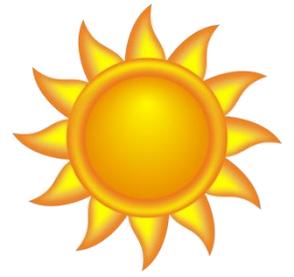


## Home Learning Week 8



This week's activities will be based on the theme of 'summer sun'

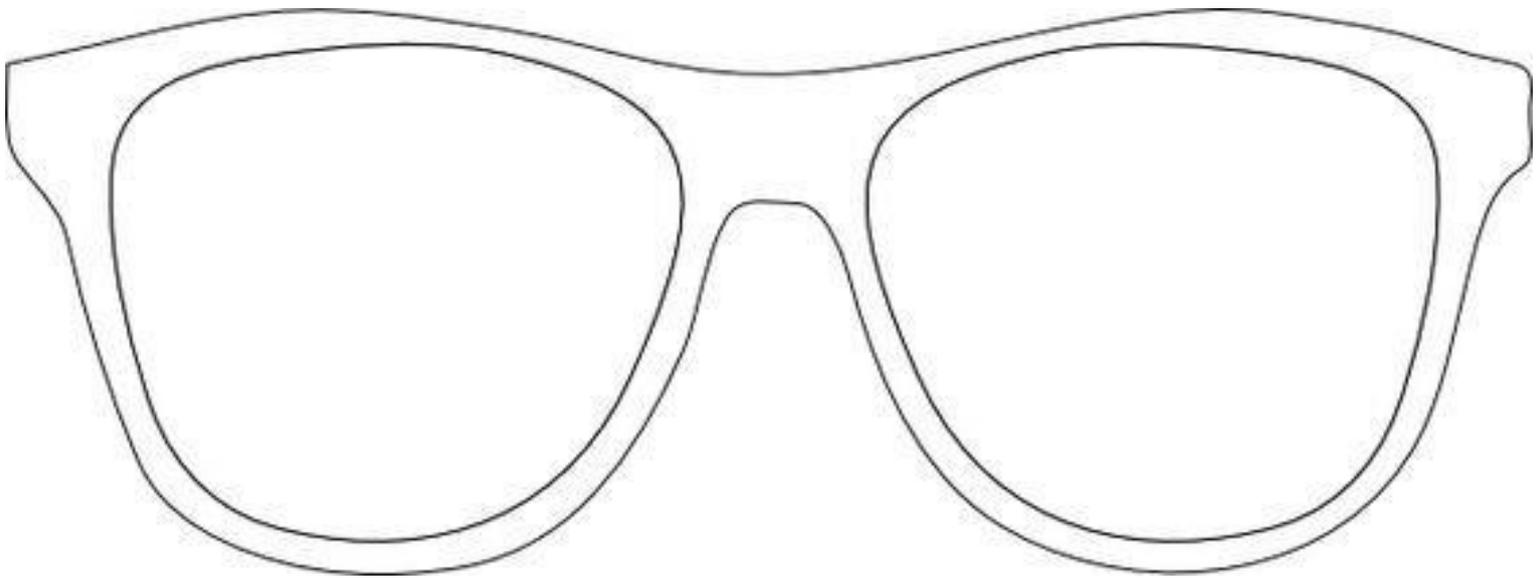
### Keeping safe in the sun

It's really important to stay safe when you are outside in the sunshine. Here are some things you can do to stay safe and well:

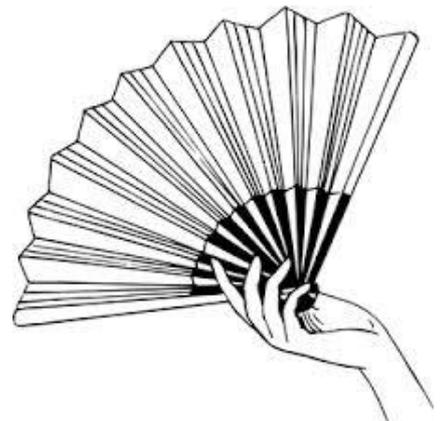
- Wear sun-cream to protect your skin
- Wear a sunhat / cap
- Drink plenty of water
- Don't stay outside for too long

In addition you could try making these fun things to help protect you from the sun:

*Make a pair of sunglasses.* Using the template below, use child scissors to cut out the glasses frame (ask your parents to help cut out the eye holes). Now stick some coloured cellophane across the eyeholes. Finally make arms to attach to the frame - you could use lolly sticks or pipe-cleaners!



