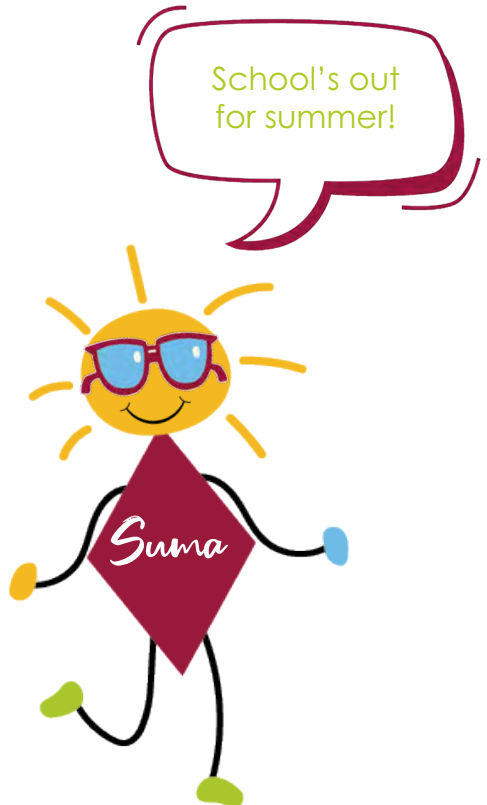
- Energy support
- Food support
- Meal deal support
- Benefit checker
- CAB
- Connect4communities
- Camhs
- Skint dad website
- ASC/ADHD support
- Community Pantry locations

ACTIVITIES TO DO AS A FAMILY:

- Science experiments
- Make and do
- Nature bingo
- Card games
- Well-being activities
- Spotting nature
- HAF providers in Havant

RECIPES

- Chickpea and coconut curry
- Mixed Spicy Beans
- Sausage and mushroom burger
- Lentil bolognaise
- Broccoli and Tomatoe gnocchi
- Microwave vegetable curry
- Cheesy baked tortillas
- Chicken and Potatoe layer
- Bubble and squeak leftovers
- Cheesy Spanish omelette
- Chickpea curry
- Pitta bread pizza
- Baked bean omelette
- Cheesy eggs and tomatoes
- Baked bean curry
- Pasta cake
- Freezer Jam
- Links to cooking websites



Websites to offer support for families

If you're in debt to your energy supplier, you might be able to get a grant to help pay it off.

The following energy suppliers offer grants to their customers:

- **British Gas Energy Trust** - apply for a grant on the British Gas Energy Trust website
- **Scottish Power Hardship Fund** - apply for a grant on the Scottish Power Hardship Fund website
- **Ovo Energy Fund** - apply for a grant on the Ovo Energy Fund website
- **E.ON Energy Fund** - apply for a grant on the E.ON Energy Fund website
- **E.ON Next Energy Fund** - apply for a grant on the E.ON Next Energy Fund website
- **EDF Energy Customer Support Fund** - apply for a grant on the EDF Energy Customer Support Fund website
- **Bulb Energy Fund** - apply for a grant on the Bulb Energy Fund website
- **Octopus 'Octo Assist Fund'** - apply for a grant on the Octopus website
- If you can't get a grant from your supplier, check if you can get a grant from the British Gas Energy Trust. These grants are available to anyone - you don't have to be a British Gas customer.

Money Saving Expert for support with all sorts of issues including bills, cards and loans as well as deals and shopping:

<https://www.moneysavingexpert.com/utilities/how-to-get-help-if-you-re-struggling-with-your-energy-bills-/>

If you can't afford to top up your prepayment meter you might be able to get a fuel voucher. This is a code given to you in a letter or in a text message or email. You can use it to add credit to your gas card or electricity key. If you don't have one of these, contact your supplier to get one. If you don't use gas or electricity for your heating you might be able to get a fuel voucher if you:

- rely on oil, liquefied petroleum gas (LPG), coal or wood as your main source of heating
- aren't on the gas grid

You'll need to show that you can't heat your home because you can't afford to buy fuel - or you might not be able to afford it soon.

Government support 2022 - The government will give every household in Great Britain £400 off their electricity bill. This is called the Energy Bills Support Scheme.

You don't need to do anything to get the money and you won't have to pay it back. The £400 will be automatically added to your energy account over 6 months starting from October 2022. If you have a prepayment meter, the £400 will be added to your meter or you'll be given vouchers - the government will confirm how you'll get the money nearer the time.

Websites to offer support for families

One-off £650 Cost of Living Payment for those on means-tested benefits. On top of the £400 every household will get, if you're on certain means-tested benefits you'll also get a £650 cost of living payment. This will be paid in two instalments alongside your existing benefits.

The first instalment is due to be paid this year in July and the second in the autumn.

Don't worry, this won't mess up your benefit entitlements. This payment will be tax free and won't count towards the benefit cap.

You're likely to qualify if you're getting any of these benefits:

- Universal Credit
-
- Income-based Jobseekers Allowance
-
- Income-related Employment and Support Allowance
-
- Income Support
-
- Working Tax Credit
-
- Child Tax Credit
-
- Pension Credit

£150 Disability Cost of Living Payment

As well as all of the above payments, you'll also get £150 paid to you in September 2022 if you're getting any of these disability benefits:

- Disability Living Allowance
-
- Personal Independence Payment
-
- Attendance Allowance
-
- Scottish Disability Benefits
-
- Armed Forces Independence Payment
-
- Constant Attendance Allowance
-
- War Pension Mobility Supplement

Cold Weather Payment – a £25 payment for every 7 days of very cold weather between November and March.

Household Support Fund - a funding package to help vulnerable households this winter. Contact [Connect4communities](mailto:Connect4communities@iow.gov.uk) for advice and help on accessing the fund.

Connect4communities@iow.gov.uk or **Connect4communities@hants.gov.uk**

Kids eat free!

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022



COURTESY OF MONEY SAVING CENTRAL

ASDA CAFE

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

FUTURE INNS

Under 12's eat for free with any adult meal during the school holidays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

