



COVID-19 BOREDOM PACK

Creative activities and educational resources for
young people during the COVID-19 lockdown

Compiled by:



PLEASE NOTE: Keep an eye out on the 'Hartlepool Youth Service' Facebook page where you can compete in competitions to win vouchers!

How to cope with social distancing...

1. Don't spend too long over thinking things. It's also important to make sure the news that you are reading is factual and up to date.

- <https://www.gov.uk/coronavirus>
- <https://www.bbc.co.uk/>

Further to this, there has been growing claims that 5G network exposure is a direct cause of the coronavirus pandemic. This is incorrect; COVID-19 is a virus and there is no evidence that 5G is harmful to people's health. Follow the link for further information:

- <https://fullfact.org/online/coronavirus-5G/>

2. Begin a new hobby or develop an existing one. Pinterest has tons of ideas for crafts, cooking, make-up, DIY, anything you can think of...

- [https://www.pinterest.co.uk/search/pins/?q=craft%20tutorials&rs=typed&term_meta\[\]=craft%7Ctyped&term_meta\[\]=tutorials%7Ctyped](https://www.pinterest.co.uk/search/pins/?q=craft%20tutorials&rs=typed&term_meta[]=craft%7Ctyped&term_meta[]=tutorials%7Ctyped)

These craft tutorials are step by step and for all abilities;

- https://www.youtube.com/watch?v=mjolfzldi_c
- <https://www.youtube.com/channel/UC1SaV8cJ5u5U9iEzS6QRbpg>

For those more serious about art, try Baltic home art resources;

- https://baltic.art/uploads/BALTIC_Home_School_Resource_Judy_Chicago_Sketchbooks.pdf

This amazing downloadable activity pack was put together by famous artists like Grayson Perry and Antony Gormley

- <https://firstsite.uk/art-is-where-the-home-is/>

And if you have Instagram follow the Isolation Art School

- <https://www.instagram.com/tv/B-ZZ5yHli7X/?igshid=i4fb3vxc6cae>

Here's a list of the best games to play online with friends;

- <https://parade.com/1012420/nicolepaier/best-online-games/>

3. It's important to keep active during these times, exercise can help de-stress and keep you healthy

The NHS website has a range of exercise classes for all abilities

- <https://www.nhs.uk/conditions/nhs-fitness-studio/>

4. Keep connected with friends over FaceTime, skype and other social media platforms...

5. Eat healthy food, learn to cook
6. As well as making sure you have a daily walk and enjoy the fresh air you can travel further and visit places with online museums and zoos
 - <https://www.montereybayaquarium.org/animals/live-cams>

Never been to Disney land? Explore it via google street view

- <https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>

Bring the outside inside;

- <https://artsandculture.withgoogle.com/en-us/national-parks-service>

Mental health helplines:

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

Source: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

These helplines and support groups details are accurate as of April 2020. Next NHS review 28/09/2021.

- **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: www.anxietyuk.org.uk

- **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

- **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

- **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

- **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

- **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

- **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

- **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

- **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

- **PAPYRUS**

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

- **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

- **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

- **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

- **YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Daily Routine Sheet

Source: <https://www.leicestershirecares.co.uk>

Having a structure is really important in living your day to day life. Without a little bit of structure, you can start to feel sluggish, confused and almost a little lost. This happens to the best of us. And in this situation, it is important for us to keep up with our daily activities.

A good way of doing this is to plan a 'Self-isolation routine'. This will be a good way to help find some structure in your day. This is just a rough example of how your day can be spent. Don't worry if some of the timings run over or under by a little, and always remember, the more structure you have to your day, the better!

Routine plan:

8am/9am to 10am – **Wake up**

- Skin care (Wash your face & brush your teeth)
- Shower
- Stretch
- Clean/tidy your room (do your bed)
- Eat breakfast
- Get dressed

10am – **Something for the soul**

- Meditate
- Read
- Yoga
- Breathing exercises (Easily accessible on youtube)

11am – **Something for the brain**

- Do homework/study/learn something new
- Puzzles or solving problem activities with your children

12:30pm-1:30pm - **Lunch**

- Take some time out for lunch. We don't give ourselves enough time to eat, which is probably why we don't end up cooking and just grabbing something quick and easy!

1:30pm –2pm – **Spending time outdoors**

- Read outdoors and get some fresh air
- Go for a walk or run
- Clean up your garden

2:30pm – 3:30pm – **Do something productive**

- Clean out your drawers (bedroom or kitchen)
- Declutter
- Wash make up brushes

- Dust and clean shelves and Hoover
- Household chores

3:30pm – 5pm – **Something for yourself**

Do something YOU enjoy!

- Bake
- Paint
- Cook
- Arts & Crafts

5pm -7pm – **Something fun!**

- Binge on Netflix or any other viewing platform
- Board games
- Social media

7pm-8pm – **Dinner time!!!**

Be creative, try something new, cook something totally different (seeing as you have the time!)

8pm -10pm – **Winding down**

- Take medication or vitamins (if needed)
- Shower
- Face mask
- Journal/Diary entry
- Express gratitude
- Get to sleep by a good time.

My Self Care Plan

Week Of

OUR BODIES ARE OUR GARDENS, TO WHICH OUR WILLS ARE
GARDENERS.

- Shakespeare

BE
KIND
TO
YOURSELF.

Mind:



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Body:



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Inspiration:

paint read
take a bath
do yoga
drink more water

DIY
take a nap
write bake
go for a walk
sing
meditate

Notes:

10 YOGA POSES YOU SHOULD DO EVERY DAY



1. STANDING SIDE BEND



2. DOWNWARD DOG



3. UP DOG / COBRA



4. CRESCENT LUNGE



5. CAT



6. COW



7. PIGEON



8. HAPPY BABY



9. YOGI SQUAT



10. WINDSHIELD WIPER

GET HEALTHY 

Breathing Exercises

Four In, Four Out Slow Belly Breathing

1. Close your eyes.
2. Breathe through your nose.
3. Deliberately slow your breathing down.
4. Breathe from your relaxed belly.
5. Keep your breaths smooth, steady, and continuous.
6. Breathe in while counting slowly "1-2-3-4."
7. Pause.
8. Breathe out while counting slowly "1-2-3-4."
9. Pause.

Whole Body Muscle Tensing and Relaxing

1. Take a very deep breath in with your mouth open; fill your lungs up.
2. Hold your breath.
3. Tense muscles all over your body.
4. Count 5-10 seconds.
5. Let go of all the tension in your muscles and slowly let your breath out.

4-4-4-4 Breathing

1. Breathe in while counting to 4. Make it a deep, belly breath.
2. Hold your Breath while counting to 4.
3. Breathe out while counting to 4.
4. Hold your Breath while counting to 4.
5. Do this sequence 2 more times.

4-6-4-6 Breathing

1. Breathe in for a count of 4.
2. Hold for a count of 6.
3. Breathe out for a count of 4.
4. Hold for a count of 6.

The Sigh

1. Breathe in.
2. When you breath out, open your mouth and let the air out so you hear the sound of the air releasing, a soft sigh sound.
3. As you let the air out, relax your shoulders, neck and other muscles and let go, like you're melting.

Buteyko Small Breath Holds

1. With your mouth closed, take a small, but calm and relaxed, breath in.
2. Take a small breath out.
3. Hold your nose closed with your hand.
4. Hold for a count of 5.
5. Release.
6. Gentle, soft breathing in-between sets.
7. Tongue rests at the roof of the mouth; Teeth slightly apart; jaw relaxed; Drop shoulders; relax chest and belly; Relax facial muscles.

Alternate Nostril Breathing

1. Close the right nostril with your right thumb. Then inhale slowly through your left nostril.
2. Then close the left nostril with your right index finger and open the right nostril by removing the right thumb. Exhale very slowly through the right nostril.
3. Then draw the air through the right nostril as long as you can do it with comfort and exhale through the left nostril by removing the right index finger.
4. This is one round. Do 12 rounds.
5. Breathing in and out should be as slow, soft, steady and long as possible. But don't force.

4-7-8 Breathing

1. Exhale all the air out through your mouth.
2. Curl the tip of your tongue up to touch the hard ridge behind your upper front teeth and hold it there for the duration of the exercise.
3. Close your mouth and inhale through your nose for a count of 4. Don't force it, but take a good breath as this has to last for the next 15 counts.
4. Hold your breath for a count of 7.
5. Open your mouth and exhale through your mouth (still pressing the tip of your tongue to the hard ridge behind your upper front teeth) for a count 8. of You will make a sound as the air moves around your tongue. You may want to purse your lips if this helps you to direct the flow of your exhalation.
6. Repeat 4 times.

(instructions written by madlyinlovewithlife.com)

The Complete Breath

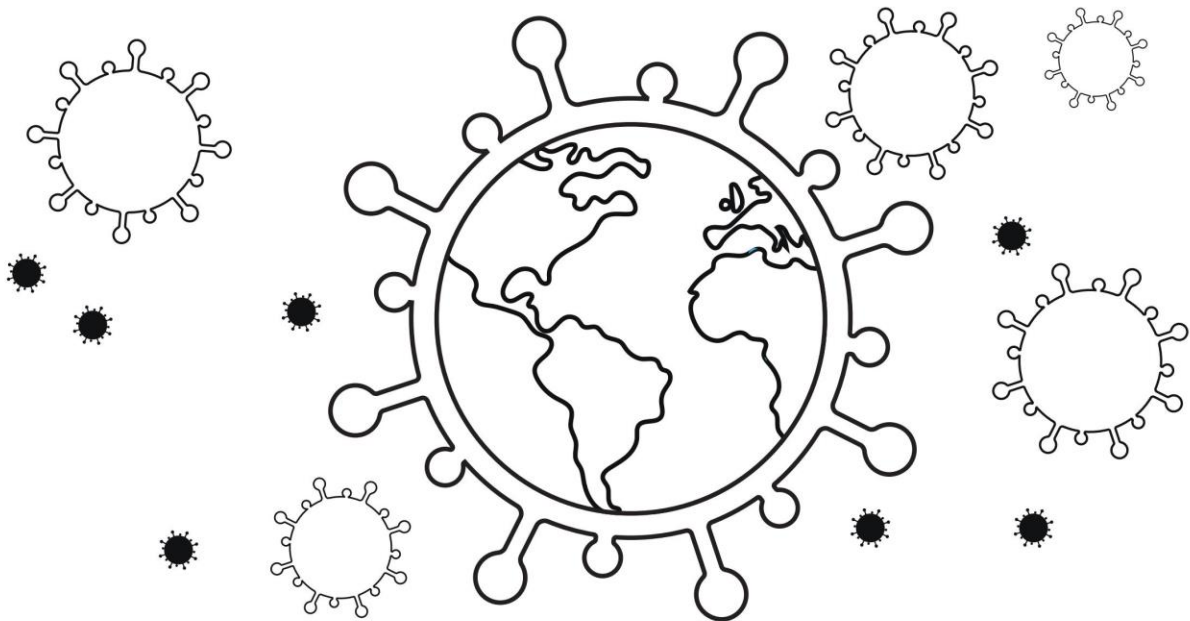
1. First, inhale completely at the abdomen.
2. Continue to inhale by filling in the mid-section, the area of the diaphragm.
3. Continue to inhale by filling the chest, allowing the upper chest and the shoulders to rise.
4. Then systematically release and empty from the upper portion, then the mid-section, and finally empty completely at the abdomen.

(www.swamij.com)

Relearn How To Breathe (Don Campbell)

1. Inhale deeply
2. Exhale with a short burst (as if blowing out a candle). This helps activate your diaphragm.
3. Exhale with a long, slow finish to empty the lungs. Breathlessness is from not expelling enough CO2.
4. Inhale, filling your lungs from the bottom to the top, instead of taking short sips. Most use a third of their lung capacity.
5. Hold for a moment to allow oxygen to saturate the cells.
6. Exhale slowly and completely.
7. Repeat steps 4 through 6 for five minutes.
8. Do this exercise five times a day

MY 2020 COVID-19 TIME CAPSULE

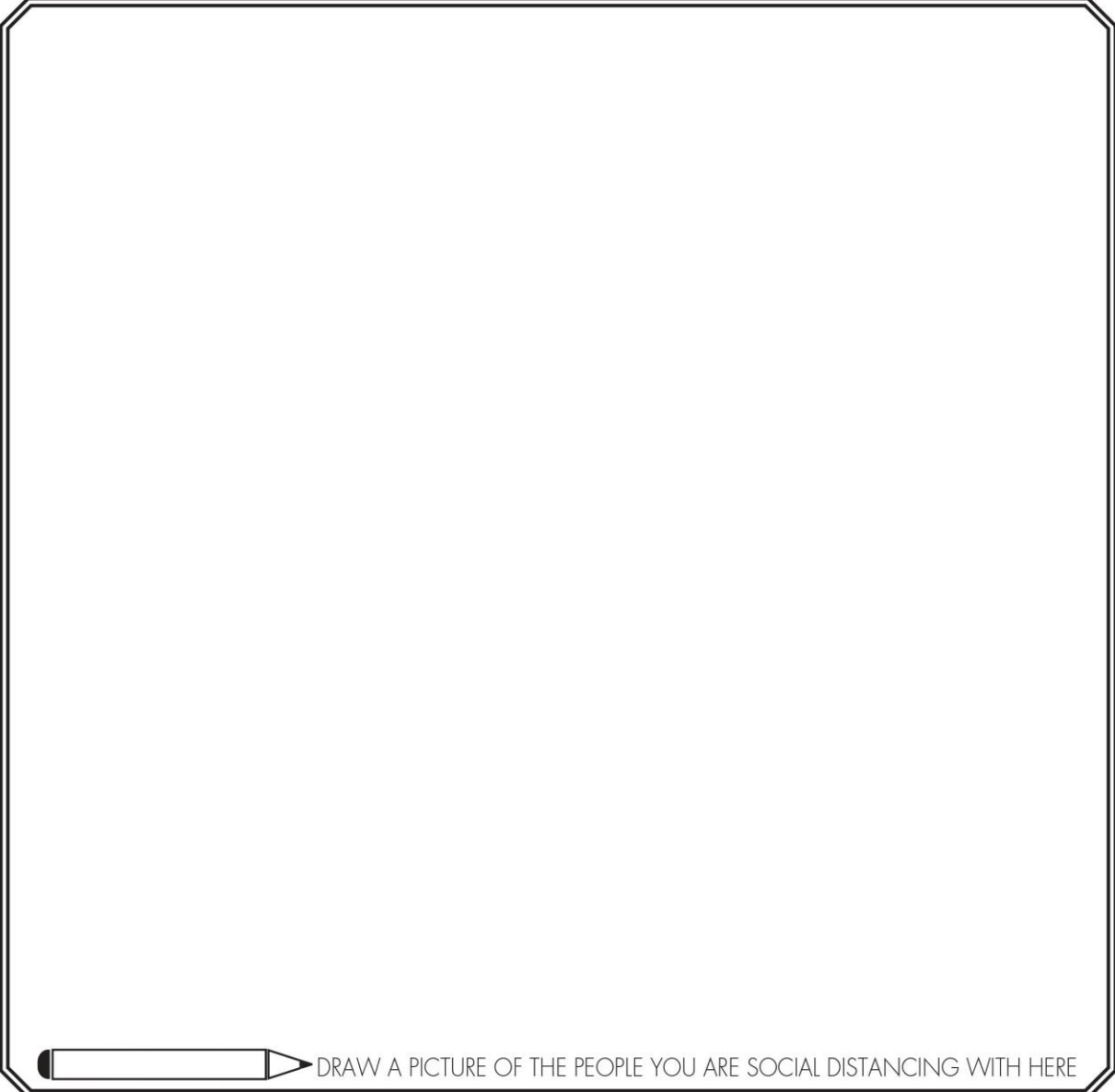


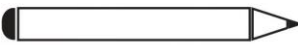
BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♡♡ ALL ABOUT ME ♡♡

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES _____

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

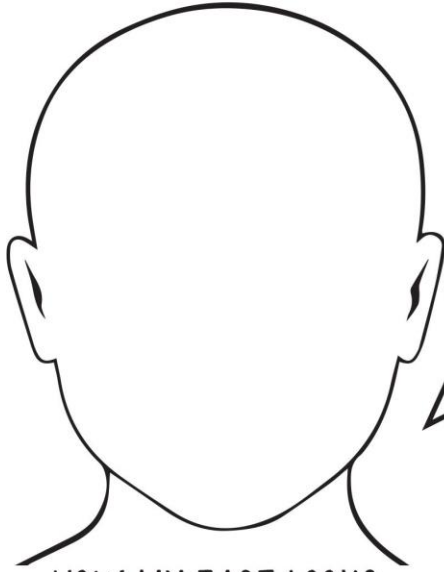
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST
FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

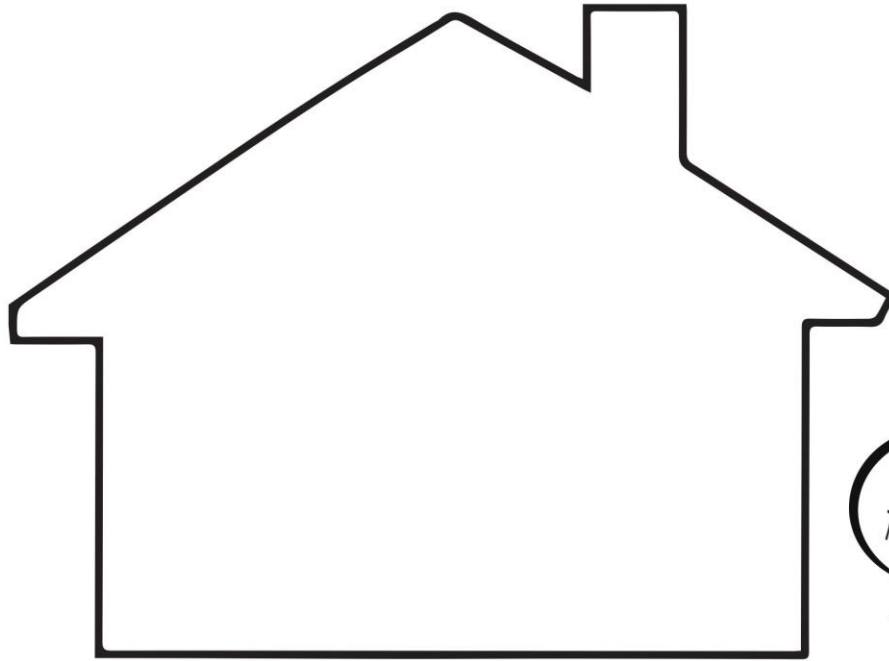
THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

MY COMMUNITY



COLOUR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM DOING TO
KEEP BUSY AT HOME:

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

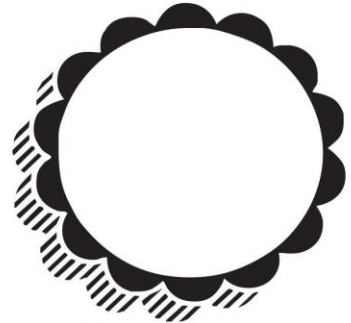
DEAR,

LOVE,

INTERVIEW YOUR PARENTS/CARERS

WHAT HAS BEEN THE
BIGGEST CHANGE?

