



#Hartlepool
HolidayFun

ACTIVITY PACK

Issue 4 - Aspirations



Department
for Education



HARTLEPOOL
BOROUGH COUNCIL

Simple Goal Setting Worksheet



The basics of setting and completing your goals

Name _____

Goal Start Date _____

MY GOAL IS: _____

GOAL COMPLETION DATE _____

TWO THINGS THAT WILL HELP ME REACH MY GOAL

STEPS TO REACHING MY GOAL:

1. _____

1. _____

2. _____

3. _____

4. _____

2. _____

I WILL KNOW I HAVE REACHED MY GOAL BECAUSE: _____

Name _____

I Am Poem

Directions: Fill in the poem template with characteristics that describe you.

I am _____
(two special characteristics)

I wonder _____
(something you are actually curious about)

I hear _____
(an imaginary sound)

I see _____
(an imaginary sight)

I want _____
(an actual desire)

I am _____
(The first line of the poem repeated)

I pretend _____
(something you pretend to do)

I feel _____
(a feeling about something imaginary)

I touch _____
(an imaginary touch)

I worry _____
(something that really bothers you)

I cry _____
(something that makes you very sad)

I am _____
(the first line of the poem repeated)

I understand _____
(something you know is true)

I say _____
(something you believe in)

I dream _____
(something you actually dream about)

I try _____
(something you make an effort to do)

I hope _____
(something you actually hope for)

I am _____
(the first line of the poem repeated)