YO! SUSHI

Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

MARKS & SPENCER CAFE

Likely But Not Yet Announced

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

CAFE ROUGE

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Pret0

FARMHOUSE INNS

Likely But Not Yet Announced

Pantries available in Hampshire and IOW

Town	Postcode	Description	Contact
East Cowes	PO32 6HN	Open at Community Spirited, Parkside Pavilion, Vectis Road Tuesday: 1.30pm to 3.30pm Wednesday and Thursday: 10.30am to 12.30pm	01983 296592 communityspirited@hotmail.co.uk
Town	Postcode	Description	Contact
Ryde	PO33 1NE	Open at Oakfield CE Primary School, Appley Road, Ryde Monday, Wednesday and Friday: 3pm to 4.30pm	01983 563732 pantry@oakfieldcepri.iow.sch.uk
Town	Postcode	Description	Contact
Ventnor	PO38 1EJ	Open at Baby Box, Victoria Street, Ventnor Tuesday and Thursday: 2pm to 4pm. Saturday: Midday to 2pm	07961 959003 vcpantryiow@gmail.com
Town	Postcode	Description	Contact
Basingstoke & Deane	RG24 9AE	Popley Fields Community Centre, in Carpenters Down.	Popley Fields Community Centre
Town	Postcode	Description	Contact
Basingstoke & Deane	RG26 4HN	Tadley Community pantry, delivered by Tadley community centre, Newchurch Road, Tadley	Tadley Community Centre
Town	Postcode	Description	Contact
Basingstoke & Deane	RG22 6QB	Basingstoke Community Pantry in the South Ham estate, delivered by Westside Community Centre.	Basingstoke Community Pantry
Town	Postcode	Description	Contact
East Hants	GU35 0AU	Bordon Community Pantry, delivered by Sacred Heart Catholic Church, opening in Easter.	Sacred Heart Community Pantry, Bordon
Town	Postcode	Description	Contact
Eastleigh	SO50 9QE	RCS Cableworks Community Pantry Eastleigh	RCS Community Pantry - Eastleigh

Pantries available in Hampshire and IOW

Town	Postcode	Description	Contact
Fareham	PO14 4PG	Waypoint Church Community Pantry	Waypoint Church Community Pantry
Town	Postcode	Description	Contact
Fareham	PO16 9UY	Woody's Pantry, Portchester, delivered by Portchester Community Association	Woody's Community Pantry, Portchester
Town	Postcode	Description	Contact
Gosport	PO12 3SX	Gosport Football Ground will be running the pantry alongside their current provision.	GBFC - Feed a Family in Need & Gosport Community Pantry
Town	Postcode	Description	Contact
Hart	GU46 7TF	Yateley Community Pantry, delivered by Yateley Industries, will be open by the end of February half term.	Hart Community Pantry - Yateley Industries
Town	Postcode	Description	Contact
Havant	PO11 0HB	Hayling Island Community Pantry, delivered by Hayling Island Community Association	Hayling Island Community Pantry & Food Bank
Town	Postcode	Description	Contact
Havant	PO9 5BL	Munch Community Food Pantry, Dickinson Centre, Park Community Centre, Middle Park Way, Havant, PO9 4BU	MUNCH Community Pantry - Leigh Park
Town	Postcode	Description	Contact
Havant	PO7 7DB	Waterlooville Community Pantry, delivered by Growing Places @ Mill Hill	Waterlooville Community Pantry - Growing Places Mill Hill
Town	Postcode	Description	Contact
New Forest	BH25 5NY	Nedderman Centre, Marryat Road, New Milton	New Forest Basics Bank and Lymington Community Pantry
Town	Postcode	Description	Contact
New Forest	SO45 3QR	Hythe St Anne's Community Centre, delivered by Fareshare mobile food larder	Fareshare mobile food larder

Pantries available in Hampshire and IOW

Town	Postcode	Description	Contact
New Forest	SO40 3LZ	Testwood Baptist Church, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	SO41 8GN	St Mark's Community Hall, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	SO45 1YP	Queen Elizabeth Recreation Centre, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	SO45 1BN	St George's Hall, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	BH24 1PX	Ringwood Leisure Centre, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
Rushmoor	GU11 1BA	Community Cupboard at the Vine Centre	The Community Cupboard
Town	Postcode	Description	Contact
Test Valley	SO51 0HR	RCS Community Pantry - Romsey	RCS Community Pantry - Romsey
Town	Postcode	Description	Contact
Test Valley	SP10 5DE	RCS Longmeadow Community Pantry Andover	RCS Community Pantry - Andover
Town	Postcode	Description	Contact
Winchester	SO22 4EJ	The Caroll Centre, Stanmore	The Caroll Centre
Town	Postcode	Description	Contact
Winchester	SO23 0LD	Winchester Community Pantry, delivered by Unit 12 CIC.	Unit 12 - Community Food Pantry
Town	Postcode	Description	Contact
Winchester	PO17 5AL	Wickham Community Pantry delivered at Wickham Community Centre.	Wickham Community Pantry

FINANCE SUPPORT

- Turn2us website has a benefits calculator, check if you are getting the correct benefits and what else you may be entitled to including Child care costs, School clothing and Travel- <https://www.turn2us.org.uk/>
- Government website giving details of all government benefits you may be entitled to including a benefits calculator <https://www.gov.uk/browse/benefits/low-income>
- Trussell Trust links to food vouchers for local foodbanks and information about benefits - <https://www.trusselltrust.org/>
- Free school meals calculator and Healthy start food vouchers - Apply for free school meals - <https://www.gov.uk/apply-free-school-meals>
- <https://www.entitledto.co.uk/help/free-school-meals>
- Martin Lewis website with very useful links - <https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#b>

FOOD AND ACTIVITIES SUPPORT

- Skint Dad website, advice on saving money, shopping, deals and more - <https://skintdad.co.uk/>
- Citizens Advice – support with benefits, Energy vouchers, debt and housing issues. <https://www.citizensadvice.org.uk/>
- PO9 13ANK Foodbank – Food available for those in food insecurity plus much more support - <https://www.13ank.co.uk/> · MUNCH Pantry- a Helping hand not a hand out- <https://www.pcs.hants.sch.uk/pantry.php>
- Connect4communities, Support links to grants for Energy, Food and Community Pantries also support with Holiday Childcare, HAF, <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connect4communities> · <https://fish.hants.gov.uk/kb5/hampshire/directory> · <https://www.actionforchildren.org.uk/>

HEALTHY LIVES SUPPORT

- <https://hampshirecamhs.nhs.uk/> - "Best version of you" booklet for young people and children also support for parents and young people advice and information along with strategies for coping with mental health issues.
- <https://www.diabetes.org.uk/professionals/news-updates/preventing-type-2-diabetes-hampshire-and-isle-wight> - The Hampshire NHS Diabetes Prevention Programme
- <https://www.autism.org.uk/directory/h/hampshirespecialist-parentingsupportservice>
- <https://www.hampshirehealthyfamilies.org.uk/activities-for-parents>
- <https://www.facebook.com/BRAAINsSurreyHants/> - BRAAIN was founded by three Mums of children with special needs. When their children were diagnosed with ASC & ADHD the Mums struggled to access the information that they needed to support their children. The more they researched, the more they realised there was so much support available but it was extremely difficult to find - families were potentially missing out. So, the idea of BRAAIN was born. BRAAIN https://www.roseroad.org.uk/our_services/family_services/ - Our Family Services department provides a range of information, advice and support services for disabled children and young people, those with special educational needs (aged 0-25 years) and their families.
- Stands for Be Ready ADHD ASD Information Network.
- <https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service>
- <https://www.actionforchildren.org.uk/>
- <https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service> · <https://home-starthampshire.org.uk/>
- Info@stopdomesticabuse.uk · <https://www.hampshirehealthyfamilies.org.uk/activities-for-parents>

RECIPES

Coconut & Chickpea Curry

INGREDIENTS

- 1 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground coriander
- 400g can plum tomatoes
- 400ml can coconut milk
- 400g can chickpeas, drained and rinsed
- 2 large tomatoes, quartered
- ½ small pack coriander, roughly chopped
- cooked basmati rice, to serve



METHOD

STEP 1

Heat 1 tbsp olive oil in a large pan and add 2 finely sliced onions. Cook until softened, about 10 mins.