HOW ARE YOU FINDING
HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE
YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____

GOAL/S FOR
AFTER THIS:

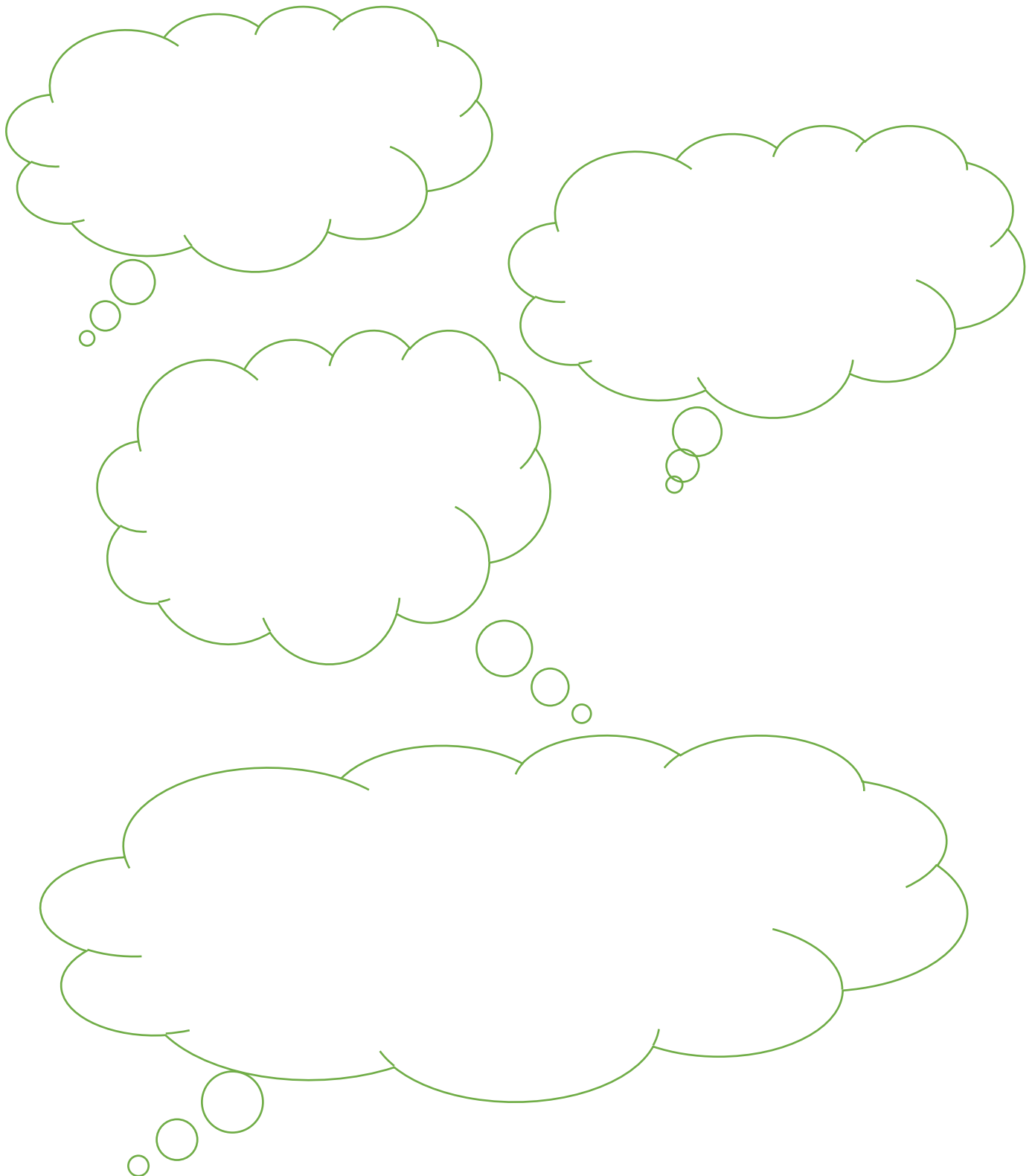
LETTER FROM YOUR PARENTS/CARERS

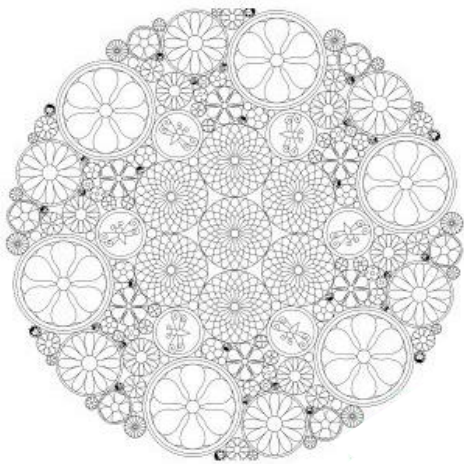
DEAR,

LOVE,

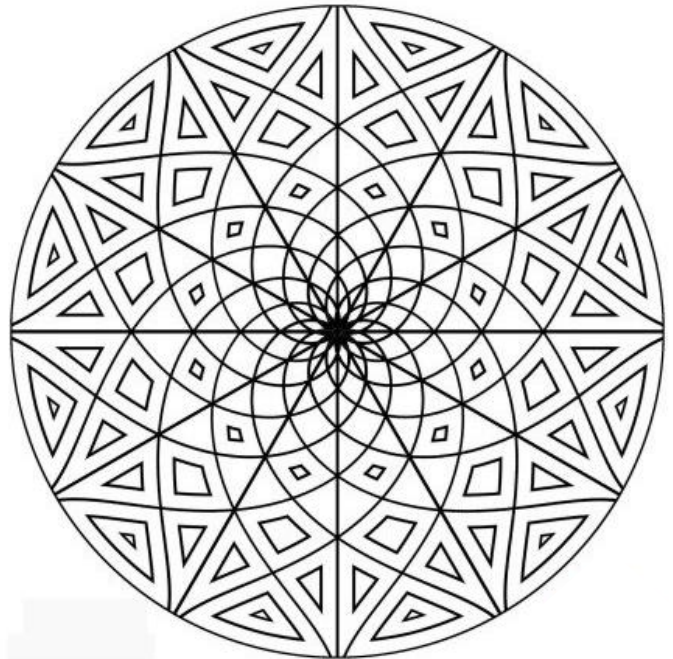
Times like these can be confusing and worrying for us all.

It can be helpful to write down your feelings...





© Valentina Harper, www.valentinadesign.com





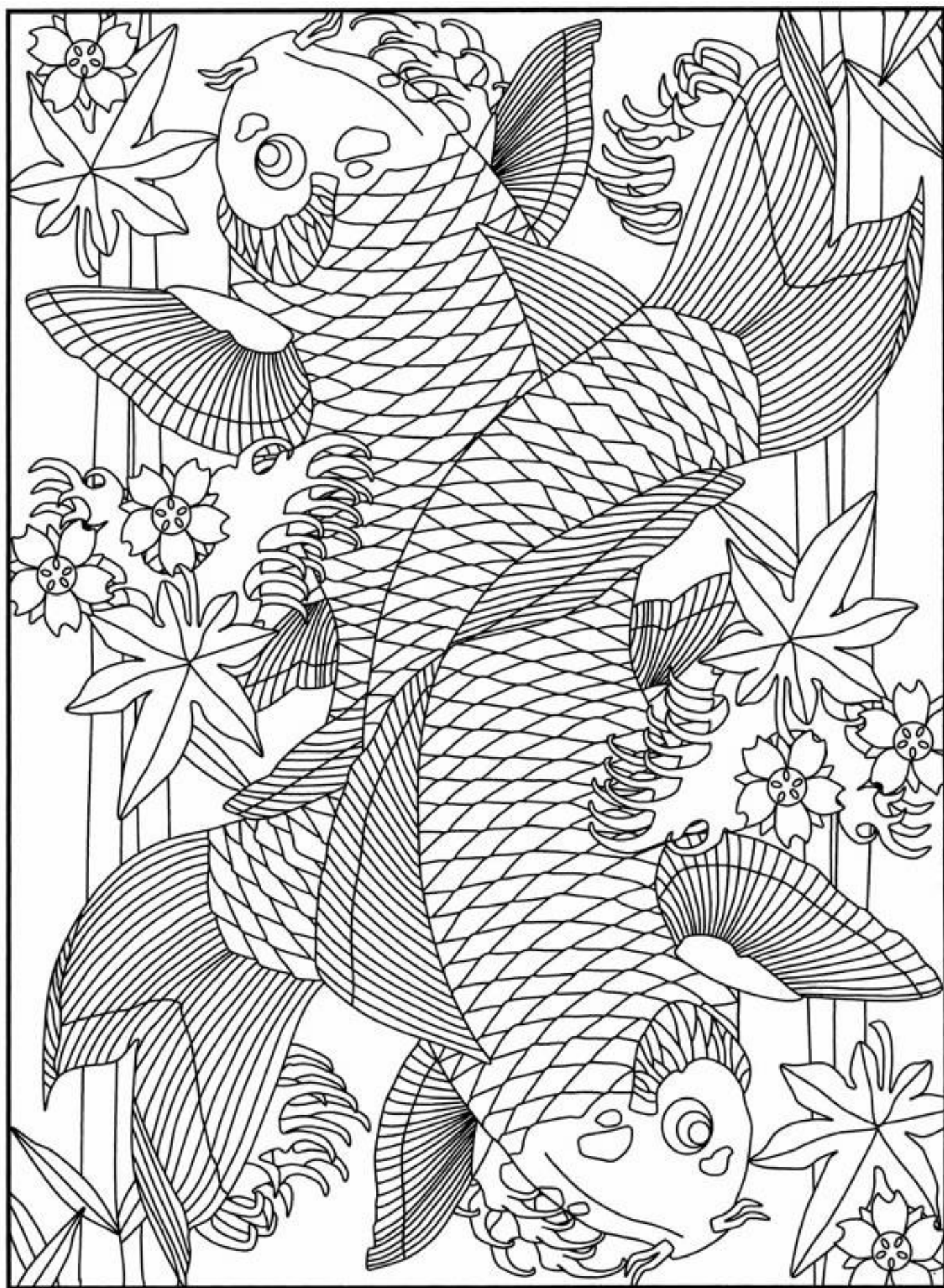


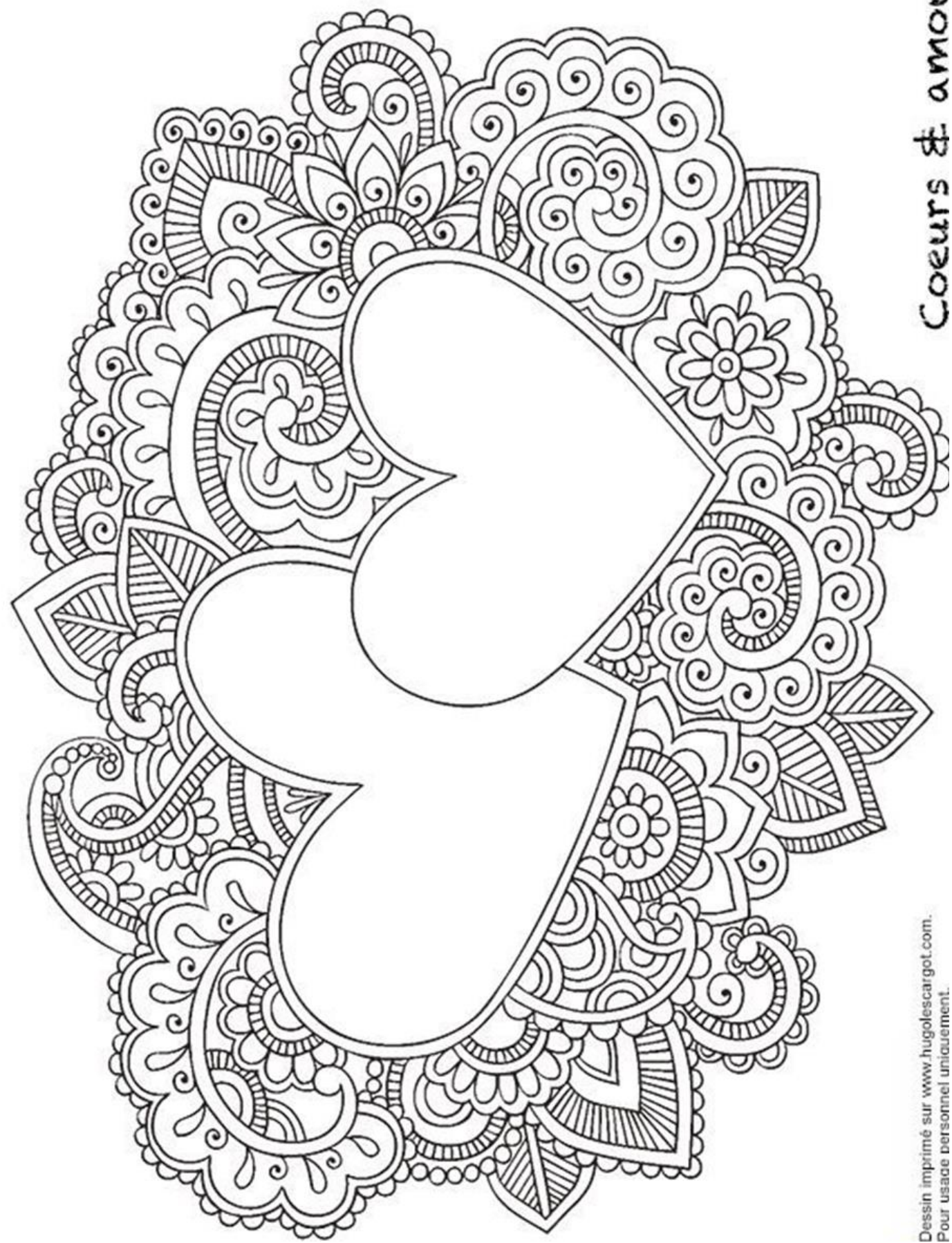












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Cœurs & amour







How to make friendship bracelets

Step-by-step instructions and patterns



Anyone can learn how to make friendship bracelets with beautiful intricate patterns. Let me show you how, with easy step by step instructions. Which design would you like to make?

Even if you're a complete beginner, you can make a pretty bracelet like one of these:



It'll probably take you an hour or so to make your first bracelet. The technique is so easy that you can watch TV at the same time (seriously!).

On this page, I'll show you how to make friendship bracelets in 8 different designs. The cool thing is that it's the exact same easy technique for all the different patterns. I'll show you what the technique is when we get to the instructions.

