

## Friday 15<sup>th</sup> January afternoon activities!

- Can you build a den for the polar bears? We used marshmallows!



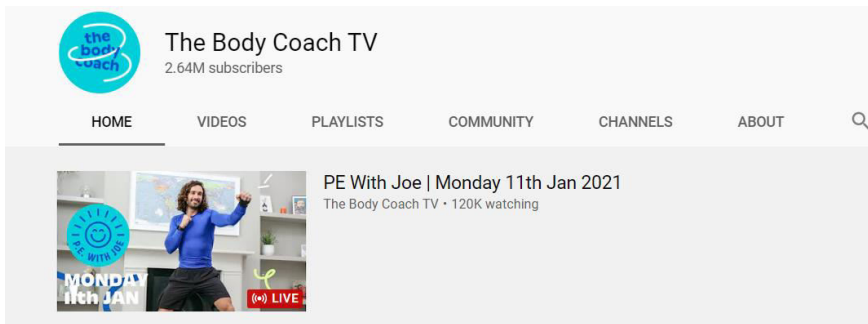
- Place some phonics sounds or words on the stairs to practise either in order or a random order. Include CVC and red words as a challenge...



- Youtube Art hub link – How to draw a polar bear:

<https://www.youtube.com/watch?v=hnmlzxuxcNw>

- Joe Wicks PE channel daily



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

- Make some playdough and create a polar bear! Below is our simple playdough recipe...

**Mix together:**

2 cups of flour

Half a cup of salt

2 tablespoons of cream of tartar

**Then add:**

2 tablespoons of oil, 1 cup of hot water, food colouring/glitter etc if required

Knead the dough until soft

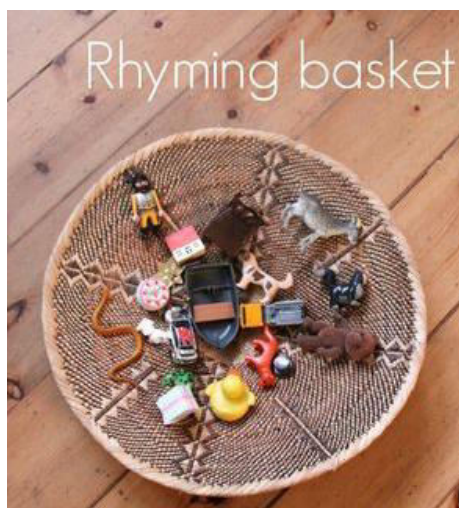


- Short bear videos on EPIC or Youtube

<https://www.youtube.com/watch?v=cuxCpOX3gv8>

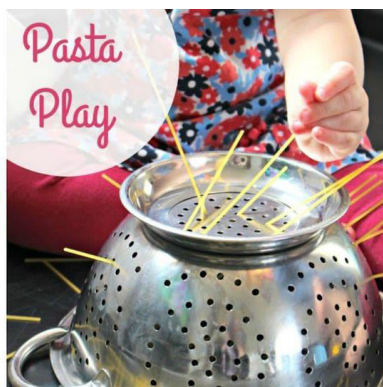
<https://www.youtube.com/watch?v=GUwvvtAH-U>

- Can you find things around your house that rhyme? Put them in a box or a basket and test your grown up to see if they can find the rhyming pairs!

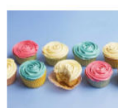


- Finger gym – help to make your fingers strong for writing!

Thread pasta or cereal hoops on string, use tweezers to pick up rice, thread spaghetti through a sieve...



## Easy baking:



### Cupcake recipe

★★★★★ 211 ratings

Bake these easy vanilla cupcakes in just 35 minutes. Perfect for birthdays, picnics or whenever you fancy a sweet treat, they're sure to be a crowd-pleaser

35 mins Easy Vegetarian



### Easy cornflake tart

★★★★★ 31 ratings

Make this cornflake cake for a fabulously easy family dessert that uses simple ingredients. With a pastry case and jam base, it's delicious served with custard

1 hr Easy Vegetarian

<https://www.bbcgoodfood.com/recipes/collection/kids-baking-recipes>

## Easy cooking:



### Crumpet pizzas

★★★★☆ 2 ratings

Help younger children make these easy crumpet pizzas for lunch, or let older kids put them together themselves. Use whatever veg you have in the fridge for the toppings

30 mins Easy Vegetarian



### Rainbow rice paper rolls

★★★★☆ 2 ratings

Escape from a lunchtime sandwich rut with these rice paper rolls. Red cabbage and radishes add a lovely pop of colour, or try iceberg or Little Gem lettuce

40 mins Easy



### Chicken & veg bowl

★★★★★ 1 rating

Make this colourful chicken, brown rice and vegetable dish for the whole family. With avocado, edamame beans, sweetcorn and carrots, it's not only tasty, but healthy too

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>