STEP 2

Add 2 crushed garlic cloves, 1 tsp garam masala, 1 tsp turmeric and 1 tsp ground coriander, then stir to combine. Cook for 1-2 mins, then pour in a 400g can of plum tomatoes, break up with a wooden spoon and simmer for 10 mins.

STEP 3

Pour in a 400ml can of coconut milk and season. Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened.

STEP 4

Tip in a drained and rinsed 400g can of chickpeas and 2 quartered large tomatoes, and warm through. Scatter over roughly chopped coriander from ½ small pack and serve with fluffy rice.

Mixed Spicy Beans

INGREDIENTS

- 2 onions, chopped
- 2 celery sticks, finely chopped
- 2 yellow or orange peppers, finely chopped
- 2 tbsp sunflower oil or rapeseed oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans, drained and rinsed



METHOD

STEP 1

Put the onions, celery and chopped peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft but not coloured.

STEP 2

Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a food processor with the chipotle paste, vinegar, cocoa, dried spices and herbs. Whizz to a purée, then stir into the softened veg and cook for a few mins.

STEP 3

Add the tomatoes and refried beans with 1 can water and the reserved pepper juice. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down to a smoother sauce.

STEP 4

At this stage you can cool and chill the sauce if making ahead. Otherwise add the kidney and black beans, and the remaining roasted peppers, cut into bite-sized pieces, then reheat. (This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.) Once bubbling and the beans are hot, season to taste and serve.

Tuna & Sweetcorn Burgers

INGREDIENTS

- 85g white bread , torn into pieces
- 198g can sweetcorn , drained
- 2 x cans tuna in water, drained well
- 25g grated cheddar
- 3 spring onions , finely chopped
- 1 egg , beaten
- 2 tbsp vegetable oil
- Wholegrain bread rolls, lettuce, salsa, to serve



METHOD

STEP 1

Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped. Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well. Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers.

STEP 2

Heat the oil in a non-stick pan, then cook the burgers for 5 mins on each side until golden and hot through the middle. Stuff into wholemeal buns with your favourite lettuce and a good dollop of salsa.

C4S TIP

Cut up torilla wraps into triangles & pop in the oven for 10 minutes to create home made nachos

Sausage & Mushroom Tagliatelle

INGREDIENTS

- 20g unsalted butter
- Olive oil, for drizzling
- 6 pork sausages
- 350g chestnut mushrooms, sliced
- 1 tsp sweet smoked paprika
- 300ml soured cream
- ½ tbsp wholegrain mustard
- 150ml beef stock
- 400g dried tagliatelle
- Small bunch parsley, chopped



METHOD

STEP 1

Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausage meat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

STEP 2

Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.

C4S TIP

Combine butter & garlic and spread over crusty bread - pop in the oven for 10 minutes for home-made garlic bread

Lentil Bolognese

INGREDIENTS

- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 500g bag dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp each dried oregano and thyme
- 3 bay leaves
- 1l vegetable stock
- 500g spaghetti
- Parmesan or vegetarian cheese, grated, to serve



METHOD

STEP 1

Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.

STEP 2

If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese. Alternatively, cool the sauce and chill for up to 3 days.

C4S TIP

Freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.

Broccoli & Tomato Gnocchi

INGREDIENTS

- 25g/1oz butter
- 1 tbsp olive oil
- 1 onion, finely sliced
- 2 tbsp plain flour
- 400ml/14fl oz milk, full-fat or semi-skimmed
- 1 tsp mustard, Dijon or English
- 150g/5½oz mature cheddar, grated
- 500g/1lb 2oz shop-bought gnocchi
- 200g/7oz frozen broccoli florets
- 100g/3½ oz frozen peas
- 12 cherry tomatoes, halved
- Salt and freshly ground black pepper



METHOD

STEP 1

Preheat the oven to 220C/200C Fan/Gas 7.

STEP 2

Heat the butter and oil together in a shallow, flameproof casserole over a low heat. Add the onion and cook for 5 minutes, stirring regularly until softened.

STEP 3

Sprinkle over the flour and stir well then gradually add the milk, just a little at a time, stirring well between each addition to make a smooth sauce. Stir in the mustard and half of the cheese. Season to taste with salt and pepper.

STEP 4

Stir in the gnocchi, broccoli, peas and tomatoes and bring to a gentle simmer, stirring.

STEP 5

Sprinkle over the remaining cheese and bake in the oven for 12–15 minutes, or until golden-brown and bubbling. Carefully remove from the oven and serve.

Microwave Vegetable Curry

INGREDIENTS

- 100g/3½oz frozen spinach (2 cubes)
- 1 tbsp vegetable or sunflower oil
- 3 tbsp medium Indian curry paste, e.g.tikka masala or rogan josh
- 1 onion, finely chopped
- 375g/13oz butternut squash, peeled and cut into 3cm/1¼in chunks
- 200g/7oz coconut cream or 400g tin coconut milk, not shaken
- 100g/3½oz frozen peas



METHOD

STEP 1

Put the frozen spinach in a microwaveable bowl and microwave on high for 2 minutes. Set aside.

STEP 2

Put the oil, curry paste, onion and squash in a large microwaveable mixing bowl and mix well. Cover the bowl with a plate and cook on high for 10 minutes, or until the squash is tender.

STEP 3

If using coconut milk, scoop out the thick, solid coconut cream from the top of the tin, avoiding the liquid underneath. Add the coconut cream to the curry. Stir in the spinach, along with any liquid, and the frozen peas.

STEP 4

Cover the dish with the plate, return to the microwave and cook for a further 5 minutes, or until hot throughout. Serve with warm naan bread or microwave rice.

Cheesy Baked Tortillas

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 red pepper, chopped
- 400g chopped tomatoes (1x tin)
- 400g beans (1x tin), mixed
- 400g red kidney beans (1x tin)
- 125g mature cheddar, grated
- 5 tortillas



METHOD

STEP 1

Preheat oven to 190°C/Gas mark 5 and lightly oil a large ovenproof dish

STEP 2

Heat the oil in a frying pan and fry the onion and pepper 5 minutes until softened, stirring occasionally

STEP 3

Add the tomatoes and beans to the pan, season with black pepper and heat through 5 minutes, stirring to mix lightly

STEP 4

Divide half the cheese between each tortilla then divide the tomato and bean mixture between them (add an extra tortilla if there is any mixture left over!)