Friendship bracelet designs

Here are all 8 friendship bracelet patterns:



Hearts - great for Valentine's Day



Flowers



Diamonds



Rainbows



Stripes - great for sports team colours



Stripes and Dots



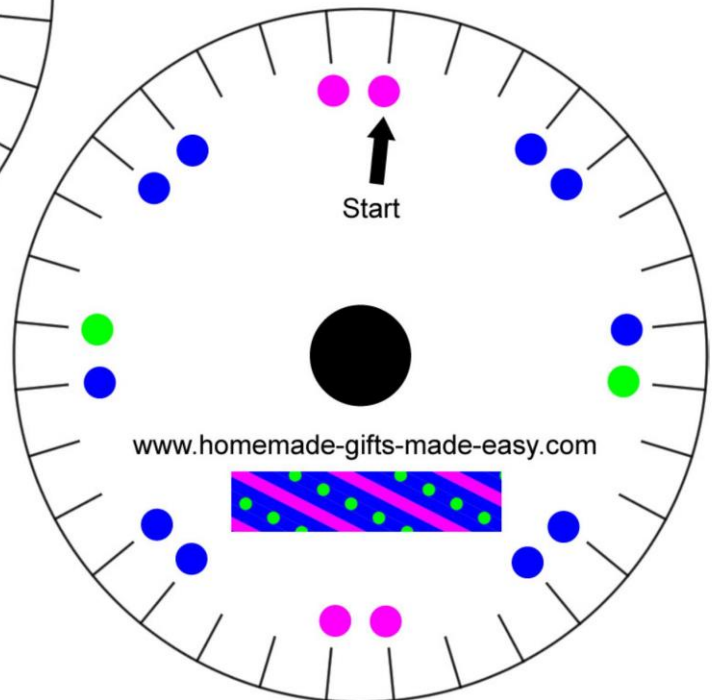
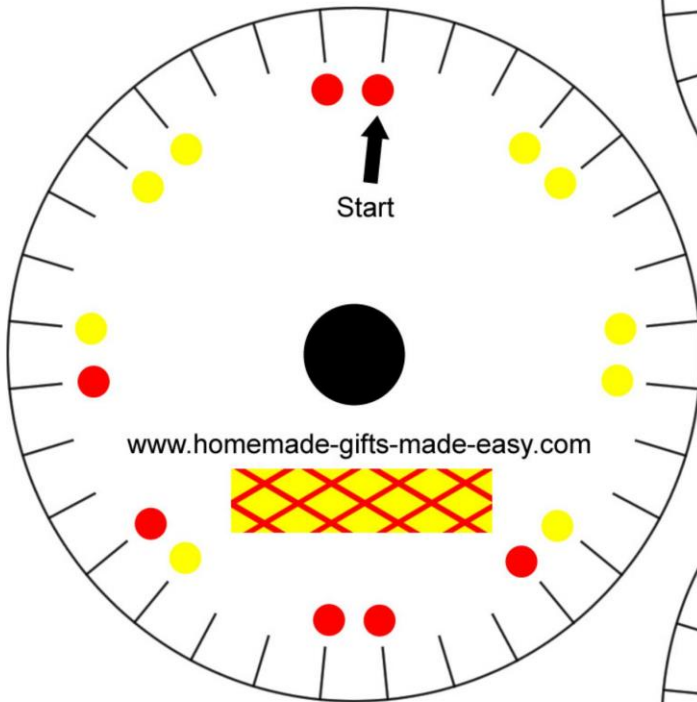
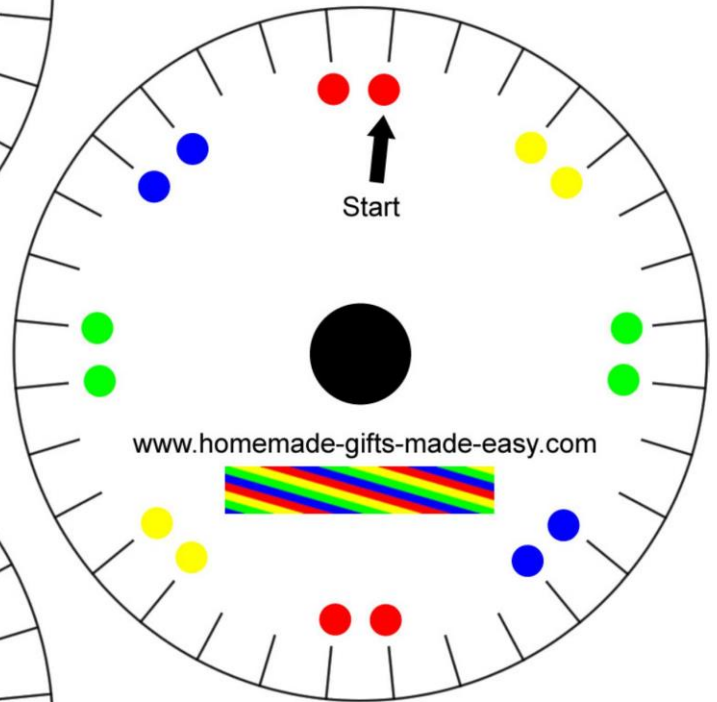
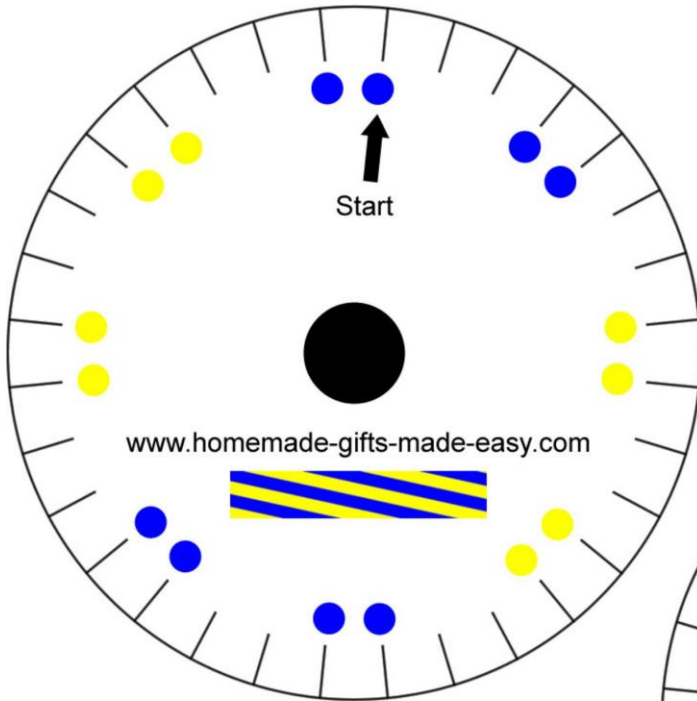
Chevrons



Checkered

The trick is something called a braiding disc, or braiding loom. It's just a round piece of cardboard with some slots in it, but it makes bracelet-weaving a lot easier. In the free friendship bracelet instructions below, I'll show you how to make your braiding disc and how to use it.

I'll start out with step-by-step photo instructions.



How to make friendship bracelet designs:

Materials

Before we get on to how to make friendship bracelets, you'll need to gather up a few materials. All you need is:

- Wool - 16 strands*, each 20" (50 cm) long
- 1 piece of cardboard, e.g. breakfast cereal box
- Pair of scissors
- Glue

**How many strands you need in each colour depends on the pattern (see step 2 of instructions below), but it's always 16 strands in total.*

How to make friendship bracelet designs:

Step-by-step photo instructions

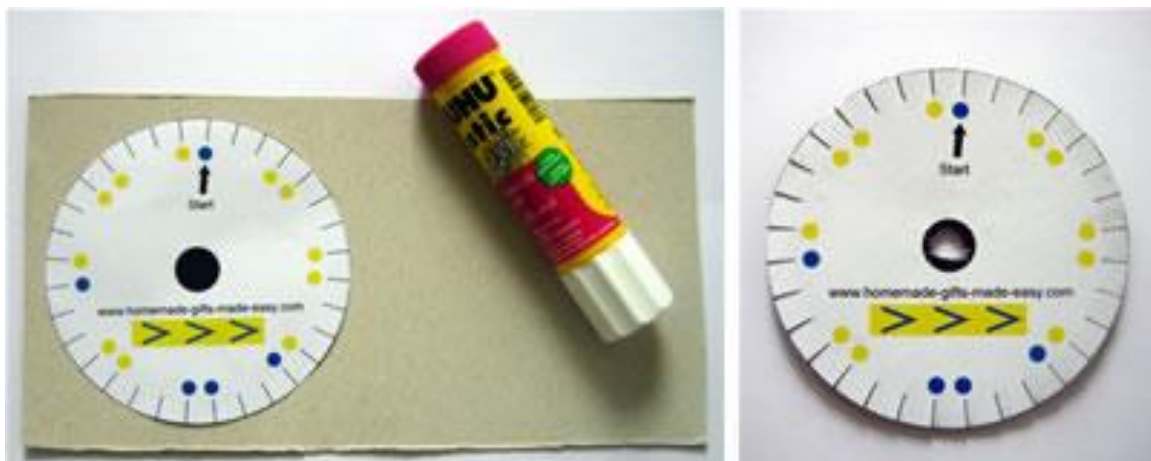
The method for making the bracelet is the exact same regardless of what pattern you make. The only thing that's different for each pattern is the starting position of the threads. So even though I'm demonstrating with the chevron pattern below, you can follow along with whatever pattern you choose.

Step 1 - Make your braiding disc:

Print one of the free braiding discs provided in this pack.

Choose the pattern you would like to make, and cut out the disc for that pattern. Glue to disc on to a piece of cardboard, then cut away the excess cardboard so you've just got the disc. Poke a hole through the black dot in the center, using a pen or pencil. Finally, cut along each of the black lines on the edge, so that the braiding disc has lots of slots around the edge.

Your braiding disc should like the right-hand picture below.



Step 2 - Tie the first knots:

Gather up your embroidery floss. The braiding wheel shows you how many pieces you need of each color. For instance, the chevron braiding wheel (pic above) has 11 yellow dots and 5 blue dots on the wheel. So, I need 11 yellow pieces of floss and 5 blue pieces of floss. Each piece should be 20" (50 cm) long. Of course, you can substitute two different colors if you like.

Line up all 16 pieces of floss together, and tie a simple overhand knot like this. Leave about 1" (2.5cm) loose ends poking out:

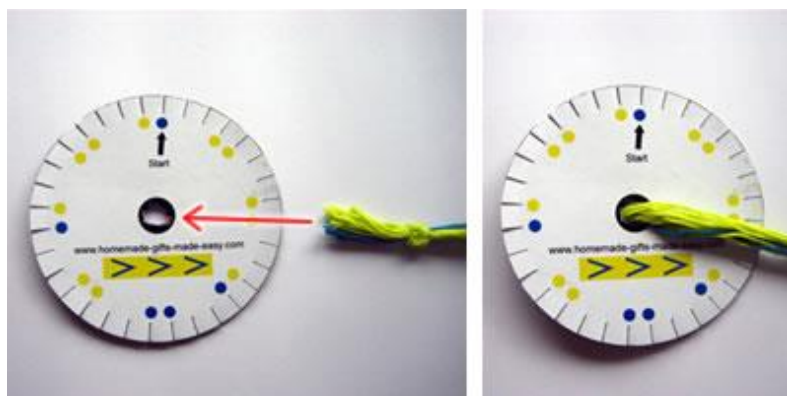


Then tie another knot directly on top of the first one, like this:



Step 3 – Set up your braiding wheel:

Poke the knotted end of the floss bundle through the hole in the center of the braiding disc, like this:



Then clip one piece of thread into each coloured slot, matching the colour of the floss to the colour of the slot. Your braiding disc should look something like this:

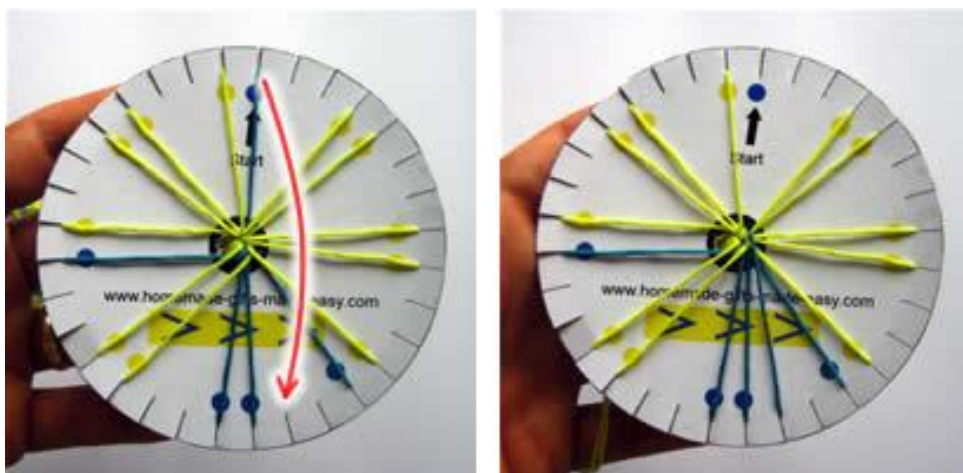


The initial pattern of threads on the braiding disc is the only thing that sets the pattern you get on the bracelet. So from this point on, the method for how to make friendship bracelets is the exact same regardless of the pattern.

Step 4 – Braid your friendship bracelet:

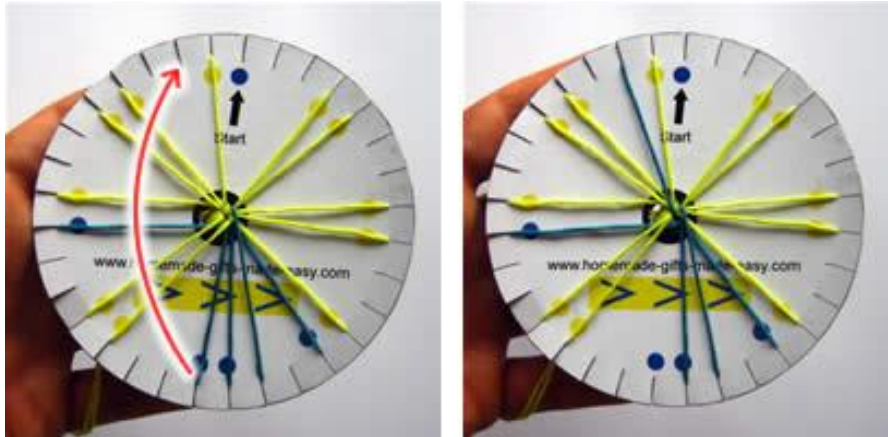
Braiding your bracelet with the disc is really easy. There are just three steps to learn and repeat. Begin by holding your braiding disc so that the "start" arrow is pointing up.

Step A: See how there are two threads at the very top of the wheel? Un-clip the right-hand thread*, and clip it into the slot just to the right of the two threads at the bottom:

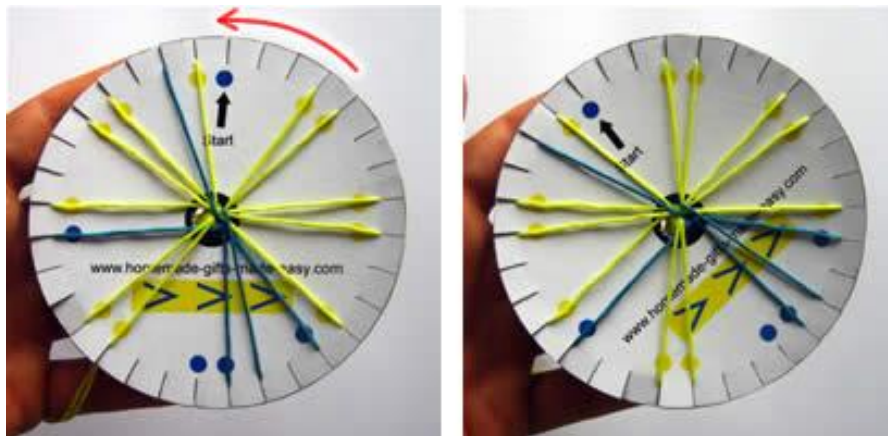


**At the very beginning of your bracelet, the "start" slot will show you which thread to unclip. But later on, the position of the start slot doesn't matter.*

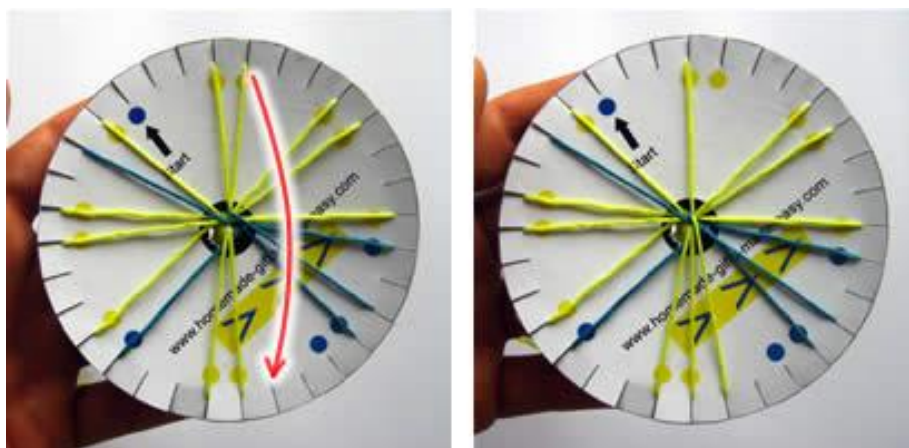
Step B: Now there are three threads next to each other at the bottom. Un-clip the left of the three, and clip it in just to the left of the thread at the top:



Step C: Rotate the whole disk to the left, so that the next pair of threads is at the top:

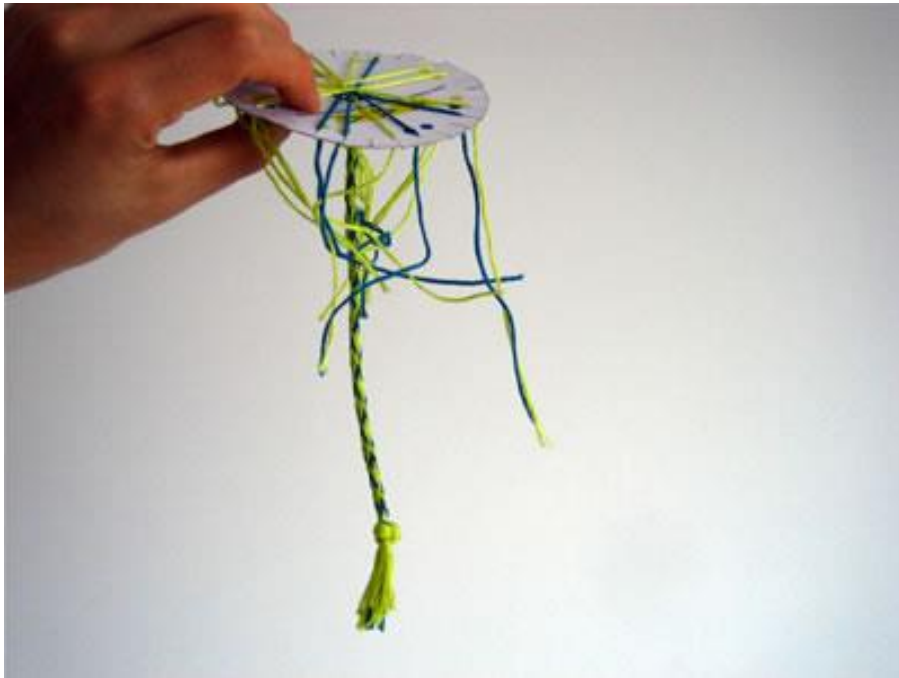


Now, just keep repeating Step A, Step B, Step C etc, and your bracelet will grow. For instance, the next step in the sequence would be Step A again, like this:



Step 5 – Keep on braiding:

Keep on braiding, and after a while you will notice the bracelet growing down through the hole in the center of your braiding wheel, like this:



Every now and then, comb the loose ends of floss with your fingers to stop them from tangling. Also, give the bracelet a bit of a tug to stretch it - it might turn out to be longer than you think!