*Make a paper fan* – using a piece of paper, fold a narrow section across then flip the paper over and repeat, until you have created a paper fan. Secure one end using tape and fan yourself!



## Get creative

Use a paper plate to create a sun to hang in your bedroom so that the sun is always shining! Follow the steps below:



1. Cover the plate with a thin layer of glue
2. Stick pieces of yellow, orange or red tissue paper on to the plate. Try and create circles of each colour or shade
3. Using a piece of yellow paper or card, cut strips of paper and then fold these in half lengthways and join using a spot of glue to create a loop.
4. Now tape these strips around the edge of the plate, at equal distances
5. Attach some string to the plate and once dry, hang in a sunny spot!

## Summer smoothie

Follow the recipe below and create a healthy summer smoothie for all the family. Your child will also build lots of upper body strength as they mash the strawberries and bananas!

# Strawberry Smoothie

Makes 8 small servings

### Ingredients

500ml cold milk  
2 x 120g pots strawberry yogurt (amount can be slightly varied)  
2 ripe bananas  
8 large ripe strawberries  
Small squeeze of lemon juice

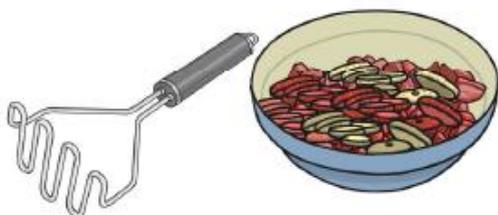
### Equipment

Potato masher  
Small glass  
Safe knife  
Chopping board  
Large glass/ceramic bowl  
Whisk



**Step 1.** Pull the green stalk off the strawberries and cut into quarters. Peel the bananas and cut them into slices. Put them into a large bowl.

**Step 2.** Use the back of a fork or a potato masher to mash the strawberries and banana. Keep mashing until you have a fairly smooth consistency. Add a small squeeze of lemon juice.



**Step 3.** Measure the milk in a jug. Stir in the yoghurt.

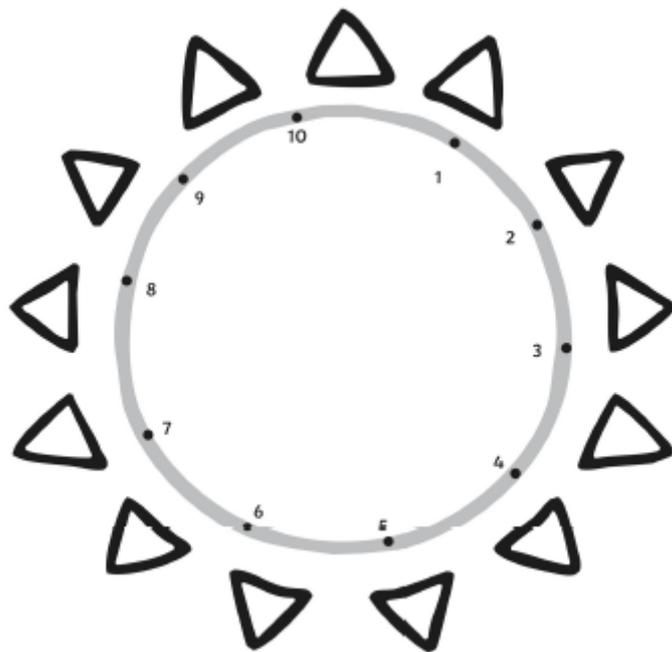
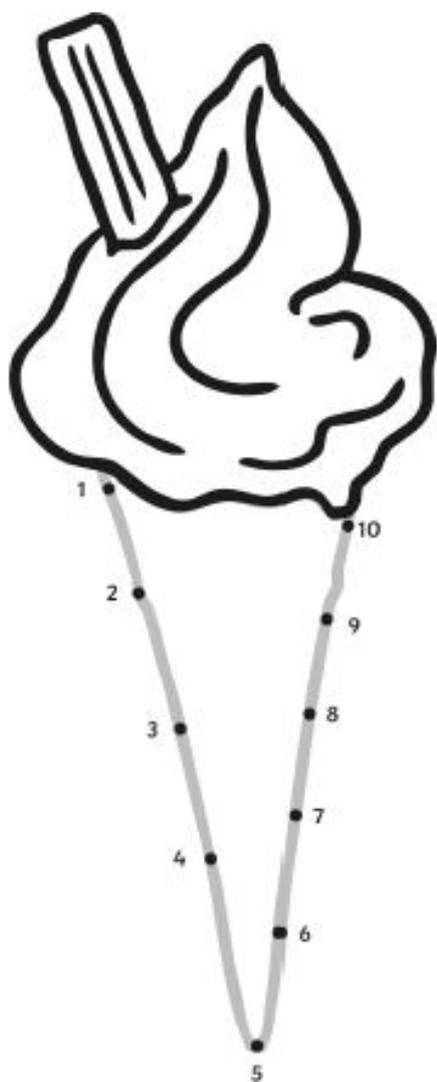
**Step 4.** Gradually whisk the milk and yoghurt mixture into the bowl.