STEP 5

Roll up and arrange in the dish, seam side down

STEP 6

Sprinkle with remaining cheddar and bake 15 minutes until golden

Chicken & Potato Layer

INGREDIENTS

- 500g potatoes
- 350g chicken (cooked), shredded
- 1 onion, finely chopped
- 100g mushrooms, chopped
- 200g bacon, chopped
- 1 garlic (clove), crushed
- 1 tsp herbs, mixed



METHOD

STEP 1

Preheat oven 180°C/Gas mark 4

STEP 2

Meanwhile boil the potatoes until tender, drain and cut into thin slices

STEP 3

Use half the potatoes to line a greased oven proof dish

STEP 4

If using uncooked chicken, cook the chicken breasts

STEP 5

Lightly fry the chopped onion, mushrooms and bacon - you can use low fat bacon to make it slightly healthier - add the finely chopped garlic

STEP 6

Mix together with the cooked chicken and add a pinch of mixed herbs with a dash of black pepper for seasoning

STEP 7

Spoon the mixture over the potato slices and top with another layer of potato slices

Bubble & Squeak Using Leftovers

INGREDIENTS

- Cooked potato (leftovers)
- Cooked cabbage (or any other leftover, cooked vegetables)
- Salt and pepper (to taste)
- 1/2 tsp nutmeg (to taste)
- 1 tbsp butter



METHOD

STEP 1

Mash up the potato and mix with the cabbage and/or leftover vegetables. Add salt and pepper to taste and a pinch of nutmeg. Shape the mixture into thick rounds using your hands.

STEP 2

Heat the butter in a frying pan over a medium heat, then add the potato mixture. Press the cakes down gently but firmly with the back of a fish slice or spatula to help them brown and keep their shape.

STEP 3

Cook for 3-4 minutes, until golden on the bottom. Flip over and fry until golden all over and cooked through.

STEP 4

Serve with poached or fried eggs and Tenderstem broccoli, plus brown sauce, ketchup or hot sauce (whichever you prefer).

Cheesy Spanish Omelette

INGREDIENTS

- 4 eggs
- 200g potatoes, finely chopped
- 1 carrot (optional), finely chopped
- 2 florets of broccoli (optional), finely chopped
- ½ red pepper, finely chopped
- Cheddar cheese (to taste), grated



METHOD

STEP 1

Finely dice the vegetables and then steam until potatoes and carrots are soft

STEP 2

Whilst the veg are steaming, whisk the eggs in a bowl

STEP 3

Heat some vegetable oil in a pan, add the vegetables and pour the egg on top. Gently move the edges of the egg in until the egg starts to cook

STEP 4

Lightly fry the chopped onion, mushrooms and bacon - you can use low fat bacon to make it slightly healthier - add the finely chopped garlic

STEP 5

When the bottom of the omelette is cooked, remove from the hob and place under the grill to finish cooking the top

STEP 6

When the omelette looks almost ready, remove and sprinkle some cheese on the top, and put back under the grill so that the cheese melts

STEP 7

Once the cheese has melted, remove from the heat and slide onto a plate, allow to cool a little before serving

Chickpea Curry

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- Garlic (1x clove), crushed
- 1 tsp root ginger, grated
- 200g tinned tomatoes
- 400g chickpeas (drained)
- ½ tsp cumin, ground
- ¼ tsp coriander, ground
- ¼ tsp turmeric
- ¼ tsp chilli powder
- ¼ tsp garam masala



METHOD

STEP 1

Heat the oil in a pan and add the onion, garlic and ginger - cook on a low heat for about 10 minutes until the onion has caramelised

STEP 2

Add the cumin, coriander, turmeric, chilli powder and garam masala and stir well

STEP 3

Add the tomatoes and chickpeas

STEP 4

Continue to stir and then pour in 125ml of water, cover and simmer for at least 10 minutes

C4S TIP

Not a fan of spice?
Lay off the chilli powder for a milder taste

Pitta Bread Pizza

INGREDIENTS

- 1 pitta bread (or naan bread, 1 per person)
- 2 - 4 tbsp tomato puree
- 3 - 6 tbsp cheese (or more/less to taste)
- Toppings (any toppings of your choice)



METHOD

STEP 1

Spread a little tomato puree over the bread

STEP 2

Sprinkle on your toppings (remember that the cooking time is only 2 or 3 minutes if that so anything you do use as a topping should be pre-cooked if necessary)

STEP 3

Cover with cheese

STEP 4

Place in a grill for 2-3 minutes until the cheese has melted & enjoy

C4S TIP

You can add whatever toppings you want, or swap the tomato puree for BBQ sauce

Baked Bean Omelette

INGREDIENTS

- 3 eggs
- 200g baked beans (1/2 a tin)
- Pepper
- 1 tbsp butter



METHOD

STEP 1

Crack the eggs into a bowl, add the baked beans and season to taste - whisk together

STEP 2

Heat some oil in a frying pan, pour in the mixture and swirl to coat the base of the pan!

STEP 3

Cook over medium heat for 3 minutes until the sides begin to set and then flip the omelette over

STEP 4

Cook for a further minute and then serve with crusty bread and grilled tomatoes

C4S TIP

Add cheese to compliment the flavours of the bean omelette

Cheesy Eggs & Tomatoes

INGREDIENTS

- 400g tinned tomatoes (drained), chopped
- 2 eggs
- 3 tbsp cheese, grated
- ½ tsp mixed herbs
- Put oven on 180°C/Gas mark 4
- Place chopped and drained tomatoes into a shallow ovenproof dish
- Break eggs on top of tomatoes
- Sprinkle mixed herbs on top
- Sprinkle grated cheese on top
- Place in oven for 20 mins or until eggs have set



METHOD

STEP 1

Put oven on 180°C/Gas mark 4

STEP 2

Place chopped and drained tomatoes into a shallow ovenproof dish

STEP 3

Break eggs on top of tomatoes

STEP 4

Sprinkle mixed herbs & grated cheese on top

STEP 5

Place in oven for 20 mins or until eggs have set

STEP 6

Serve with either little potatoes or toast

C4S TIP

Add Pesto to compliment the flavours of the eggs & tomatoes

Baked Bean Curry

INGREDIENTS

- 1 onion, sliced
- Garlic (4x cloves), crushed
- Chilli (to taste), sliced
- 2 tsp coriander, dried
- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 1 tsp ground ginger
- 225g cherry tomatoes, sliced
- 840g baked beans (2x tins)



METHOD

STEP 1

Put onions, garlic, chillis (to taste), herbs and spices in a pan with a drop of oil, and cook until soft.

STEP 2

Add tomatoes and cook for a few minutes.

STEP 3

Add baked beans and cook for a few more minutes until all cooked, hot throughout and well mixed.

STEP 4

Season to taste

STEP 5

Serve with mashed potato or rice and naan bread, if you like

C4S TIP

Don't like too much spice?
Lay off the chilli for a milder taste

Spaghetti Cake

INGREDIENTS

- 400 g Cooked Spaghetti
- 250 g Canned Ham
- 1 Canned Mushrooms (sliced)
- Olive Oil (to brush inside the tin)
- 225 ml Double Cream
- 3 Large Eggs
- 100 g Parmesan
- Salt
- Cracked Black Pepper



METHOD

STEP 1

Brush the inside of a 20cm cake tin with olive oil.