Step 6 – The finishing knots:

Once the bracelet is long enough to go around your wrist, un-clip it from the braiding wheel. Finish it off by tying two knots next to each other, about 1/2" (1cm) apart, like this:



Step 7 – Wear your bracelet:

Congratulations on finishing your bracelet! To wear it, you poke the big knot at one end through the gap between the two knots at the other end, like this:



From days of the Samurai...

Believe it or not, this method for how to make friendship bracelets dates from the Samurai era in Japan. It's called "[kumihimo](#)", which means "union of threads". Samurai warriors used kumihimo cords to tie on their armor. (The cords they used probably they didn't have little hearts and flowers though).

How to make a hand-printed card

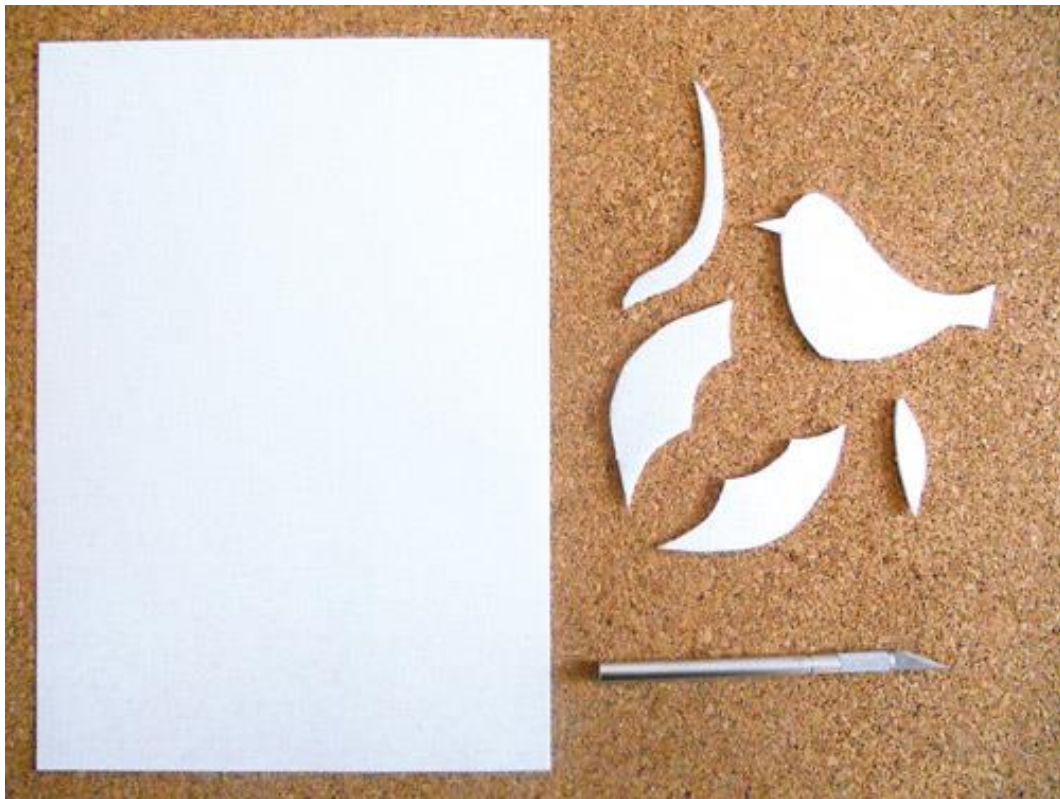
Relief printing is one of the simplest yet most creative forms of printmaking, with plenty of artistic and practical applications.



Relief printing is a form of printmaking where the flat surface of a printing block is cut away, leaving some areas raised while others are incised – when printing ink is applied to the raised surface, this will print onto the paper, where the incised marks or lines will ‘print’ as white. Wood blocks or linoleum are often used as materials for printing blocks, with special cutters or gouges used to carve away the lines or areas that form the image. Traditionally, printmaking requires specific tools, materials, inks and access to a printing press in order to get good results from this technique. However, by using polystyrene sheets in place of harder, more rigid printing blocks, you can create prints in a simple and effective way.

This technique can easily be achieved at home and doesn’t require use of a press or expensive equipment and is water-based, so simple to clean up afterwards. Patience and a steady hand help to produce endless combinations of print material, where you can make simple one-colour images or create multi-layered pictures using a range of coloured inks. Through experimenting with mark making on the block, rolling the ink onto the block in different ways and applying varying pressure, the finished results are endless.

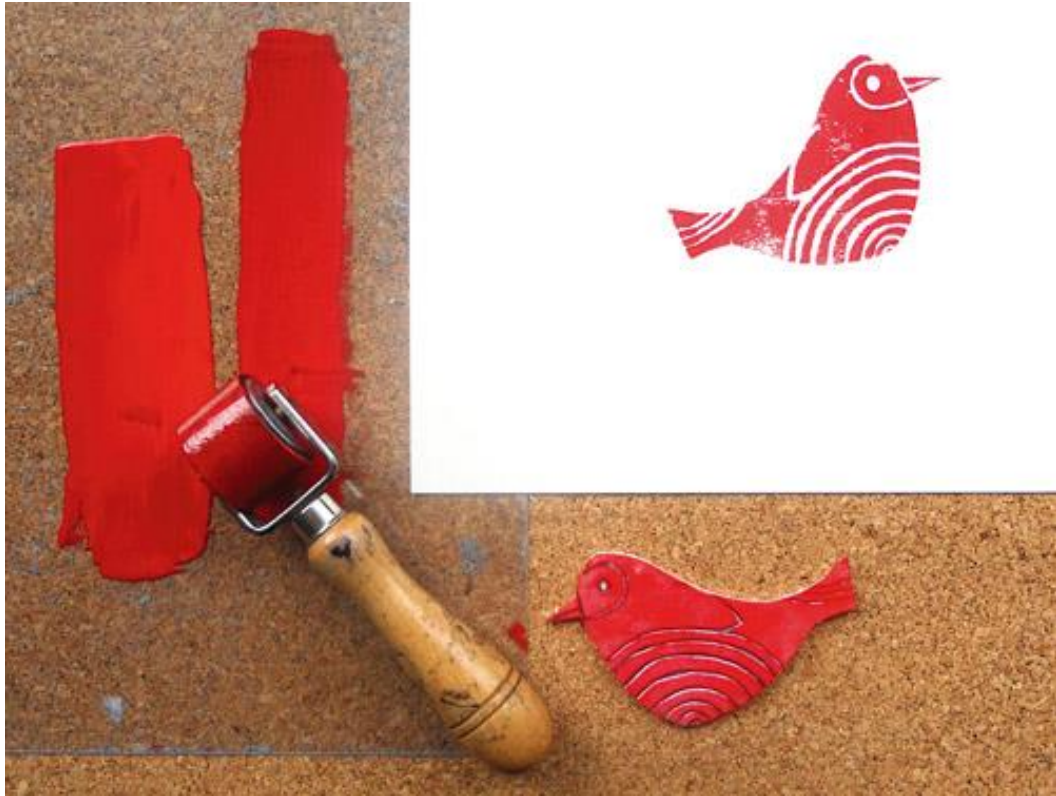
Using paper collage under the printed area is a great way to produce interesting results and make different patterns. The very simplest of shapes can be built up to print different patterns, by making an all-over repeat for wrapping paper, alternating colours, forming blocks or multiples of different motifs, you can have great fun designing the pattern.



1. First choose the size you wish to make your print and cut the paper size accordingly - for the best printing results, choose a smooth, high quality paper weighing 250gsm or more. Cut out the desired shapes from a thin polystyrene sheet with a sharp craft knife. If you require a template for each shape, cut this first out of thin card, position this onto the polystyrene and cut around it.



2. Using a biro pen, draw directly into the polystyrene, these marks will create lines that the ink will not penetrate and will be seen once the shapes are printed. Experiment using a different variety of marks, textures and patterns. These can be explored to produce graphic strong marks along with areas of more detail.



3. To begin printing, squeeze out a small pea-sized blob of ink and roll it out on a smooth flat surface. Thinly roll the ink onto the polystyrene shapes and then lay them face down onto the paper. Press your motif down carefully and using a clean roller, gently apply pressure over the polystyrene image. Lift the polystyrene off the paper to reveal the print.



4. Build up your print colour by colour. By repeating the inking process, each shape can be used more than once. Remember to allow each colour to completely dry before printing on top. By building up layers and overprinting shapes and colours, you can create really interesting textures.

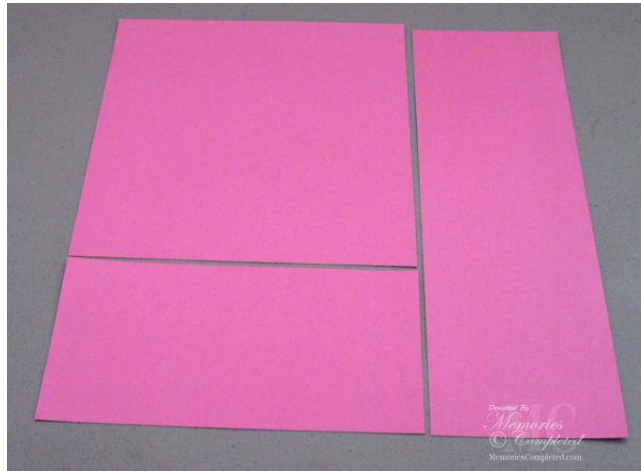


5. Find a pencil with an eraser end. Dipped in ink this will create small circles perfect for red holly berries and white mistletoe. Let the texture of the paper show through in places. Once your print is finished, allow time for the ink to completely dry before you put it in an envelope or gift it to someone.

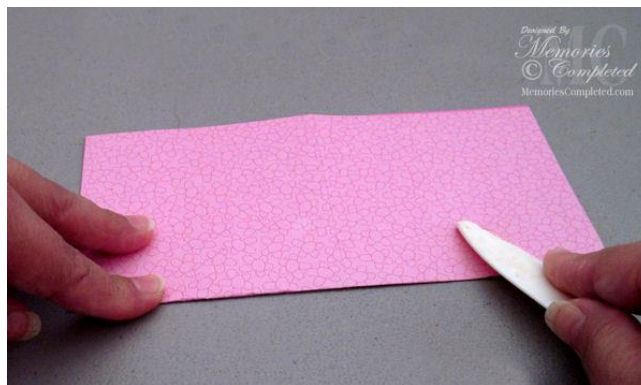


How to make a paper box

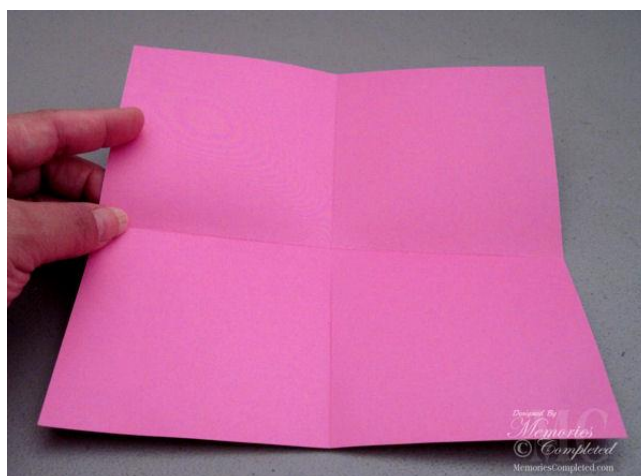
1. Cut paper into an 8x8 square. Save the leftover 4x12 piece.



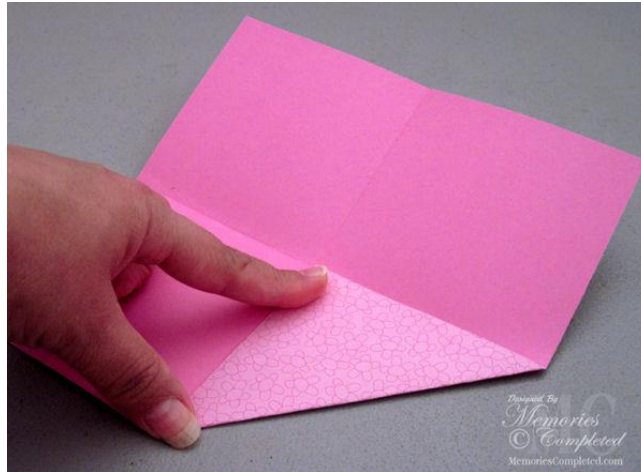
2. Fold paper in half. Try to get a nice, clean, crease.



3. After folding, open paper up and fold in half the other way. You should have four equal squares when this is done.



4. Fold each corner up to the centre and crease.



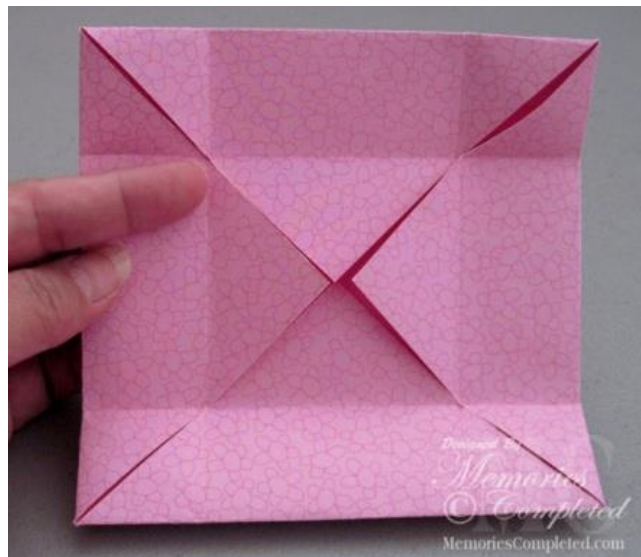
5. When you have done all four corners, your paper should look like this photo.



6. Now fold the closed paper up to the middle point. Use the middle and the sides as your guide. The thicker your paper is, the harder this step will be as you are folding up a few layers of paper at this point. After folding, open your paper back up.



7. Do this on all four sides and open back up, your paper should look like this.



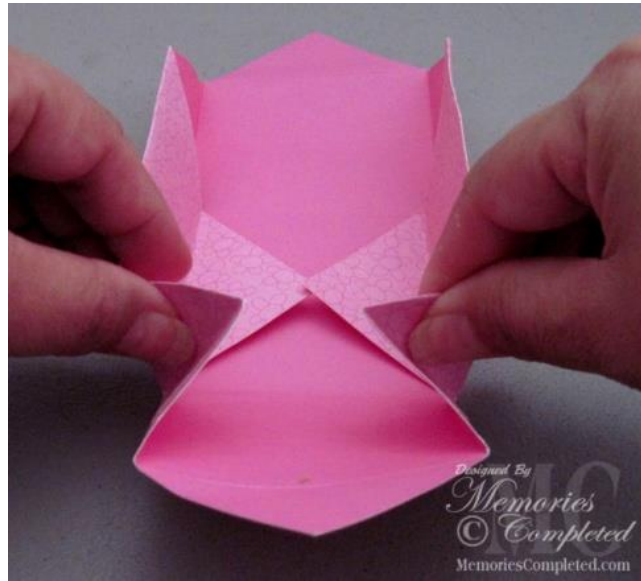
8. Open up two opposite sides. Like photo above.



9. Lift up the other two opposite sides and turn the paper to face this way.



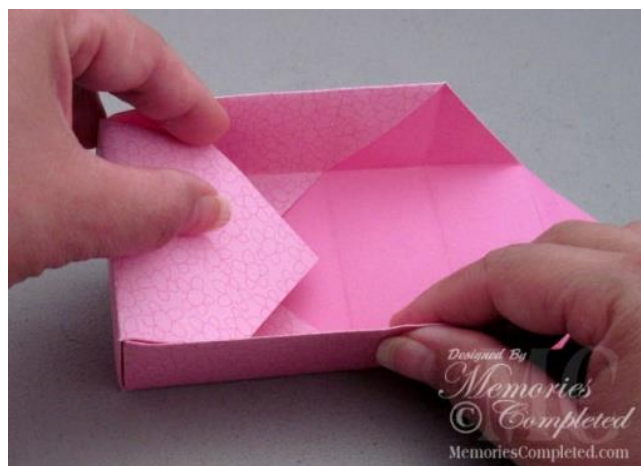
- 10.** Push the points of the paper sides in where creases already exist. Doing this will make the open point want to go up.



