



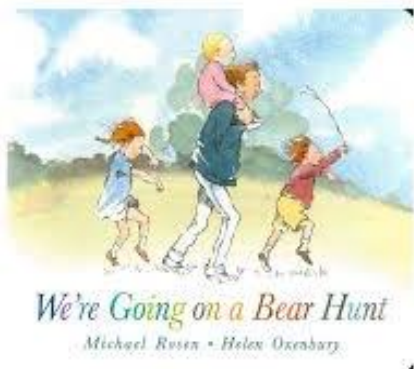
Words of the week are:

Theme of the week is:

Be Positive

Animals

Activity 1: **Indoor Activity** 👍👎



Watch: www.youtube.com/watch?v=0gy16ykDwds

Activity 2: **Creative Activity** 👍👎



Using paper, pencils and pens, draw and colour 10 bears - your bears don't have to look like the bear in the story. They can be cuddly bears, scary bears, mummy bears, daddy bears, or baby bears - let your imagination run wild and most importantly, have fun!

Activity 3: **Outdoor Activity** 👍👎

Hide your bears outside in your garden or an outside space. (Check that it's safe with adult supervision). Then tell your family to come and look for the bears and shout...

"We're going on a bear hunt, we're going to catch a big one, what a beautiful day!"

When you have collected all your bears, ask an adult if you can place them in your window for people to see.

Activity 4: **Online Activity** 👍👎

Edinburgh Zoo have a live webcam stream, so you can see pandas, tigers, koalas, and penguins in the Zoo at any time of the day!

Why not take a look?

<https://www.edinburghzoo.org.uk/>



Activity 5: **Family Quiz** 👍👎

All the children in the house are to design a quiz for the adults!

You need to create 20 questions about things that your parents might not know the answer to, for example...

1. Name 6 superheroes
2. Who sang (name a song and sing it loud!)
3. A Fortnite question
4. Name two Youtubers
5. Name all the planets

So off you go, create a quiz to challenge the adults and have fun!

Activity 6: **Creative Activity** 👍👎

How to make dough animals

You will need:

- 1 cup salt
- 2 cups flour
- 1 cup water

Mix the ingredients together and be creative!

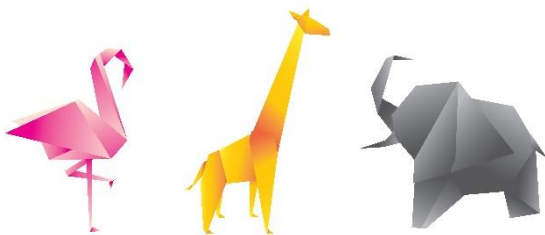
You can slow bake these in the oven (with the help of an adult) then colour using felt tips or paint.

Enjoy!

Activity 7: **Creative Activity** 👍👎

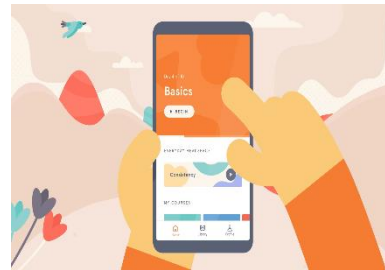
Origami animals

Using instructions, make animals from paper!



Instructions: <https://www.origamiway.com/origami-animals.shtml>

Activity 8: **Mindfulness** 👍👎 (Adult)



Build tools to help ourselves shows our children we can get through this. Try taking a few minutes for yourself and listen to a mindfulness app, like Headspace. If you enjoy it, share with family and friends.