STEP 2

Add 40g parmesan cheese and make it stick as much to the olive oil on the inside of the tin as possible. Leave the rest in the base and make sure that the cake tin is on an oven proof tray so that any leaks are caught.

STEP 3

In a bowl beat the eggs and add the cream, ham, mushrooms, remaining cheese, salt, and pepper.

STEP 4

Add the pasta and make sure it is well coated in the mixture.

STEP 5

Pour the pasta into the cake tin and put into a preheated oven at 180c for 40 minutes.

Freezer Jam

INGREDIENTS

- 500g/1lb 2oz berries, fresh or defrosted if frozen
- 500g/1lb 2oz jam sugar
- 1 tsp vanilla extract
- 2 tbs fresh lemon juice



METHOD

STEP 1

Roughly crush the fruit in a large bowl, then add the sugar, vanilla and lemon juice and stir well for about 3 minutes until properly combined..

STEP 2

Ladle the mixture into a jug, then pour into sterilised jam jars or small freezer-proof containers with lids. Be sure to leave about an inch of space at the top of the jar or container (if using mini jars or containers, you can halve this) for the jam to expand as it freezes. Put the lids on and leave at room temperature for 24 hours.

STEP 3

Pop the jam in the freezer until ready to eat. Take it out of the freezer to defrost an hour before you want to use.

C4S TIP

you can use whatever berries you'd like to create a variety of different flavoured jams!

Need some more inspiration?



Food recipe websites:

- <https://tomkerridge.com/full-time-meals/>
- <https://realfood.tesco.com/recipes>
- <https://www.deliaonline.com/recipes>
- <https://www.bbcgoodfood.com/recipes>
- <https://www.jamieoliver.com/recipes>
- <https://www.nhs.uk/healthier-families/activities>
- <https://www.familyeducation.com/fun/easter-activities-crafts>
- <https://www.goodhousekeeping.com/holidays/easter-idea>
- <https://home-starthampshire.org.uk/>
- <https://lovecannedfood.com/recipes/>
- <https://www.four-paws.org.uk/>
- <https://www.sainsburys.co.uk/gol-ui/recipes/articles/love-your-freezer>
- https://www.bbc.co.uk/food/collections/using_frozen_ingredients
- <https://www.bbcgoodfood.com/recipes/collection/slow-cooker-recipes>
- <https://www.delish.com/cooking/g3849/best-slow-cooker-recipes/>
- <https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>
- <https://www.jamieoliver.com/get-kids-cooking/>

Hedgehog Plant

What you'll need

- A bowlful of sawdust that you can get from a pet shop
- PVA or other water resistant glue
- An old stocking or pair of tights
- A small bowl and a large bowl
- A quarter of a cup of grass seed
- 2 googly eyes and a button for a nose
- Permanent marker or acrylic paints



How to make:

STEP 1

Cut off a roughly 50 cm length of stocking leg. Make sure it's open at both ends – cut off the foot section if necessary. Tightly tie a knot in one end. Trim the knot closely.

STEP 2

Turn the stocking tube inside out so that the knot is inside. Stretch the open end over the small bowl. Pour in the grass seed. Pour the sawdust on top of this. Remove the stocking from the bowl, squeeze the contents and tie up the open end.

STEP 3

Trim the knot closely. Turn it over so the grass seeds are at the top, and mould to shape so that your hedgehog has a snout. Glue on the eyes using water-resistant glue.

STEP 4

Add the button nose... ..and draw on the whiskers with permanent marker or acrylic paint.

STEP 5

Leave for a while to make sure the glue and paint have dried out. Fill the large bowl with water. Immerse the hedgehog to make it damp. Put it on a plate and set it by a window with plenty of light.

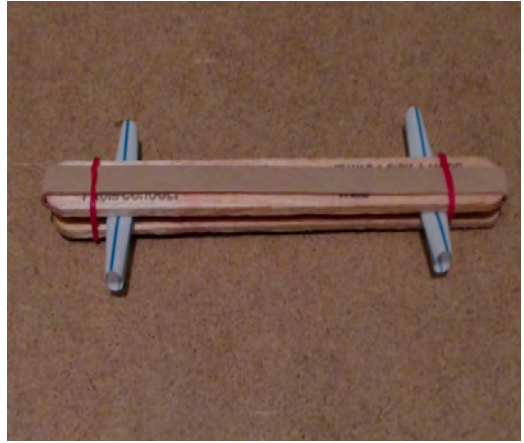
STEP 6

After a few days, the seeds should begin to sprout through the stocking. Keep watering daily! At some point, your hedgehog might need a haircut.

Harmonica

What you'll need

- Scissors
- 2 lolly sticks
- 1 rubber band
- 2 small rubber bands
- a plastic straw



How to make:

STEP 1

Cut 2 pieces off the straw that are 1 inch in length

STEP 2

Take the rubber band and put it around 1 lolly stick

STEP 3

Take the 2 pieces of straw and lay them under the rubber band

STEP 4

Lay the other Popsicle stick on top

STEP 5

Now put the small rubber bands on 1 on each side

STEP 6

Now you're done. Enjoy your new Harmonica

C4S TIP

Colour-in /paint the lolly sticks to make an even cooler looking harmonica!

Hovercrafts

What you'll need

- Water bottle top
- Blue-Tac
- Balloon
- CD or DVD (that you don't mind if it gets scratched)



Hovercrafts are absolutely brilliant and definitely a huge amount of fun - now's the time to make your own. You won't be able to sit on it and ride around but you will be able to have a huge amount of fun watching it glide around your desk.

You'll learn a thing or two about friction too!

How to make:

STEP 1

Roll the Blue-Tac into a sausage shape and press it down onto the CD, in a circle. Push the bottle top down onto the CD so that it sticks to the CD with no gaps for the air to escape.

STEP 2

Blow up the balloon pretty full and then twist the bottom round several times (so the air doesn't all come out while you're attaching it to your hovercraft base!)

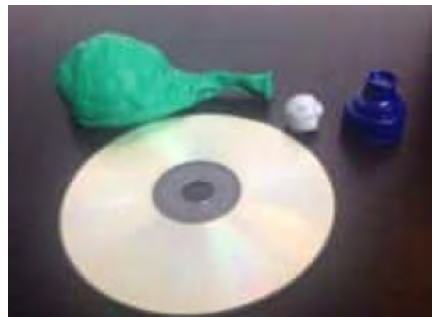
STEP 3

Let's take your hovercraft for a test drive! Stretch the balloon over the bottle top, untwist the balloon and you're off. Try pushing your hovercraft gently and watch how far it glides!

What's Going On? Why do hovercrafts glide so effortlessly?

It all has to do with friction, or lack of it! As the air comes out of the balloon it spreads out under the CD so the hovercraft isn't actually touching the table but floating just above it on a cushion of air!