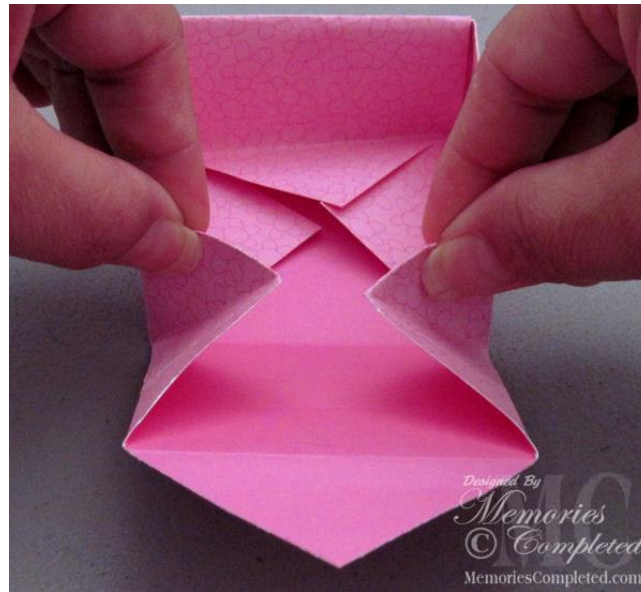
- 11.** This will create one of the sides and the paper will fold over and then down into the box bottom.



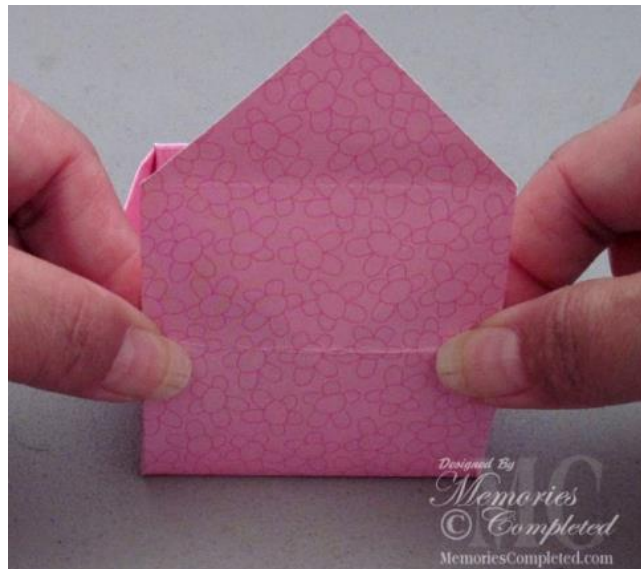
- 12.** The "point" will fold out to create another equal point on the bottom.



13. Now do the other side.



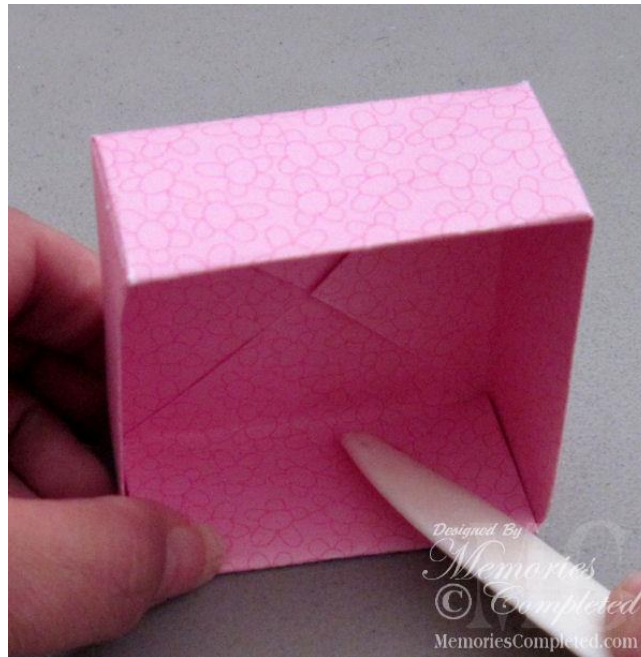
14. Once again, pushing the side creases in will make the flap go up.



15. Fold over and down into the bottom of the box.



16. Make sure you crease it well.



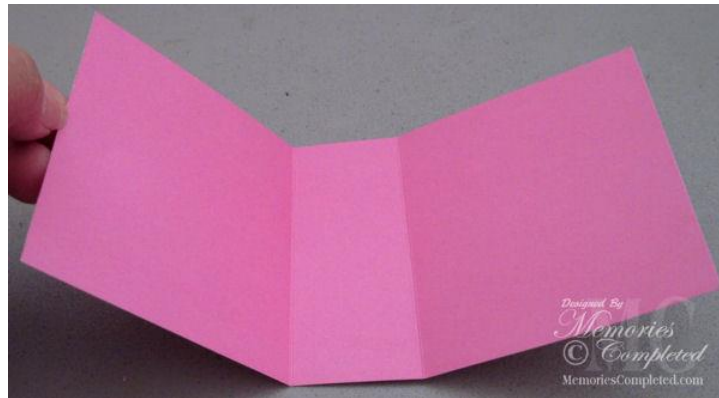
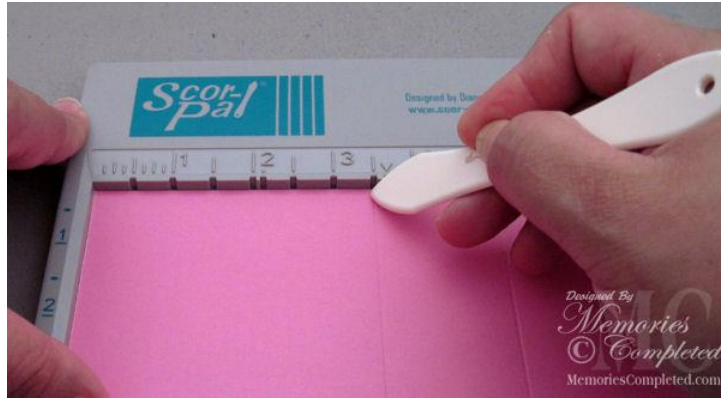
17. If done correctly, you will need just a very small amount of adhesives to keep the bottom points down. The box folds in such a way that adhesives on the sides are not necessary.



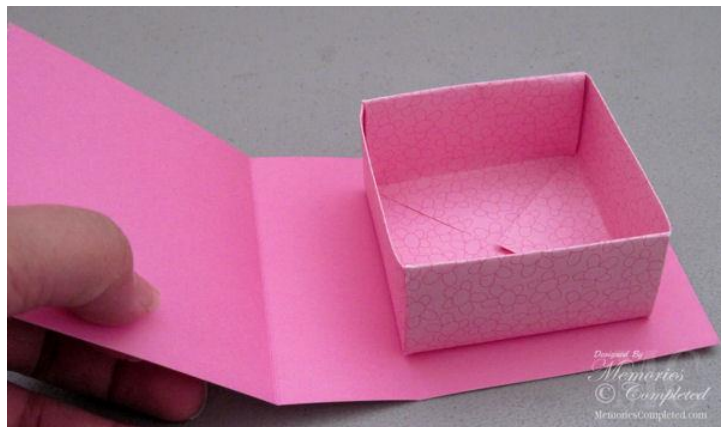
This is your completed box. Set it aside.

Instructions for the flap:

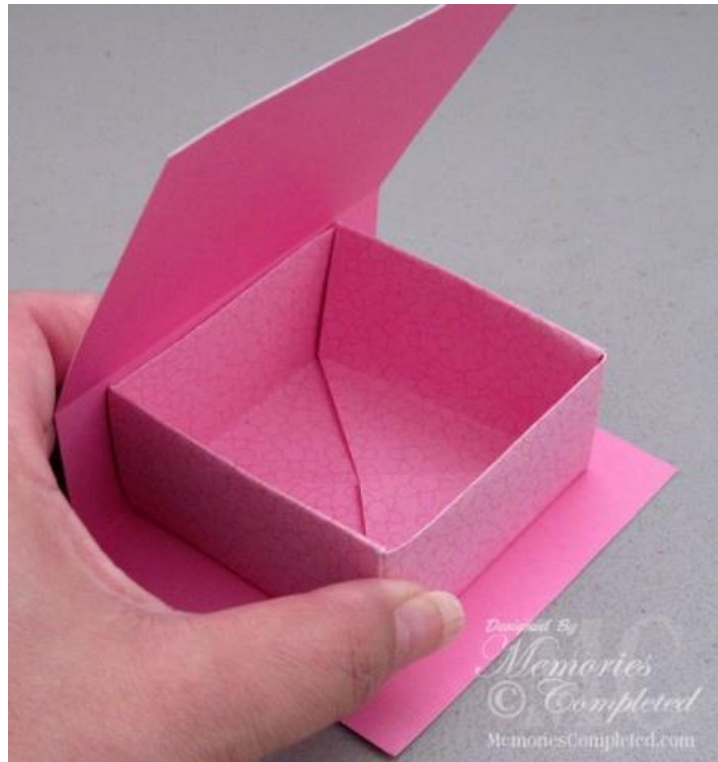
1. Cut your 4"x12" piece of paper to 4"x 8.5"
2. Score your 4"x8.5" paper at 3.5". Then turn it and score again at 3.5"



3. Adhere bottom of box to bottom of flap.



4. Adhere side of box to side of paper flap.

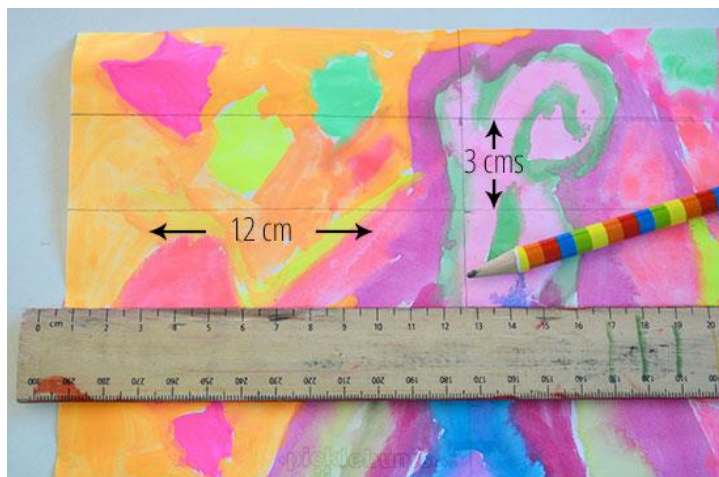


Your box construction is complete. Now just decorate and add goodies as desired!

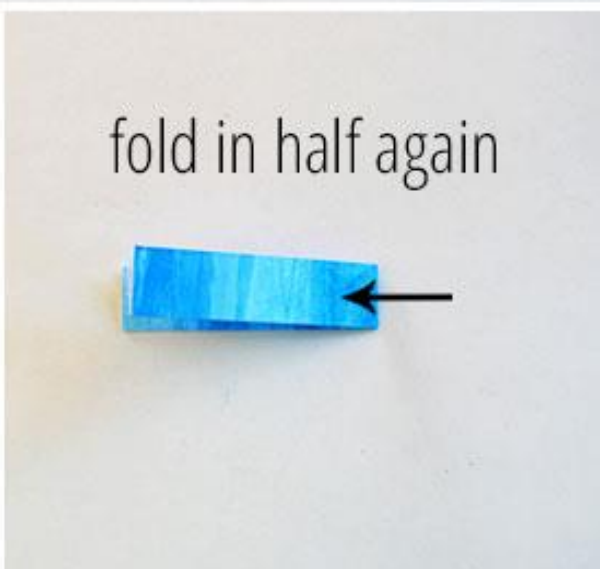
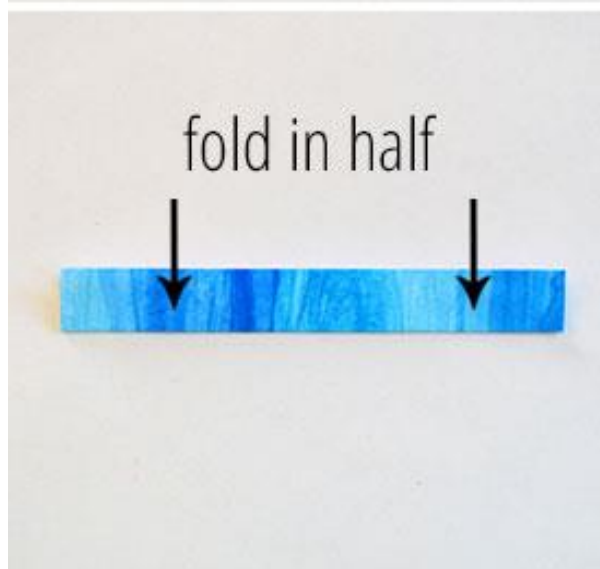
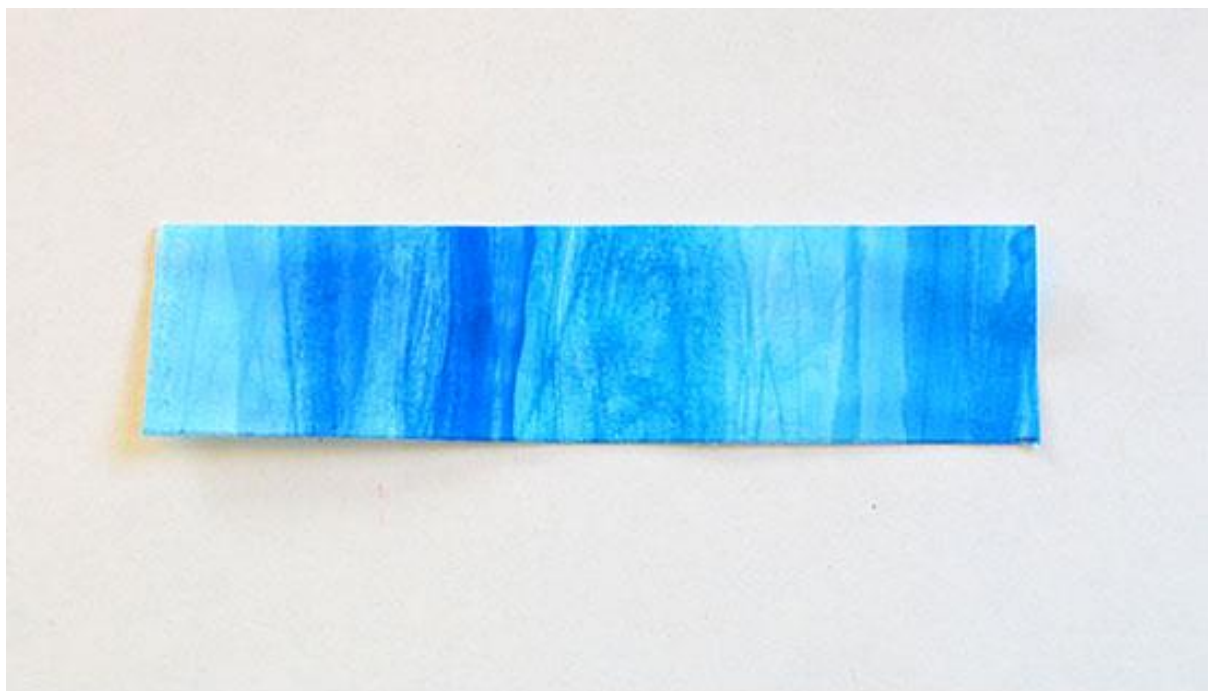
How to make paper bracelets



To make a folded paper bracelet you need to begin by cutting lots of strips of paper. The strips need to be 12cms x 3cms (bigger or smaller as long as the size ratio is 1:4). For each bracelet you'll need between 16 and 22 strips, depending on how big a bracelet you want to make. We used 18 strips.

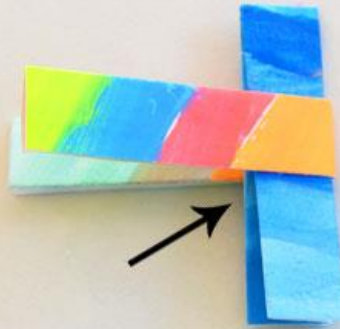


Begin by folding your strips into the basic shape.

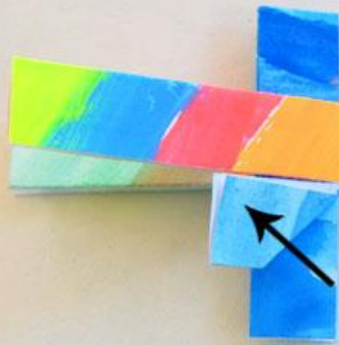


Then you need to learn the basic construction technique.

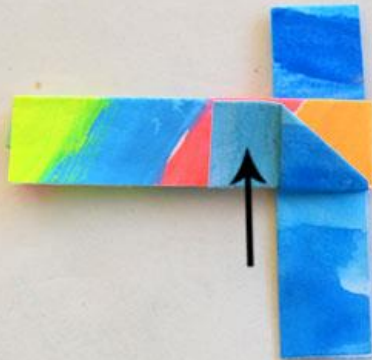
take two folded
pieces,
slip one inside
the other



fold one half of
the tail of the
inside piece up at
a right angle

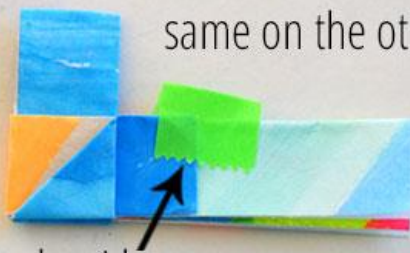


then fold it up,
on top of the
outer strip.