**Step 5.** Pour into a glass and enjoy!

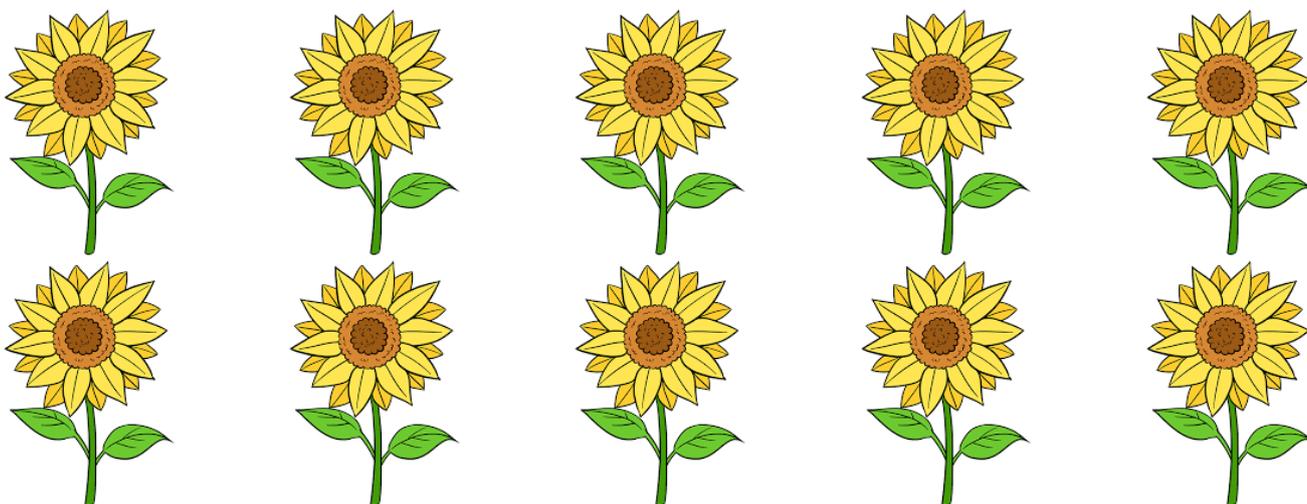


## Summer dot to dot

Support your child's number recognition and fine motor control as you do these summer dot-to-dots.



**How many flowers are there?** Count carefully – make sure you say each number as you point to each flower. Now say the number and show your parents the same number of fingers on your hands.



\*Please remember to supervise / support your child at all times when doing these activities\*