WARNING: Don't do this experiment if you need to be somewhere, it's impossible to resist the temptation to have another go!



Card Game

What you'll need

- 2 Players
- Set of 0-9 cards



How to play:

STEP 1

Start the game with 2500 points.

STEP 2

The first player takes three 0-9 cards and makes a 3-digit number.

STEP 3

They use column addition to add this number to the 2500, to make a new total.

STEP 4

The second player then selects 3 cards, makes a 3 digit number and uses column subtraction to subtract this from the total

STEP 5

Keep going until either player 1 gets to 5000 or player 2 gets to below 1.

STEP 6

Once the game is finished, players can swap roles, so both have the opportunity to work on addition and subtraction.

Go Fish!

What you'll need

- Age 7+
- 2+ Players
- Standard deck of 52 cards



How to play:

STEP 1

Choose a "dealer" to hand out cards.

STEP 2

If there are two or three players, each player is dealt seven cards. If there are more people taking part, each player is dealt five cards. The remaining cards are placed face down in a pile. This is the "fish pond."

STEP 3

Each player sorts their cards into groups of the same number or suit (i.e. group of threes or group of kings), making sure not to show anyone.

STEP 4

The "requester" (person to the left of the dealer) starts the game by asking another player for cards that will match his hand. For example, if the requester has two kings, he will ask the other player for kings. If the other player has these cards, he must hand them over.

STEP 5

The requester continues asking the same player for more cards until the player does not have the cards he wants. If the player does not have the right cards, he can tell the requester to "Go fish."

STEP 6

The requester then has to take one card from the "fish pond." The player who told him to "Go fish" becomes the new requester.

STEP 7

Anyone who collects all four cards of a set (i.e. all four eights or all four Queens) puts them face down in front of him.

STEP 8

The winner is the first person to have no single cards left, only complete sets. If two people run out of cards together, the player with the most sets wins the game.

Crazy Eights

What you'll need

- Age: 5+
- 2-4 Players
- Standard deck of 52 cards



How to play:

STEP 1

In a two-player game, each player is dealt seven cards. In a game with three or four players, each player is dealt five cards.

STEP 2

The rest of the deck goes face down in a pile, with the top card turned up beside it. This is the discard pile.

STEP 3

The player to the left of the dealer discards a card from his hand that matches either the number or suit of the top card in the discard pile. For example, if the card is a five of hearts, he could play any heart or any five. If he does not have a matching card, he continues picking up cards from the deck until he gets one that is playable.

Eights are wild and can be put down on any suit. For example, an eight could be played to match a heart.

STEP 4

The next player must match their card to the number or suit that the eight was meant to cover.

STEP 5

Play continues with players matching the card at the top of the discard pile.

STEP 6

The first player to use up all his cards wins. If the deck runs out before the game is over, the discard pile can be used.

Old Maid

What you'll need

- Age 5+
- 3+ Players
- Standard deck of 52 cards is used, but with one queen removed. This leaves a pair of queens in one colour and a single queen (the old maid) in the other colour.



How to play:

STEP 1

All cards are dealt face down to players. Some players may have more cards than others, but this is okay .

STEP 2

Each player sorts their cards into matching pairs of the same number or suit, keeping them hidden from other players.

STEP 3

Players holding pairs of matching cards lay them down on the table face up. If anyone has three matching cards, he only puts down one pair and keeps the spare card. If anyone has four matching cards, he puts down two pairs.

STEP 4

The player to the left of the dealer offers his cards to the player on his left, who cannot see them. That player selects a random card from his hand. If the new card he picks matches any of the cards he already has, he can put down the pair. If not, he keeps it.

STEP 5

He then offers his cards to the player on his left. This continues until all the cards have been put down in pairs, except the Old Maid, which is left alone and cannot be paired. The person left holding this card is the old maid and loses the game.

I Doubt It

What you'll need

- Age: 6+
- 6 - 12 Players
- Standard deck of 52 cards



How to play:

STEP 1

Choose a "dealer" to deal all cards, one at a time, to each player. Some players will have more cards than others, which is okay. Players can organize their hand of cards as they please, but do not show any other players.

STEP 2

The player to the left of the dealer begins the game starting with aces. He places the card(s) face down in the centre of the table saying "two aces" or whatever the desired number of cards are. Players can lay up to four cards of the card they are required to discard.

STEP 3

The game continues clockwise to the next player, who will discard twos. The following player discards threes, and so on.

STEP 4

Players announce their cards as they lay them. Start again with aces after kings have been played. Keep in mind that players don't have to play the cards they announce. They can be lying. Even if you do not have the required card to discard, you must put down and name a card.

STEP 5

After each turn, allow a moment to let anyone challenge the player by saying "I doubt it." Remember to challenge a player only if you think he might not be discarding the cards he says he is.

STEP 6

When a challenge is voiced, the challenger can look at the discarded cards. If they match what the person who played them said, the challenger picks up all cards in the discard pile and adds them to his personal pile. If the cards are not what the person said they were, the player who discarded them must pick up the entire discard pile.

STEP 7

The player to lay down his entire hand of cards first will win the game.

Battleship



Another fun activity from:

www.funorama.com

Defensive Grid

A										
B										
C										
D										
E										
F										
G										
H										
I										
J										
	1	2	3	4	5	6	7	8	9	10

Put the following ships on your defensive grid by placing the appropriate letters -- horizontally, vertically or diagonally.

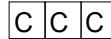
1 - Aircraft Carrier



1 - Battleship



1 - Cruiser



2 - Destroyers



Offensive Grid

A										
B										
C										
D										
E										
F										
G										
H										
I										
J										
	1	2	3	4	5	6	7	8	9	10

Instructions (2 Players Required):

Both players place their ships on the defensive grid according to the chart above. Whoever goes first calls out a position (i.e. G-6). The other player says either "Hit" or "Miss" depending upon whether one of his ships is in the position called out. The person calling out should mark a hit or a miss on the "offensive grid" to keep track of the shots. The other person should mark the shot on the "defensive grid". If the shot is a "Hit", the player goes again--otherwise the other player takes a turn. Once the opposing player has scored a hit on all of the spaces for a particular ship, you must call out "Hit...you sunk my Cruiser" (or whatever type of ship it was). Once a player has sunk all the opponents ships, he is declared the winner.

Origami Bookmark

You will need:

- Coloured paper or card
- Scissors
- Glue
- Felt tips



How to make:

STEP 1

Fold a piece of square paper in half, diagonally, so that it is a triangle.

STEP 2

Take the top layer of paper, at the top of the triangle, and fold the top to the centre at the bottom.

STEP 3

Bring both the left and right corner of the triangle to the centre at the bottom. Make sure the folds are crisp. Unfold both sides.

STEP 4

Fold the same two corners to the top of your triangle, transforming it to a square. Again, make the folds nice and crisp. Tuck them into the pocket that has formed. You have just made your origami corner bookmark!

STEP 5

Now decorate it into a character of your choosing.