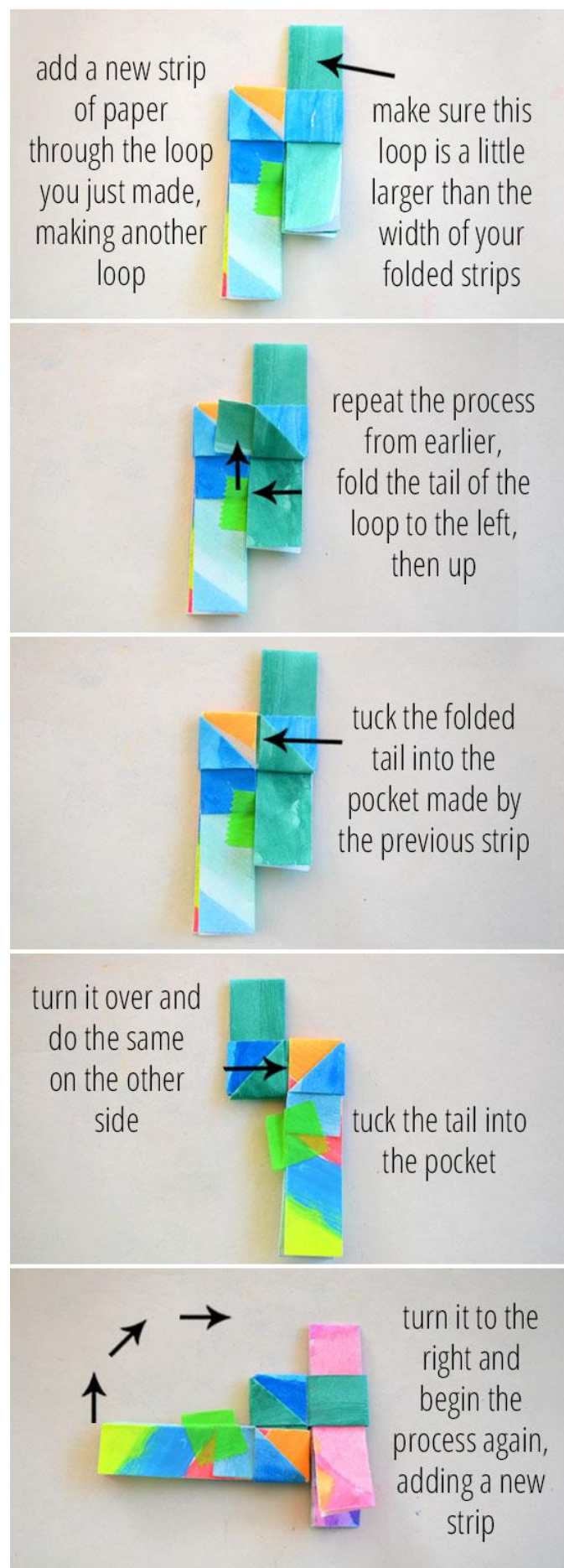


turn it over and do the
same on the other side

secure the ends with tape
or a paper clip



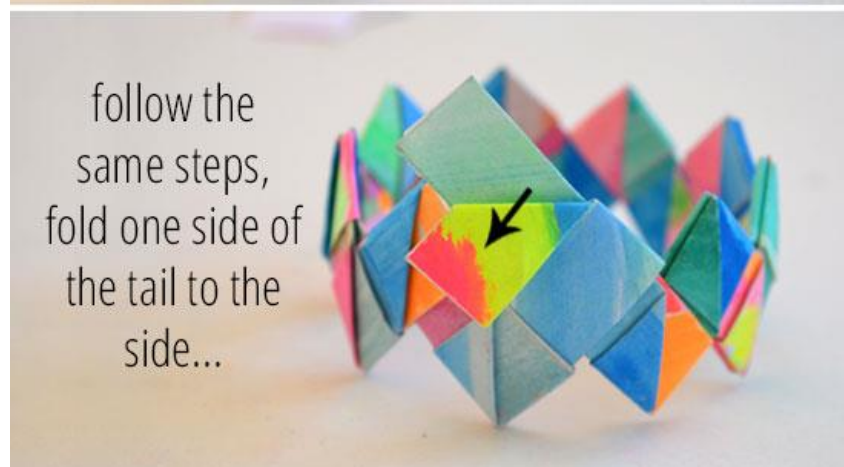
Once you've got the hang of it, keep adding strips. I suggest making the loop part of each strip a little on the large size when working with kids, it will look a little less neat and symmetrical when finished but it makes it much easier for kids to insert the next strip.



Keep adding strips...



And eventually you will have enough to make a bracelet, remember it needs to fit over your hand when it is done, so don't make it too small!



How to make a weave plastic bottle basket



Use a large vegetable oil bottle. It will be even better if you have one with a wider base. Besides being an egg basket, it can also serve as a flowerpot holder... it has a bottom, it doesn't leak, and it's pretty.



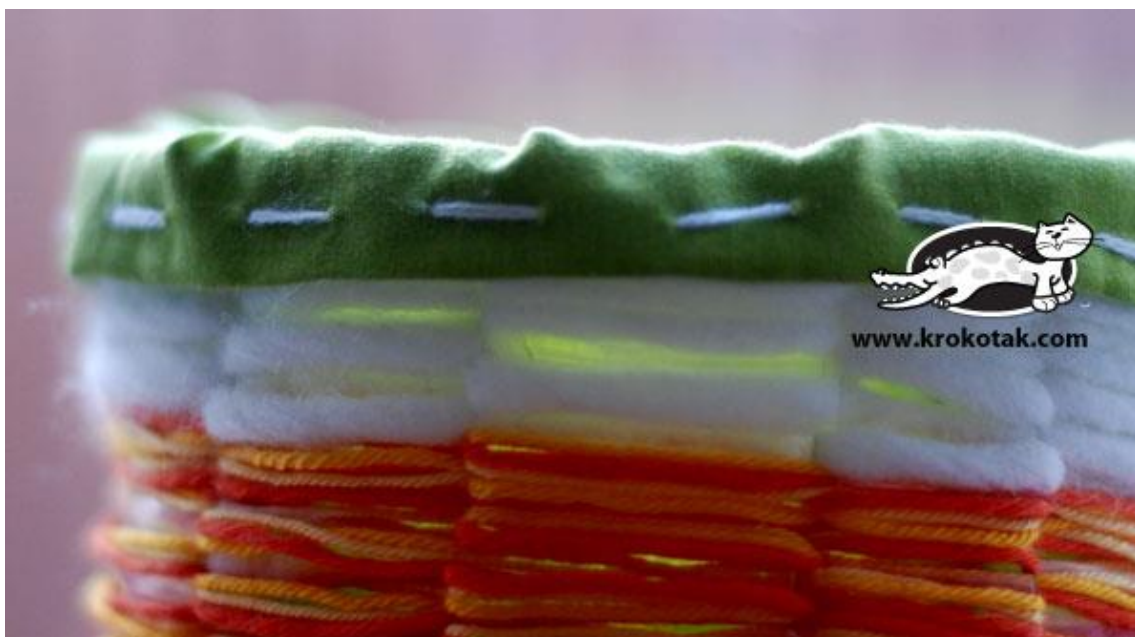
Cut the bottle in two and discard the upper half. Snip the sides of the lower half into an even number of strips. This will help interweave the yarn layers.



Thick yarn yields the best results. Weave it through the strips – in front of one strip, then behind the next one.



Only the end is a little trickier. We folded the ends in and drove them through the weaved yarn. It's not too delicate, so you may want to line the inside and fold the lining fabric over the edge.



How to make models and decorations with salt dough

Salt dough is great for creating all sorts of models and decorations and it's cheap and easy to make! You can make almost anything out of salt dough.

This easy recipe and these top tips will help you get the most from your dough.

Tools:

Before you start to make your dough make sure that you have all the tools that you are going to need handy.

Suggested tools include:

- Rolling pin
- Tooth picks
- Batons for creating an even surface
- A knife – a plastic one if you are working with children
- Items for creating texture

Making your dough:

- Cupful of plain flour (about 250g)
- Half a cupful of table salt (about 125g)
- Half a cupful of water (about 125ml)

Method:

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear's picnic.
4. Put your finished items on the lined baking sheet and bake for 3 hours or until solid.
5. Leave to cool and then paint.

Tips:

- Knead your dough – Kneading creates a smoother dough and helps to get rid of any air bubbles
- Colouring – You can add food colouring during the making stage. Two or more food colours can be combined to make different colours and shades or for a marbled dough effect. This can be very effective, but do remember that it won't necessarily give you the strength of colour you want and you may still want to paint your models when they are cooked.

Working with your dough:

- Keep kneading to get rid of those pesky air bubbles
- Batons for rolling – you can use pieces of wood if you want a nice even surface. Having a couple of thin pieces of wood can give you a template to roll across meaning that you can roll out a nice even piece of dough. Simply lay two pieces of thin wood parallel so that you can lay your rolling pin across them and place the dough between them.
- Don't let it dry out – If the dough is too dry, simply wet your hands and continue kneading. If it's too moist, just dust your kneading surface with equal amounts of flour and salt until the dough has firmed up.

Cooking your dough:

- Greaseproof paper – line your baking trays with greaseproof paper, as this will stop your models sticking to the tray and make it easier to handle them.
- Keep checking – Regularly check the dough to make sure that it's cooking properly. Bear in mind that smaller items may take a shorter time to cook than larger items. If you notice any air bubbles appearing during cooking, you can pierce the bubbles with a pin and gently depress the dough. It can also help to turn over flat pieces halfway through cooking to avoid air bubbles forming.
- Is it cooking too quickly? If the dough starts to cook too quickly and starts to split or darken before cooking is complete, you can cover your models with a piece of aluminum foil.
- Is it cooked? You can usually tell if a model is cooked by tapping it with a knife. When dry it emits a clear, hollow sound.
- Air-drying is suitable for flat, small pieces or for coloured pieces where baking will alter the colour of the finished project.

Decorating your dough:

- Sandpaper your model – before you start decorating, check that your model is smooth. Use a fine sandpaper to rub down any rough edges etc. This will give you a nice smooth surface for painting.
- Acrylic paints are great for creating a smooth finish and bright colours. There are a range of colours and can be easily bought from an art shop or craft supplier.
- Adding embellishment – because salt dough is cooked at such a low temperature you can add other items to them before they are cooked. Try adding pieces of glass, mirror or china to them to create a really interesting effect.

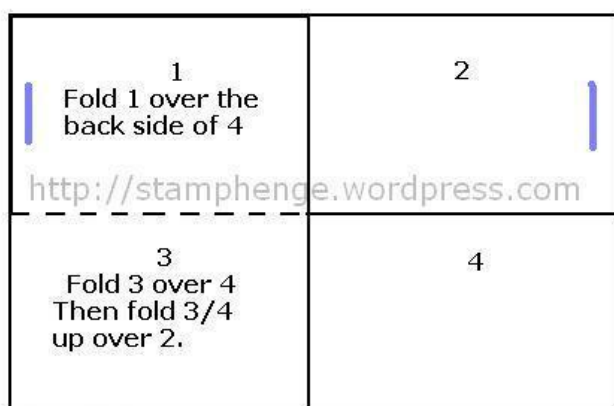
How to make 3 different paper books

One Sheet of Paper Minibook:

- Fold twice, cut once, three folds later, you have a closed book.
- Try it with a sheet of 8 1/2 by 11 computer paper.
- The text is oriented the direction it will show in your book.
- You can copy it onto your paper so you know which way it will work.

The concept can be applied to any sized paper or card stock.

- Fold paper in half one way and in half the other way to create 4 sections.
- Cut as indicated on the diagram by the — dotted — line.
- Follow the folding instructions on the diagram below.
- You can add ribbon with double stick tape where the — lilac — lines are on the sides of pages 1 and 2. To hide the ends of the ribbon, glue paper or a photo over the ends.
- Create pockets with tags on page/s. Pockets can be scraps of patterned paper or recycled envelopes cut to fit a page oriented either way.
- A book sleeve/ envelope would work well also and can be decorated to match the book.
- Can be used in a lapbook in a pocket or glue down the backside of 4 so it opens up within the lapbook.



Front side of paper



Back side of paper

Meander accordion folded book:

This is a 16 page rectangular mini-book. Try using a scrap piece of 8.5 x 11 inch computer paper (even with print on one side) to see how it folds up. It is good to practice and be precise about your page folds all being even when folded neatly. You can use 12 x 12 piece of scrapbook paper also and get a 3 inch square book. If you use either, only one side of the paper needs to be patterned or stamped as the other side will be hidden by the accordion folds.

Pages 1 and 16 do not need text or pictures if you are making covers.

Basically, you make 6 folds (=16 blocks) and three cuts. It does not matter which way you hold the paper, the result is the same.

1	2	3	4
8	7	9	5
9	10	11	12
16	15	14	13

1. Fold in half from top to bottom, and then in half again. Unfold. (=4 panels).
2. Fold in half from side to side, and then in half again. Unfold. (=4 more panels = 16 blocks, each block = 1 page).
3. Now you see the 16 blocks on the diagram, divided by the fold/cut lines. Each of these blocks will be one page of your book. Remember, if you are going to use covers, page 1 and 16 are blank.
4. The **3 bold horizontal lines** on the diagram are your cutting lines. Cut in 3 blocks from the left on top and bottom fold lines, and cut the centre fold line 3 blocks in from the right.
5. **Vital note:** every other row is upside-down (as in the diagram). This is important to know so you can plan which way your art or text will appear after it is cut and accordion folded.
As suggested, a scrap piece of paper can be a prototype with the cuts, folds, and labelling.
If you are starting from scratch and use a blank piece of paper, you can decorate it accordingly.
Just make sure you know which direction each row or page is going.
6. Start folding page one over two, two over three in accordion fashion (zig zag), page 5 will fold up under page 4 and repeat the folding.
7. Stick covers that are 1/2 inch larger than your page on the top side of page 1 and the backside of page 16. Add a ribbon to the back side of the front cover and back cover so that you can tie the book shut.
8. You can glue pages 4/5, 8/9, 12/13 back to back.

Alternative: If using a 12 x 12 paper, you can make the book a bit bigger by marking off the paper at the 4 inch and 8 inch marks (=9 squares) on either side, then cutting the paper to the last block in each row so you can turn the corner on the fold.

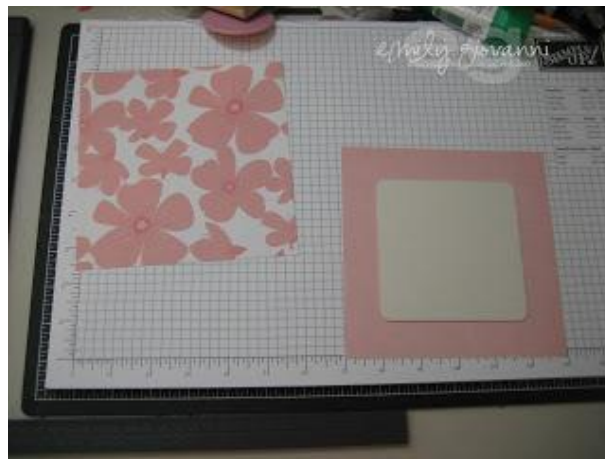
Diamond Fold book:

Supplies:

- 2 coasters 4x4 or just use some cardboard
- 2 pieces of patterned paper cut $5\frac{3}{4} \times 5\frac{3}{4}$
- 3 pieces of cardstock weight patterned paper that is double sided (thin will not work for this) cut $7\frac{1}{2} \times 7\frac{1}{2}$
- Glue
- 1 piece of ribbon if you have it

Method:

1. Stick your cardboard to back side of pattered paper. These will make up your front and back covers on your book.



2. Trim the corners of the paper at an angle so you have $\frac{1}{4}$ inch at the corner. Do this for both front and back covers.



3. Stick opposite sides down to cardboard. Only do these two sides. (Top and bottom, for example.)

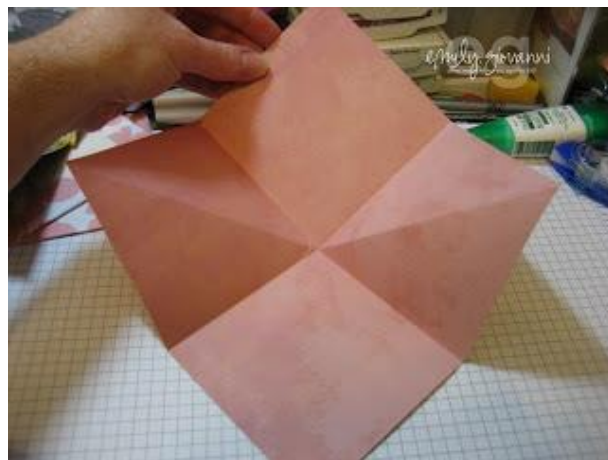


4. Fold the corners as crisply as you can then stick those last two sides to the coaster.

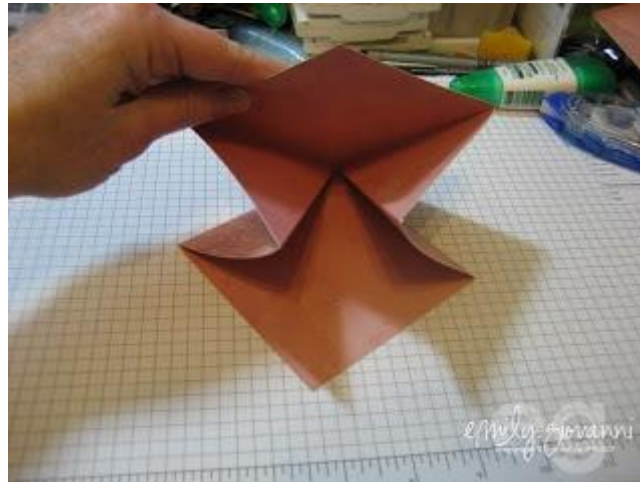


5. Take your 3 squares of card. Take one square and fold it in half, scoring as you go. Open it up and fold it in half the other way, score again. Open it up. You should have a large square with 4 small squares visible from the folds. Now fold it diagonally in half and score. Repeat this sequence with all 3 squares.





6. Take one of the folded papers. To fold into the diamond shape, you must fold the 2 solid squares (no fold line dissecting the square) towards each other. You do this by pushing in the triangle shapes in between. You want the two outer pieces to be folded with the triangle edges tucked forward and the one middle piece to have the triangle pieces tucked behind. When you have them into a folded square, score all edges again.



7. Adhere all 3 squares together. You will put the paper you want to see when you open the book facing you when you stick them together. The two squares that are folded “forward” will be the two on the ends. The one folded “behind” will be the centre sheet.



8. Fold entire book together and score again. You should see the 3 squares in a kind of accordion look now.



9. Now stick on the front and back of your book



10. Stick one end of your diamond folding to the cover. Repeat with the other cover on the other end of the book, but do not use ribbon on this part.



Quizzes

1. What type of food do penguins eat: plants, fruit, fish?
2. Can you name the three primary colours in alphabetical order?
3. As well as cheese and tomato, what two toppings are usually on a Hawaiian Pizza?
4. Who was the winner of The X Factor in 2015?
5. Which of the following is not a name of a planet: Saturn, Mars, Milky Way?
6. What is $11 + 111$?
7. What flavour crisps are in a blue packet of Walkers?
8. How many days are there in January?
9. What are the first names of Harry Potter's two best friends?
10. What year did the Second World War end?
11. Which of the following is not a well-known river: Amazon, Britannica, Mississippi?
12. Which country did the Romans come from?
13. What are bangers and mash?
14. How many consonants are there in the English alphabet?
15. What type of animals are elephants: carnivores, omnivores or herbivores?

ANSWERS: 1. Fish / 2. Blue, red, yellow / 3. Ham and Pineapple / 4. Louisa Johnson / 5. Milky Way / 6. 122 / 7. Cheese and Onion / 8. 31 / 9. Hermione and Ron / 10. 1945 / 11. Britannica is not a river / 12. Italy / 13. Sausages and mashed potato / 14. 21 / 15. Herbivores

1. What company was co-founded by Bill gates and Paul Allen?
2. British stamps are different to any other stamps in the world as they do not bear what?
3. What is a quarter of 100%?
4. How many days are there in a leap year?
5. Which two continents does Russia belong to?
6. Veinte is Spanish for which number?
7. What is the smallest of the eight official planets in our solar system?
8. Which famous actor starred alongside his son in the 2013 film 'After Earth'?
9. What are the three primary colors?
10. What nationality was Albert Einstein?
11. What is the second largest country in South America?
12. What year did Disneyland Paris open?
13. Which American state is home to the city of Malibu?
14. On a standard English keyboard, 'shift' and '1' produces which punctuation mark?
15. How many pairs of ribs does a human have?
16. What is the German word for thanks?
17. What are the three elements required to ignite a fire?
18. What is the nearest London underground station to Big Ben and The Houses of Parliament?
19. True or false: an Australian Dingo is a type of bird?

ANSWERS: 1. Microsoft / 2. The name of the country / 3. 25% / 4. 366 / 5. Europe and Asia (Eurasia) / 6. 20 / 7. Mercury / 8. Will Smith / 9. Red, blue, yellow / 10. German / 11. Argentina / 12. 1992 / 13. California / 14. Exclamation mark / 15. Twelve / 16. Danke / 17. Heat, oxygen and fuel / 18. Westminster / 19. False: it's a type of dog

1. Which famous Disney adventure features a character called Quasimodo?
2. What is a didgeridoo?
3. Some experts say that flamingo egg yolks are yellow-orange, but what other colour are they also often said to be?
4. What is the capital city of Austria?
5. Who steals a rose from the Beast's garden in the film Beauty and the Beast?
6. What mode of transport is a rickshaw?
7. Can you unscramble the following letters to reveal an island country located on the east coast of Africa: DAAAARCSGM?
8. What colour is Tinkerbell's dress?
9. True or false: Pigeons produce milk for their young?
10. Who created the word 'bump'?
11. What is the name of Dumbo's only friend?
12. Which male features on Luis Fonsi and Daddy Yankee's song 'Despacito'?
13. What word, beginning with letter C, describes the transparent layer that forms the front of the eye?
14. Which movie characters speak Banana language?
15. What type of sport is the Tour de France associated with?
16. Which land mammal has the longest tail in the world?
17. What is considered to be the sweetest fruit in the world?
18. What is Boo's real name in Monsters Inc.?
19. How many hours are equal to 360 minutes?
20. True or false: Water boils at a lower temperature on top of Mount Everest than it does at sea level?

ANSWERS: 1. The Hunchback of Notre Dame / 2. A wind instrument formed of a long wooden tube that originally came from Australia / 3. Pink / 4. Vienna / 5. Belle's father, Maurice / 6. Bicycle (a 2 wheeled vehicle pulled by a human or bicycle) / 7. MADAGASCAR / 8. Green / 9. True / 10. William Shakespeare / 11. Timothy Q. Mouse / 12. Justin Bieber / 13. Cornea / 14. Minions / 15. Cycling / 16. Giraffe / 17. Mango / 18. Mary / 19. 6 hours / 20. True


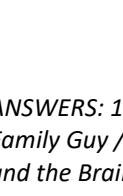
1. During which process does water change from liquid to gas:
a) Raining b) Evaporation c) Precipitation
2. Which traditional board game features two kings and two queens?
3. What are the last set of teeth to emerge in a human adult?
4. What word, beginning with letter O, refers to a Japanese art of paper folding?
5. What is the only type of fruit that has seeds on the outside?
6. In the story of The Three Little Pigs, what did the second pig make his house out of?
7. From which London station does the Hogwarts Express leave from in Harry Potter?
8. How many corners does a hexagon have?
9. In tennis, the word 'love' means having a score of what?
10. What is the Hulk's main superpower?
11. Where do Aladdin and Abu find the magic carpet?
12. What type of sport is a slalom associated with?
13. What type of skirt is typically worn by a ballerina?
14. Which dinosaur had three horns?
15. Which of these landmarks would you find in Peru: a) Leaning Tower of Pisa, b) Eiffel Tower, c) Machu Picchu?
16. In the UK, what letter is displayed on a vehicle to indicate a newly passed driver?
17. What is the heaviest land animal on Earth?
18. In Irish folklore, what type of creature can be described as a little bearded man who wears a green hat and coat?
19. What type of flower is associated with Remembrance Sunday?
20. Where is a scorpion's sting located?

ANSWERS: 1. Evaporation / 2. Chess / 3. Wisdom teeth / 4. Origami / 5. Strawberries / 6. Sticks / 7. King's Cross Station / 8. Six / 9. Zero / 10. His strength / 11. In the Cave of Wonders / 12. Skiing / 13. A tutu / 14. Triceratop / 15. c) Machu Picchu / 16. P (Probationary) / 17. Elephant / 18. Leprechaun / 19. Poppy / 20. At the end of its tail

1. How many milk teeth are there in a full set?
2. Who became the 44th President of America in 2009?
3. Who sings the following songs: Shape of You, Castle on the Hill, and Perfect?
4. Which country is Athens the capital of?
5. In which city would you find the Statue of Liberty?
6. What is $8 + 42 + 30$?
7. Which word is the odd one out and why: Sheepdog, Spaniel, Siamese?
8. True or false: the River Nile runs through Africa?
9. What is Tracy Beaker's real name?
10. What colour are Mickey Mouse's shorts?
11. In the Twelve Days of Christmas song, what are the 9 ladies doing?
12. Which girl band's third concert tour was called 'Get Weird'?
13. Can you unscramble this following word to reveal the name of a mountain: TERESVE
14. Flamenco, mambo, tango and rumba are all types of what?
15. Can you name four of Snow White's dwarfs?

ANSWERS: 1. 20 / 2. Barack Obama / 3. Ed Sheeran / 4. Greece / 5. New York / 6. 80 / 7. Siamese as it is a breed of cat, not dog / 8. True / 9. Dani Harmer / 10. Red / 11. Dancing / 12. Little Mix / 13. Everest / 14. Dances / 15. Doc, Dopey, Bashful, Grumpy, Sneezy, Sleepy, Happy

Can you guess what TV shows and films these images?:

					1.
					2.
					3.
					4.
					5.
					6.
					7.
					8.
					9.
					10.
					11.
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					17.
					18.
					19.
					20.

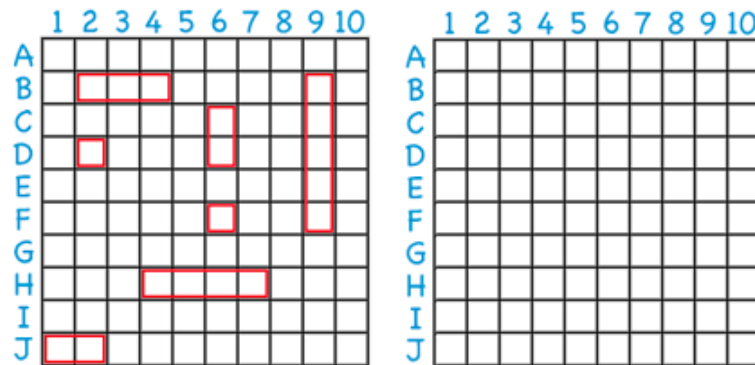
ANSWERS: 1. The Simpsons / 2. Mario and Luigi / 3. Batman / 4. Tin Tin / 5. Dexters Laboratory / 6. Wallace and Gromit / 7. Family Guy / 8. Tom and Jerry / 9. Toy Story / 10. The Flintstones / 11. Deadpool / 12. Minions / 13. South Park / 14. The Pinky and the Brain / 15. Futurama / 16. Danger Mouse / 17. Micky and Minnie Mouse / 18. Bugs Bunny / 19. Star Wars / 20. Star Trek

Paper and Pencil Games: Battleships

Players: Two - **Also known as:** Broadships

Players take turns in trying to guess the locations of the other player's ships on a grid.

Description: Each player draws two 10 x 10 grids, labelled along the sides with letters and numbers. On the left-hand grid the player secretly draws rectangles representing their fleet of ships:



The Fleet:

Each player's fleet consists of the following ships:

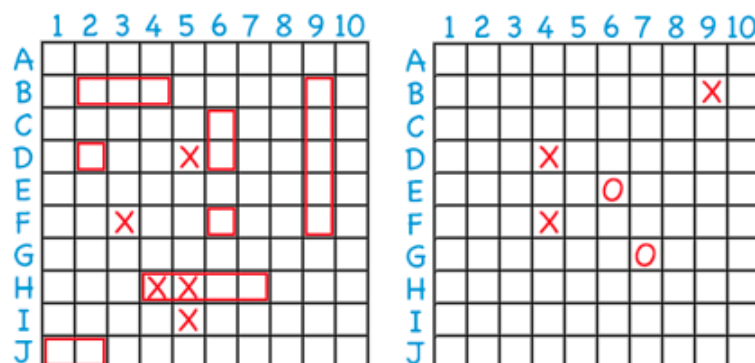
- 1 x Aircraft carrier - 5 squares
- 1 x Battleship - 4 squares
- 1 x Cruiser - 3 squares
- 2 x Destroyers - 2 squares each
- 2 x Submarines - 1 square each

Each ship occupies a number of adjacent squares on the grid, horizontally or vertically.

Play:

During play the players take turns making a shot at the opponent, by calling out the coordinates of a square (eg D5). The opponent responds with "hit" if it hits a ship or "miss" if it misses. If the player has hit the last remaining square of a ship the opponent must announce the name of the ship; eg "You sank my battleship".

During play each player should record their opponent's shots on the left-hand grid, and their shots on the right-hand grid as "X" for a hit and "O" for a miss:



The first player to lose all their ships loses the game.

Paper and Pencil Games:

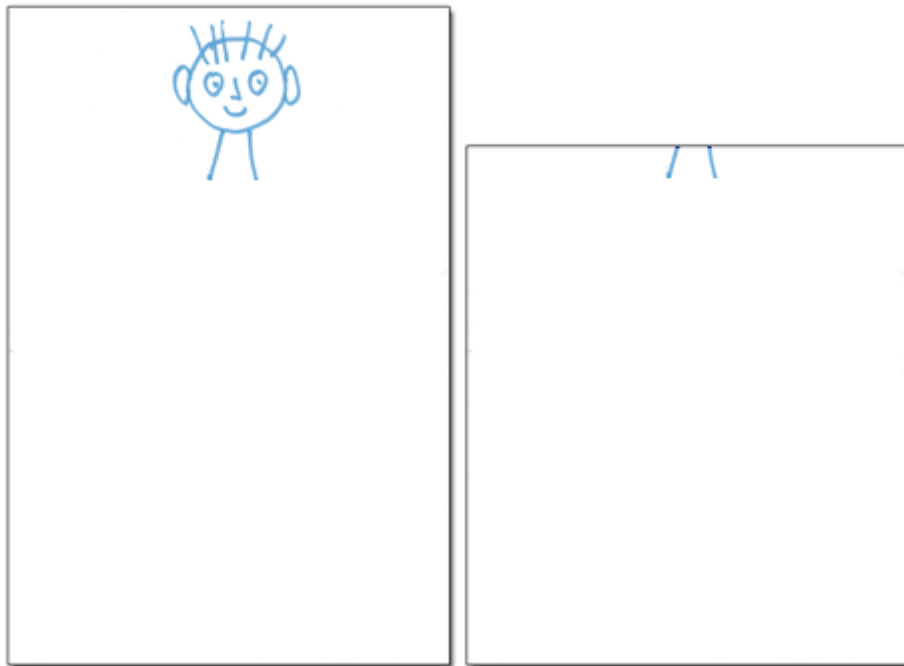
Heads, Bodies and Legs

Players: Two or more - **Also known as:** Picture consequences

Players take turns in drawing a head, a body, and a pair of legs, without letting the other player see them. The point of the game is the fun of seeing the resulting pictures.

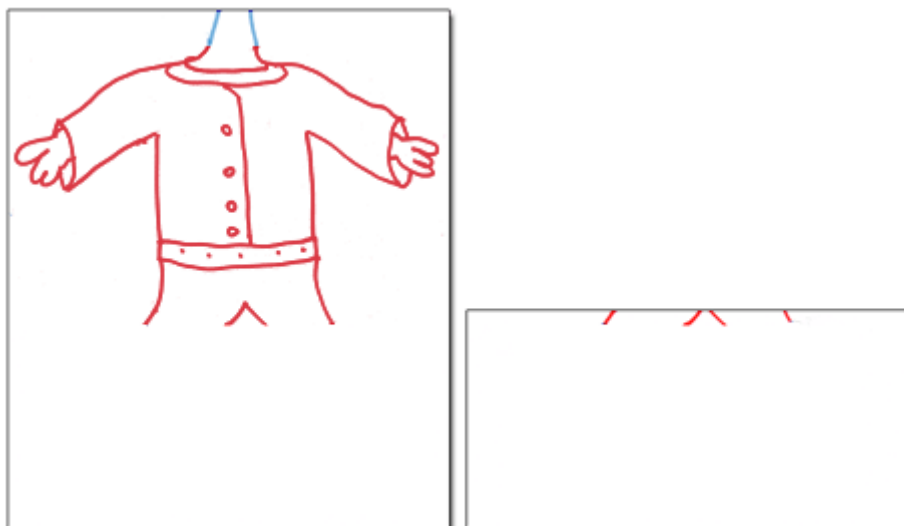
Description: Each player starts with a small piece of paper - half of A4 or US Letter is about right.

Each player begins by drawing a head in the top third of the sheet, and then folds over the paper so just the neck is showing:



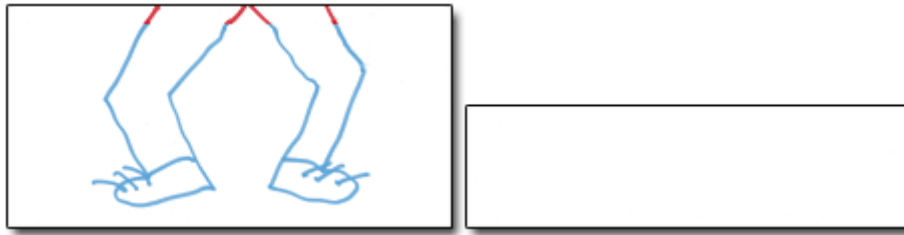
The players then exchange pieces of paper, taking care not to let the other player see their drawing.

Each player then draws a body in the centre third of the paper, joining the neck lines, and folds over the paper so just the legs are showing:

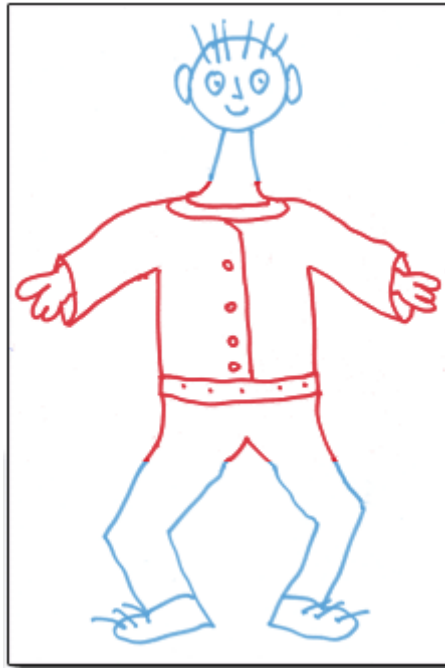


Again, the players exchange pieces of paper.

Finally, each player draws legs and feet, joining the leg lines, and folds the paper so nothing is visible.