Paper Weaving



How to make:

STEP 1

With two of the same colored pieces of craft paper, we recommend having the children draw on one of the pieces of paper to make it stand out.

STEP 2

Rather than draw, you could have the kids paint one or both pieces of simple paper to give it different dimension.

STEP 3

Color variation of the weaving strips.

STEP 4

Change the size you are cutting the paper and the size of the strips of paper.

STEP 5

For younger children, the thicker the strip size the easier it is for them to weave the paper.

STEP 6

The older kids can handle smaller strips making it a bit longer of a project.

How to make a cup and ball

Supplies

- A paper cup
- A sharp pencil
- Sticky tack
- Sticky tape
- Scissors
- String



- Tinfoil
- Pens or crayons



- 1** First, decorate around the sides of the paper cup using pens or crayons. You may like to draw pictures or patterns or just colour the cup.



- 4** Next, tape one end of the string inside the cup with the rest of the string on the outside of the cup.



- 2** Next, ask an adult to help you make a hole in the bottom of the cup. Put the cup onto a ball of sticky tack and then push a pencil through the bottom of the cup and into the sticky tack.



- 5** After that, tape the other end of the string in the middle of a sheet of tinfoil.



- 3** Then, cut a length of string about 50cm long.



- 6** Next, scrunch the foil sheet around the end of the string to create a ball. (Making sure that the ball is small enough to fit inside the cup.) Now you can try to catch the ball in the cup by swinging and flicking the cup!

Make your own binoculars

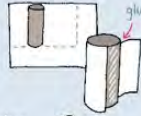


You will need

- Two cardboard tubes (you can use toilet roll tubes)
- String
- Paper
- Scissors
- Glue
- Rubber band
- Hole puncher or pen
- Felt tip pens (optional)



1 Cut your paper to size, then cover your tubes with glue and wrap the paper around them.



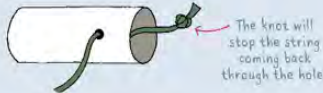
2 Using a pen or hole puncher, insert a hole at the side of each tube, about a third of the way down.



3 Glue the two tubes together so that the holes are facing the outside.



4 Insert string into one of the holes from the outside of the tube. Bring it through the tube and tie a chunky knot. Gently pull the string back from the outside. Repeat on the other side.



5 Place a rubber band around the tubes to help the glue set. Leave to dry over night.



6 Remove the elastic band and then decorate them with pens!



7 Go wildlife detecting!



www.wildlifewatch.org.uk

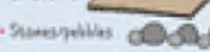
Illustration: Laraine Webb © Copyright Royal Society of Wildlife Trusts 2016

How to build a bug hotel



You will need:

- Wooden pallets $\times 4$
- Bricks
- Plastic bottles*
- Bamboo cones
- Straw
- Leaves
- Tiles
- Cardboard
- Stones/pebbles
- Twigs/loose bark



1 Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



2 Place your next pallet on top of this and repeat the process for all of your pallets.



3 Cut off the top two-thirds of your bottles. Fill up half of them with bamboo cones/plastic straws and the other half with rolled up cardboard. Place these inside the hotel.



4 Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



5 Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name!



*Use old plastic bottles for this, and always recycle when you can.

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Illustration: Laraine Webb © Copyright Royal Society of Wildlife Trusts 2016

Nature is full of great opportunities in turning natural objects into musical instruments...

Maracas

You will need

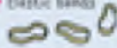
- An empty, clean tin can (with the label removed)



- A balloon



- Elastic bands



- A handful of seeds, rice, lentils, nuts or small stones



- 1 Put your loose materials into your tin can.



- 2 Stretch the balloon over the open end of the tin.



Be careful of sharp edges.

- 3 Once in place, secure it with elastic bands.



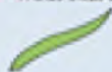
- 4 Give it go - shake your maracas!



Grass whistle

You will need

- A wide blade of grass



- Your two thumbs



- 1 Hold the grass taut between your thumbs.



- 2 Blow into the gap between your thumbs until you hear a whistle.

If you don't hear anything at first, try re-positioning the grass between your thumbs. Don't worry - it can take a bit of practice!



www.wildlifewatch.org.uk



How to make a nest box



What you need:

- rough cut timber
- some old rubber or a hinge
- 20mm nails
- tools:



Always use a saw to cut wood. It's safer than using a hand saw.

- 1 Mark out and saw panels

Use diagram above, and write the name of each panel onto the marked out wood.

- 2 Choose your box type



- 3 Assemble the box

Nail the panels together:



Fix on the roof panel with a hinge or strip of old rubber.

Where to put it:

2-5 metres above the ground. Somewhere sheltered

2-5m above ground



www.wildlifewatch.org.uk

Illustrations: Wildlife Watch; Photos: Wildlife Watch; Photos: Wildlife Watch



The challenge is for children aged 4 – 11, and we look forward to you joining us in reading or sharing six books of your choice. Children aged 4 and under can join in the fun and earn reading star stickers throughout the summer.

You'll find thousands of children's eBooks and audiobooks free to download using our BorrowBox service with lots of titles always available without the wait. You'll find links to some of our recommendations on this webpage and information about downloading eBooks and audiobooks. If you're not already a member of Hampshire Libraries, you can join to take part.



NATURE BINGO



BERRY	LITTER	SPIDER WEB	FUNGUS	WATER
FOOTPRINT	YELLOW FLOWER	PIECE OF BARK	SEED	ANIMAL BURROW
SOMETHING PRICKLY	ANIMAL NEST	FREE	WATER PLANT	ANTS
BIRD	DEAD TREE	INTERESTING ROCK	BUG WITH WINGS	A SEEDLING
FEATHER	MOSS	LEAF WITH SMOOTH EDGES	SCAT	ALGAE

YOUNGEARTHYMAMA.COM



Garden bird detective



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Pictures: Chaffinch, Blue tit, Goldfinch and Great tit (c) Amy Lewis / Greenfinch (c) Gillian Day / House sparrow (c) Stewart McDonald / Blackbird (c) Neil Aldridge / Collared dove (c) Ian Rose / Starling (c) Margaret Holland / Wood pigeon (c) Steve Waterhouse

Woodland Butterfly Spotter



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Speckled wood (c) Neil Aldridge / Peat-bordered hillary, silver-washed hillary, brown hairstreak, purple hairstreak and black hairstreak (c) Philip

Mindfulness Activities to do with your child

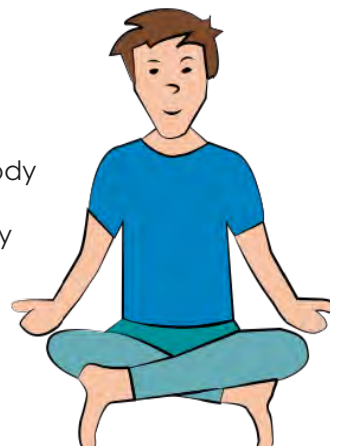


Easy Pose

This is the simplest of all poses – try this before trying any others.