Finally, after exchanging again, each player opens their piece of paper to reveal the whole drawing:



Variations: An amusing addition is to add an extra stage in which each player folds the page to leave a blank strip at the bottom of the paper.

After exchanging, each player writes a name for the drawing in the blank space.

Paper and Pencil Games:

Sprouts

Players: Two

The players take turns in joining dots according to simple rules, until one player cannot make a move.

Description: Start by drawing two or more spots on a piece of paper. Players then take turns to make a move, according to the following rules:

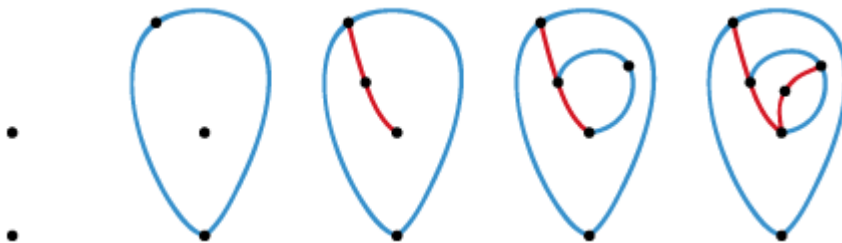
- Draw a line joining two spots, or a single spot to itself. The line must not cross another line or pass through another spot.
- Draw a spot on the new line.
- No more than three lines can emerge from any spot.

The last player to be able to move wins.

The game is remarkably complicated, and even starting with two spots leads to an interesting game.

Example:

In the following sample game with two spots Blue has the first move, and Red wins after 4 moves because Blue has no move:



History:

Sprouts was invented by the mathematicians M. S. Paterson and John H. Conway, and was described and analysed in Berlekamp, Elwyn R., John H. Conway, and Richard K. Guy (1982), *Winning Ways for your Mathematical Plays - Volume 2*, Academic Press, ISBN 0-12-091102-7, pp. 564-568.

Paper and Pencil Games: Dots and Boxes

Players: Two

Players take turns in drawing lines between dots on a grid. The player who completes the most boxes wins.

Description: The game is played starting with a rectangular array of dots.

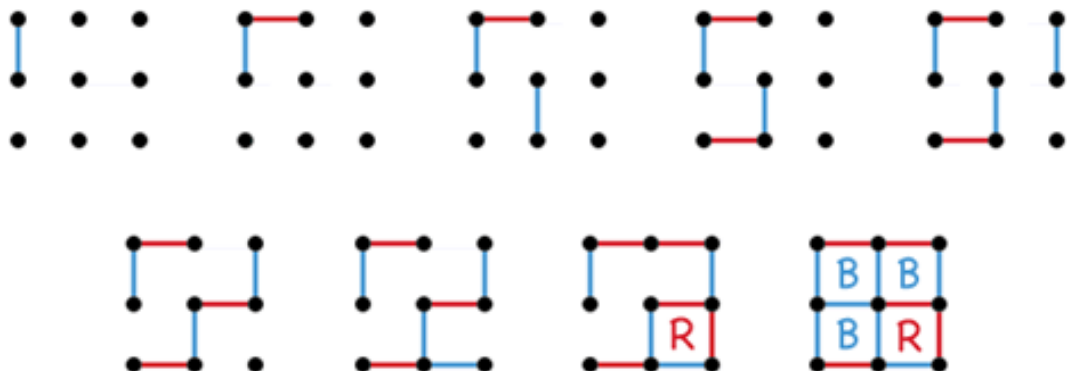
The two players take turns to join two adjacent dots with a horizontal or vertical line. If a player completes the fourth side of a box they initial that box and must draw another line.

When all the boxes have been completed the winner is the player who has initialled the most boxes.

The game is more complex than it initially appears, and even on a 4x4 grid there is plenty of opportunity for skilful play.

Example:

The following game on a 3x3 grid is won by Blue, who scores 3 against Red's one:



Paper and Pencil Games:

Go-Moku

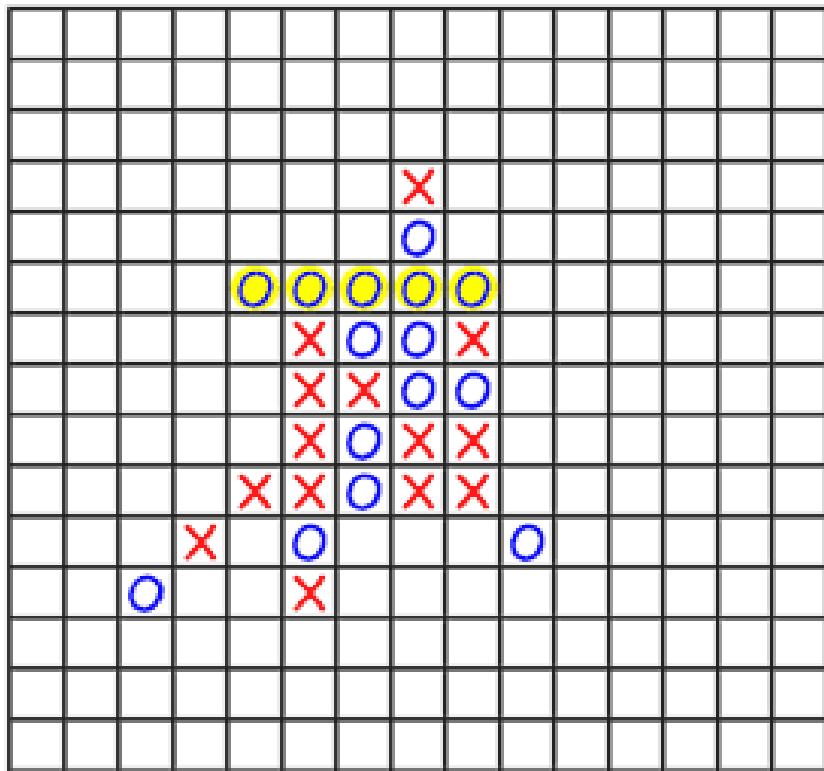
Players: Two - **Also known as:** Five in a row, Go Bang, Pegit.

Players take turns in marking squares on a grid. The first player to get five squares in a row wins.

Description: The game is played on a large piece of squared paper, at least 15 x 15. The players take turns in marking a square with their symbol (eg O and X). The first player to get five squares in a row, horizontally, vertically, or diagonally, wins.

Example:

The following example shows a typical game won by the first player, O:



Word Searches:

Some of the best soccer teams around the world are listed in this word search. The words in this word search are hidden across, down, and diagonally, with backwards.

O B N N N O B A Y E R N M U N I C H L R
L P D E D N U M T R O D A I S S U R O B
E E I A E E E H R I R O B A C M I L A N
I R R F N E T A L P R E V I R R D H S M
C S D W T A M O R F R I T A T I O H N A
E H A L S H P E L V I N T E R M I L A N
S A M N A A D A H W W I B D R D A S I C
T N L A N E M I Y X A L A G A L E U H H
E D A R S E N A L T H M G L H P F T T E
R O E A N T A L S R O B R C N N F N N S
C O R G A F A I E C O N O T R E V E I T
I B O C A J U N I O R S E R Y I T V R E
T T E E N G O T R O P H A L U I A U O R
Y A C I F N E B N W I T F S L L R J C U
W S F M R L D C T E M A H N E T T O T N
H M C A T H L E T I C B I L B A O O K I
T A G A C E Y T L O O P R E V I L R N T
O L Y M P I Q U E D E M A R S E I L L E
T I O O Y A R A S A T A L A G R W G A D
D T Y A N O L E C R A B E A E S L E H C

ACMILAN
ARSENAL
ATHLETICBILBAO
ATLETICOMADRID
BARCELONA
BAYERNMUNICH
BENFICA

BOCAJUNIORS
BORUSSIA DORTMUND
CHELSEA
CORINTHIANS
EVERTON
FLAMENGO

GALATASARAY
INTERMILAN
JUVENTUS
LAGALAXY
LEICESTERCITY
LIVERPOOL

MANCHESTERUNITED
NAPOLI
OLYMPIQUEDEMAR
SEILLE
PORTO
REALMADRID

RIVERPLATE
ROMA
TOTTENHAM

Chocolate, vanilla and fudge are some of the ice cream flavors you may find in this word search game. The words in this word search are hidden across, down, and diagonally, with backwards.

E	P	D	L	G	D	Y	Y	C	C	S	Y	O	N	O	H	U	M	L	A
W	I	W	P	C	Y	R	T	O	V	A	W	R	H	M	R	D	O	A	L
P	S	R	F	H	R	R	N	C	W	E	Y	N	R	A	I	U	C	I	I
H	T	N	I	E	A	E	L	O	N	E	L	S	B	E	E	L	H	N	S
S	A	E	I	R	S	B	I	N	C	T	T	T	E	R	B	C	A	P	A
S	C	A	E	R	P	W	R	U	R	I	H	T	R	C	N	E	A	R	D
L	H	P	E	Y	B	A	T	T	A	C	U	I	O	D	N	D	U	A	R
W	I	O	W	T	E	R	E	T	T	U	B	T	U	N	A	E	P	L	R
B	O	L	I	C	R	T	L	O	U	B	H	O	E	A	G	L	O	I	B
N	U	I	O	W	R	S	C	R	N	N	L	L	E	S	E	E	A	N	A
R	O	T	K	N	Y	S	S	D	N	A	L	A	G	E	A	C	O	E	I
S	R	A	T	F	R	Y	A	E	R	H	E	A	C	I	E	H	S	P	O
I	E	N	O	E	U	O	U	T	W	B	I	T	W	K	G	E	H	E	U
E	C	H	T	B	R	D	D	A	L	A	C	P	H	O	B	Y	T	C	N
S	O	T	F	Y	G	P	G	R	R	N	I	O	G	O	O	E	S	A	H
C	U	L	K	E	K	I	E	E	R	A	G	A	F	C	C	T	R	N	A
B	F	C	R	N	N	E	S	C	A	N	E	N	S	F	H	O	E	R	E
S	O	T	E	H	S	C	P	E	A	A	I	A	C	S	E	T	O	E	Y
R	W	O	T	E	N	R	B	M	E	N	E	A	H	S	R	E	G	P	H
I	H	E	S	U	F	R	E	P	E	A	C	H	R	T	T	C	N	F	S

BANANA
BLACKBERRY
BLUEBERRY
BUTTERPECAN
BUTTERSCOTCH

CHERRY
COCONUT
COFFEE
COOKIESANDCREAM

DULCEDELECHE
FUDGE
MANGO
MOCHA
NEAPOLITAN

PEACH
PEANUTBUTTER
PISTACHIO
PRALINEPECAN
RASPBERRY

REESES
ROCKYROAD
STRAWBERRY
WALNUT

How many of the funny movies in this word search have you watched? The words in this word search are hidden across, down, and diagonally, with backwards.

L	L	E	E	P	K	N	O	T	A	N	I	M	A	L	H	O	U	S	E
R	T	T	I	A	C	I	R	E	M	A	O	T	G	N	I	M	O	C	U
I	R	O	P	A	A	F	L	N	E	M	D	E	T	P	E	C	C	A	I
F	A	S	N	R	H	W	D	I	L	R	U	S	T	E	F	E	L	O	T
S	N	Y	A	E	S	W	I	N	O	O	M	E	A	N	G	I	R	L	S
W	W	U	C	H	Y	N	A	E	I	H	N	N	W	L	C	E	L	A	O
R	E	G	I	C	D	U	D	H	X	C	L	N	L	L	E	H	H	E	H
I	D	R	R	A	D	U	M	B	A	N	D	D	U	M	B	E	R	F	J
E	D	E	E	E	A	E	R	Y	T	A	O	E	L	G	T	S	V	U	E
H	I	H	M	T	C	A	A	I	A	I	L	T	R	H	K	E	S	T	R
G	N	T	A	D	H	Q	P	H	Y	E	H	O	L	C	I	T	T	H	I
S	G	O	A	A	H	E	T	D	S	O	U	E	I	M	G	G	H	E	E
S	C	E	T	B	N	E	M	S	N	N	T	H	R	O	I	R	G	H	T
A	R	H	T	T	T	F	Y	I	D	A	C	M	W	T	U	O	I	A	A
P	A	T	N	E	U	S	R	H	L	E	R	I	D	F	R	W	N	N	D
L	S	N	H	O	B	F	O	E	T	L	T	G	O	M	H	N	E	G	E
L	H	H	S	D	O	G	A	I	H	H	E	G	D	E	A	U	T	O	U
A	E	I	S	U	D	Y	H	O	I	I	E	R	I	A	A	P	A	V	D
H	R	A	F	A	E	W	P	T	A	O	O	A	S	J	B	S	D	E	T
E	S	H	Y	G	C	H	A	N	S	L	E	D	O	M	E	L	O	R	S

ACCEPTED
AMERICANPIE
ANCHORMAN
ANIMALHOUSE
BADGRANDPA
BADTEACHER

CADDYSHACK
CLUELESS
COMINGTOAMERICA
DATENIGHT
DUE DATE
DUMBANDDUMBER

GROUNDHOGDAY
GROWNUPS
HALLPASS
JUSTGOWITHIT
MEANGIRLS
ROLEMODELS

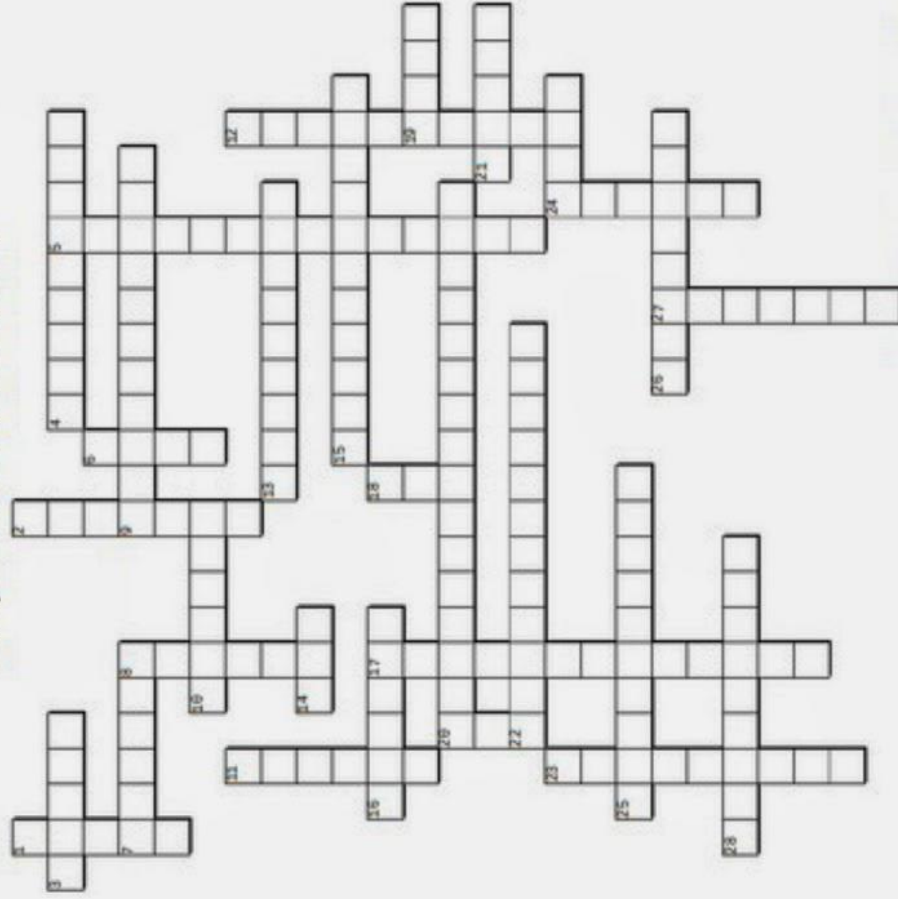
TAXI
THEHANGOVER
THEOTHERGUYS
WEDDINGCRASHERS
WERETHEMILLERS
WHITECHICKS

Criss-Cross:

© The Math Learning Center

Test your Minecraft Knowledge

Complete the crossword below



Across

3. Where you live.
4. Where you find your things.
7. We like to hop.
9. I have 5 attack damage; what am I?
10. He's dead, but he will still get you!
13. These guys are all bones.
14. I do all the new Minecraft updates.
15. Make it disappear.
16. The minecraft version of popular songs.
19. What you change when you are no longer Steve.
20. Mix this on your crafting table.
21. I invented Minecraft.
22. I only have 4 attack damage; what am I?
24. A modification you can download.
25. I have 250 durability; what am I?
26. Mine stone with me.
28. What you get when you craft with paper, gunpowder, and dyes.

Down

1. Build this to keep safe.
2. Beware of this mean creature.
5. Download me for lots of cool stuff!
6. A peaceful creature.
8. This block substitutes for water.
11. This block is only found in a mod or with commands.
12. I'm not a very good sword.
17. This sword is a girl's best friend.
18. A name for a pink mob.
20. This mob says Moo, can you?
23. A glitch in some updates = Steve with white eyes.
24. The original source of Minecraft.
27. An evil, exploding creature.

3-ingredient brownie in a mug:

Source: <https://www.biggerbolderbaking.com/microwave-mug-nutella-brownie/>



Instructions:

- In a large microwavable mug add the Nutella and egg* and whisk together.
- Add flour and mix until you have a smooth batter.
- Microwave for roughly 45 seconds - 1 minute. (Cooking time is based on my 1200W Panasonic Inverter Microwave so your timing might vary). Always keep a close eye on your mug while in the microwave so it doesn't overflow or overcook.
- When the brownie is set and firm on top it is done. Let the brownie cool and minutes before serving
- Serve with some vanilla ice cream while it's still warm.
- (Gemma cooked for 1 minute in video.)