How to do:

- Sit up straight with your legs crossed.
- Place your hands on your knees, palms facing up.
- Balance your weight evenly on the bones of your body you are sitting on.
- Keep your head, neck, and spine aligned all the way along your body.
- Lengthen your spine – without stiffening your neck.
- Relax your feet and thighs.
- Hold this posture for 30 seconds.
- Release and change the cross-legged position.



Best belly buddies

Since breathing is something that we do all the time, it is one of the best tools you have to bring you into the present moment, and there is no better way to engage young children than by using their favourite soft toy.

Tip: pick your favourite soft toy as your belly buddy. Young children will need a parent to guide them while older children may do this independently.

1. Lie on the ground on your back.
2. Place your soft toy on top of your belly.
3. Look at your toes.
4. Slowly breathe in through your nose and count 1, 2, 3 in your head.
5. Hold your breath and count 1, 2, 3 in your head.
6. Slowly breathe out through your mouth and count 1, 2, 3 in your head.
7. Repeat these steps for at least 3 minutes.

Questions to think about

- Can you see the toy on your belly?
- What does it feel like having your toy on your belly?
- What did your toy do when you breathed in?
- What did your toy do when you breathed out?
- What does the air sound like when it comes in your nose?
- What does the air sound like when it comes out your mouth?
- What do you think it would feel like for your toy sitting on your belly?



Spidey Senses

This activity allows children to engage all of their senses while acting like their favourite superhero.

1. Stand or sit up straight.
2. Close your eyes.
3. Put your hands on your hips.
4. Slowly breathe in through your nose and count 1, 2, 3 in your head.
5. Hold the breath for 1, 2, 3.
6. Slowly breathe out through your mouth and count 1, 2, 3 in your head.
7. Think of a superhero and imagine you are that superhero.
8. You might imagine that you are Spiderman and turn on your 'Spidey Senses' or have the super-focused smell, taste, touch, hearing, or sight that Superman has when protecting the world.
9. Open your eyes!
10. You can now see, hear, smell, taste and touch like that superhero!
11. Focus on the sounds you can hear.
 - a. What can you hear around you?
 - b. Can you notice sounds you didn't hear before?

What are they?

12. Focus on what you can smell.
 - a. What do you smell in the air?
 - b. Are there new smells that you didn't notice before?
 - c. Where do you think the new smell is coming from?
13. Focus on what you can taste.
 - a. What can you taste?
 - b. Does your mouth feel dry or wet?
 - c. Do you have a sweet, sour or salty taste in your mouth?
 - d. Can you feel your tongue in your mouth?
14. Focus on what you can touch.
 - a. Can you feel your feet? What are they doing?
 - b. Can you feel what you are sitting or standing on?

Spidey Senses



Headspace - Free app which promotes wellbeing

<https://www.headspace.com/blog/2016/12/05/understanding-teenagers>

15. Stand or sit up straight.
16. Close your eyes.
17. Put your hands on your hips.
18. Slowly breathe in through your nose and count 1, 2, 3 in your head.
19. Hold the breath for 1, 2, 3.
20. Slowly breathe out through your mouth and count 1, 2, 3 in your head.
21. Think of a superhero and imagine you are that superhero.
22. You might imagine that you are Spiderman and turn on your 'Spidey Senses' or have the super-focused smell, taste, touch, hearing, or sight that Superman has when protecting the world.
23. Open your eyes!
24. You can now see, hear, smell, taste and touch like that superhero!
25. Focus on the sounds you can hear.
 - a. What can you hear around you?
 - b. Can you notice sounds you didn't hear before? What are they?
26. Focus on what you can smell.
 - a. What do you smell in the air?
 - b. Are there new smells that you didn't notice before?
 - c. Where do you think the new smell is coming from?
27. Focus on what you can taste.
 - a. What can you taste?
 - b. Does your mouth feel dry or wet?
 - c. Do you have a sweet, sour or salty taste in your mouth?
 - d. Can you feel your tongue in your mouth?
28. Focus on what you can touch.
 - a. Can you feel your feet? What are they doing?
 - b. Can you feel what you are sitting or standing on?
Is it soft or hard? Wet or dry? Smooth or bumpy? Cold or hot?
29. Keep your superhero senses switched on as long as you like. Think to yourself or tell someone how it makes you feel being a superhero.

Gratitude ideas

- Something someone did for you today
- A person who you love
- Something you like to do
- A talent you have
- A part of your body you are grateful for
- Something that made you laugh today
- A song you like
- A game you like to play
- A new skill you have learned
- A food you like to eat
- A pet that you love
- Something you have that you know other people don't have
- A memory of something you have done in the past

Amazing Work

Thank you!

You're COOL!

i ♥ u



Gratitude ideas

- Something someone did for you today
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Centres providing Holiday Activities

Organization:

360 Degree Sports Coaching
Active Kids Holiday Club
Active8 Minds
CM Sports UK Ltd
CM Sports UK Ltd
Community Childcare Centres - Growing Places
Edith Stein Catholic Academy Trust
Freedom School Holidays
Hayling Island Community Centre Association CIO
Little Explorers Nursery School Partnership
Motiv8 South Ltd
OSCA Childcare Limited
Park Community School
Y Services for Young People

Location:

Front Lawn Primary Academy
Park Community School, e Park Way,
Warblington School
Havant College
Riders Junior School
Mill Road, Waterlooville
Oaklands Catholic School
Purbrook Junior School
Hayling College
SYRCH, Lutman Street
Motiv8 Office
c/o Mengham Infant School
Park Community School
Acorn Community Centre



So many fun activities!

TEMPERATURES

F**C****G**

250 °F

130 °C

mark 1/2

275 °F

140 °C

mark 1

300 °F

150 °C

mark 2

325 °F

170 °C

mark 3

350 °F

180 °C

mark 4

375 °F

190 °C

mark 5

400 °F

200 °C

mark 6

425 °F

220 °C

mark 7

450 °F

230 °C

mark 8

475 °F

240 °C

mark 9

500 °F

250 °C

mark 10

EQUIVALENTS

SOLID

25g = 1oz
50g = 2oz
75g = 3oz
110g = 4oz
125g = 4.5oz
150g = 5oz
175g = 6oz
225g = 8oz
250g = 9oz
325g = 12oz
350g = 12.5oz
375g = 13oz
400g = 14oz
450g = 1lb
700g = 1.5lbs
1.1kg = 2.5lbs

LIQUID

25ml = 1 fl.oz
50ml = 2 fl.oz
75ml = 3 fl.oz
100ml = 4 fl.oz
125g = 4.5 fl.oz
150g = 5 fl.oz
175g = 6 fl.oz
200g = 7 fl.oz
225g = 8 fl.oz
250g = 8.5 fl.oz
275g = 1/2 pt
300g = 10.5 fl.oz
350g = 12 fl.oz
400g = 14 fl.oz
450g = 16 fl.oz
575g = 1 pt



www.connect4.org.uk



admin@connect4summer.com



facebook.com/Connect4Summer

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