SPELL YOUR NAME

— AND GET MOVING! —

A: 10 BURPEES

B: 20 PUSH UPS

C: 35 JUMPING JACKS

D: 1 MINUTE PLANK

E: 20 SQUATS

F: 1 MINUTE WALL SIT

G: 20 BURPEES

H: 30 PUSH UPS

I: 20 ARM CIRCLES

J: 30 CRUNCHES

K: 25 SQUATS

L: 30 ARM CIRCLES

M: 45 SECOND PLANK

N: 15 PUSH UPS

O: 2 MINUTE WALL SIT

P: 25 JUMPING JACKS

Q: 15 BURPEES

R: 20 SQUATS

S: 30 CRUNCHES

T: 20 ARM CIRCLES

U: 1 MINUTE PLANK

V: 25 SQUATS

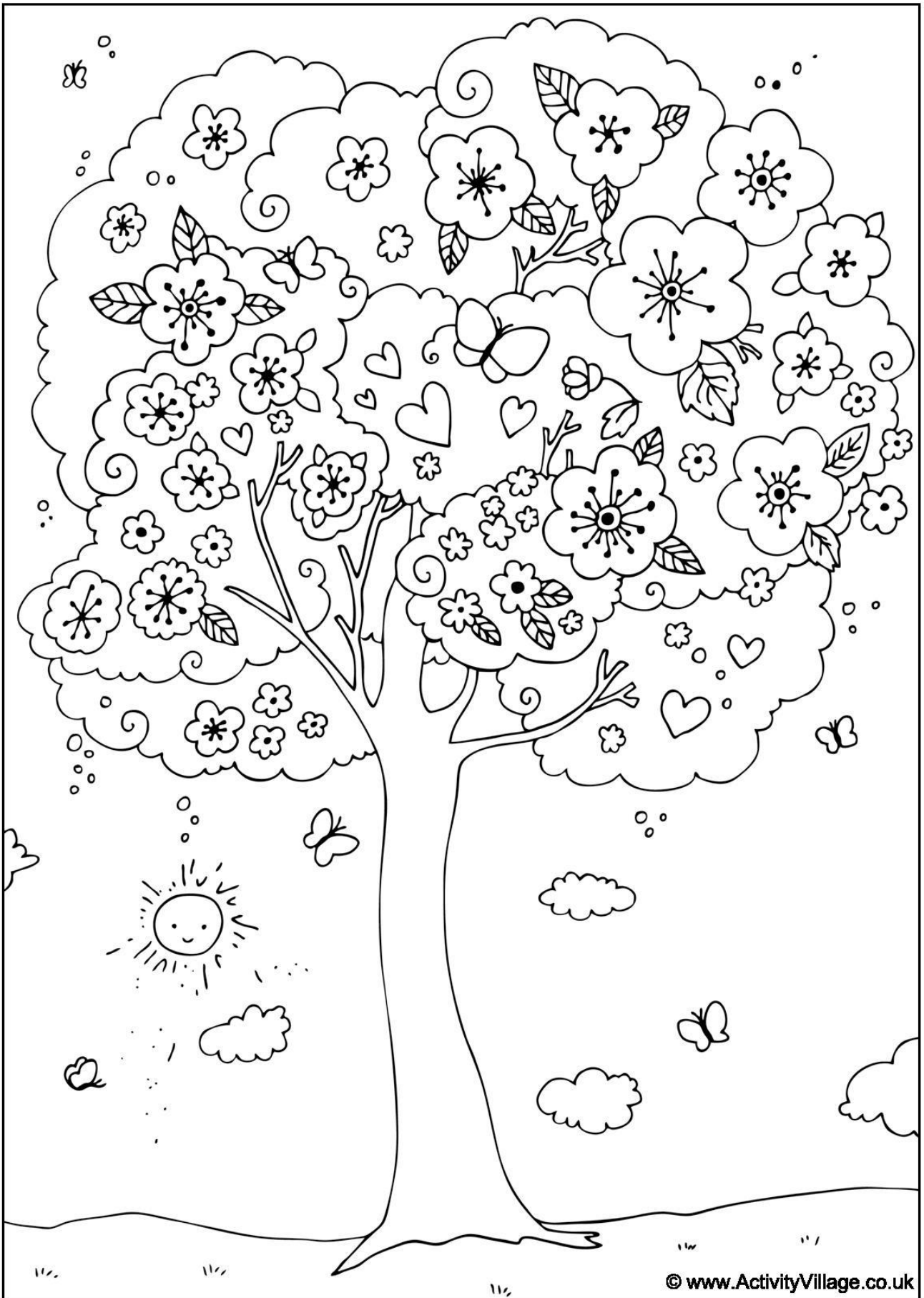
W: 20 PUSH UPS

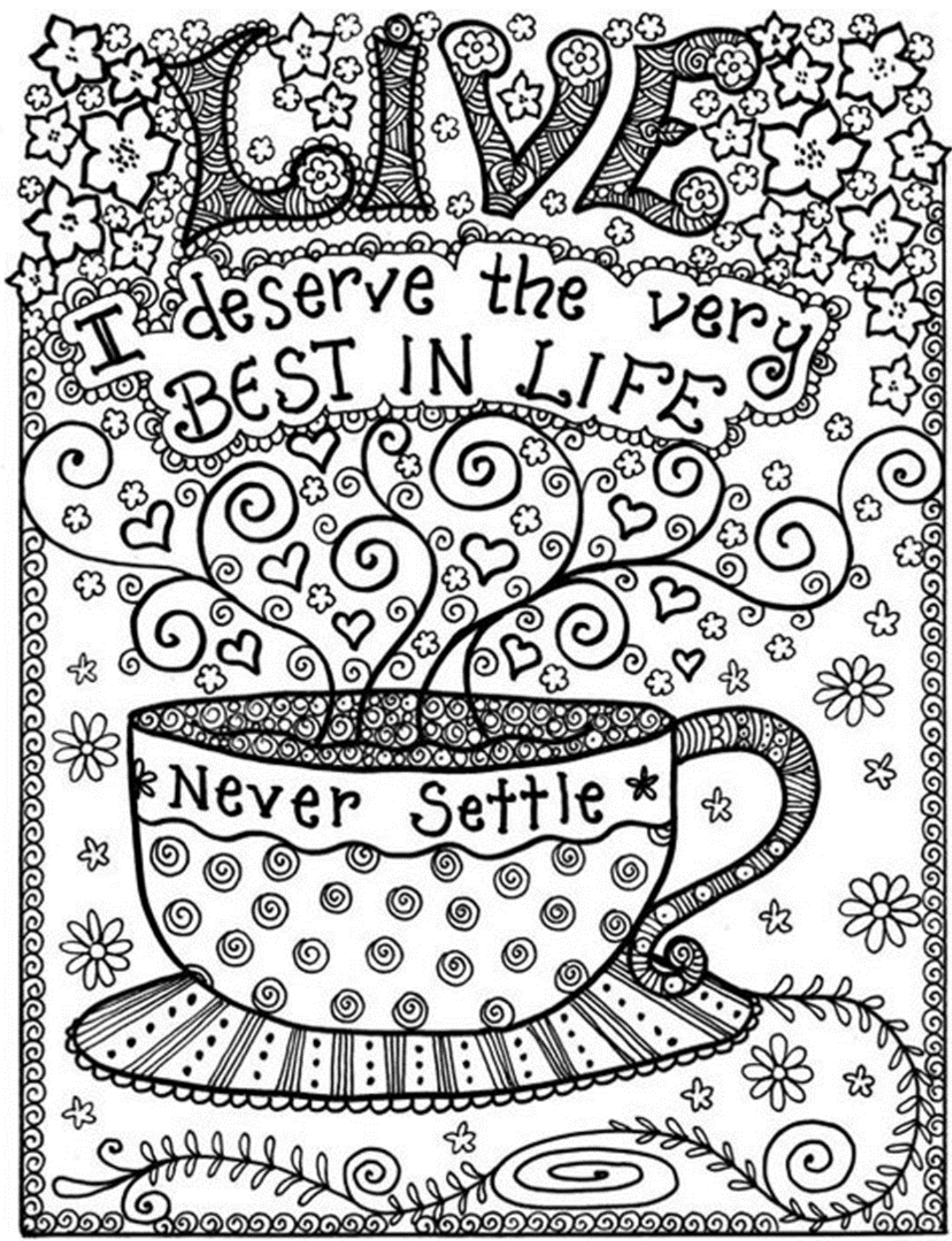
X: 45 SECOND PLANK

Y: 30 JUMPING JACKS

Z: 20 ARM CIRCLES

Colouring in





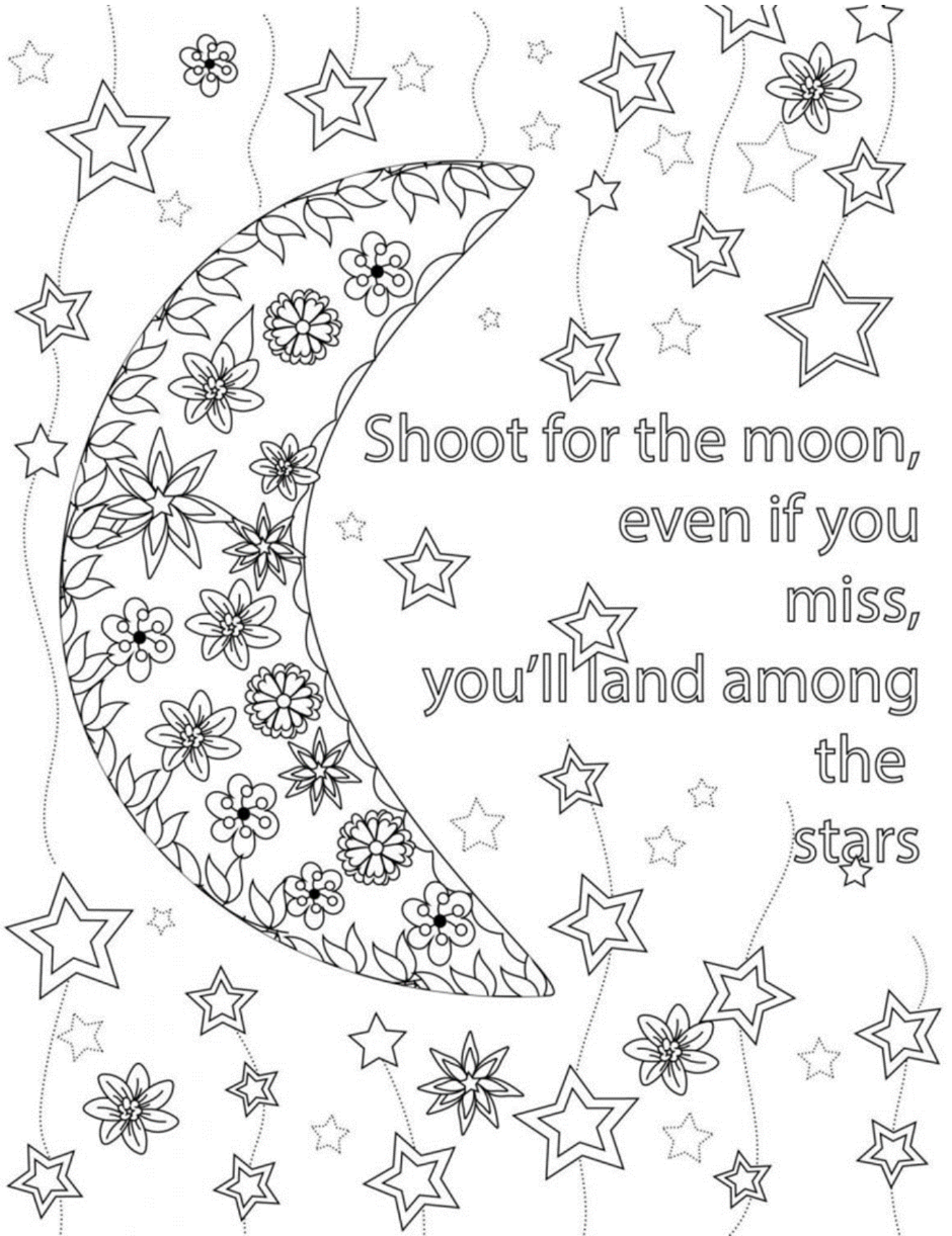


THINK

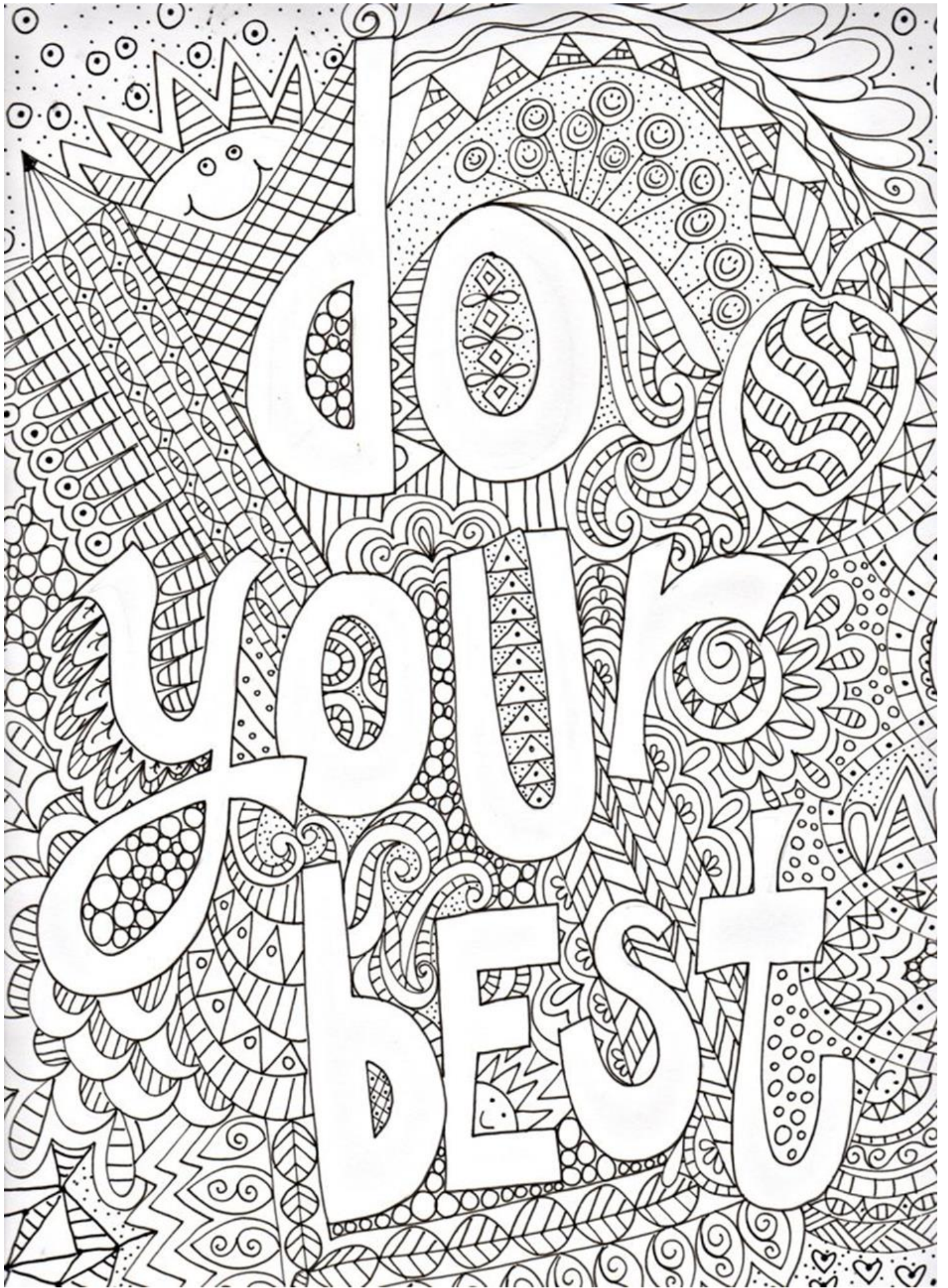
Believe

DREAM

and DARE



Shoot for the moon,
even if you
miss,
you'll land among
the
stars



All the

FLOWERS

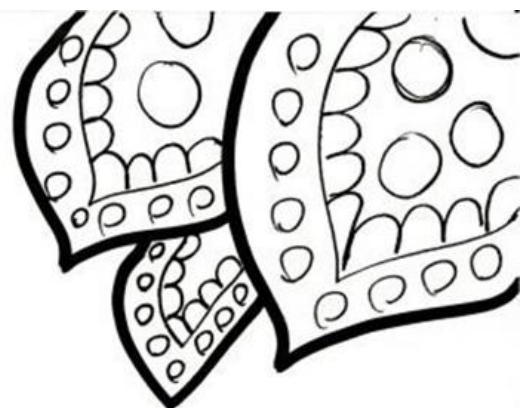
of all the

TOMORROWS

are in the seeds of

TODAY

~Indian Proverb





stop

RESISTING

start

CREATING



Puzzle - Wordsearch

Inspiration

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

Motivate

Positivity

Talent

Inspire

Success

Happiness

Passion

Ability

Hard-work

Love

Life

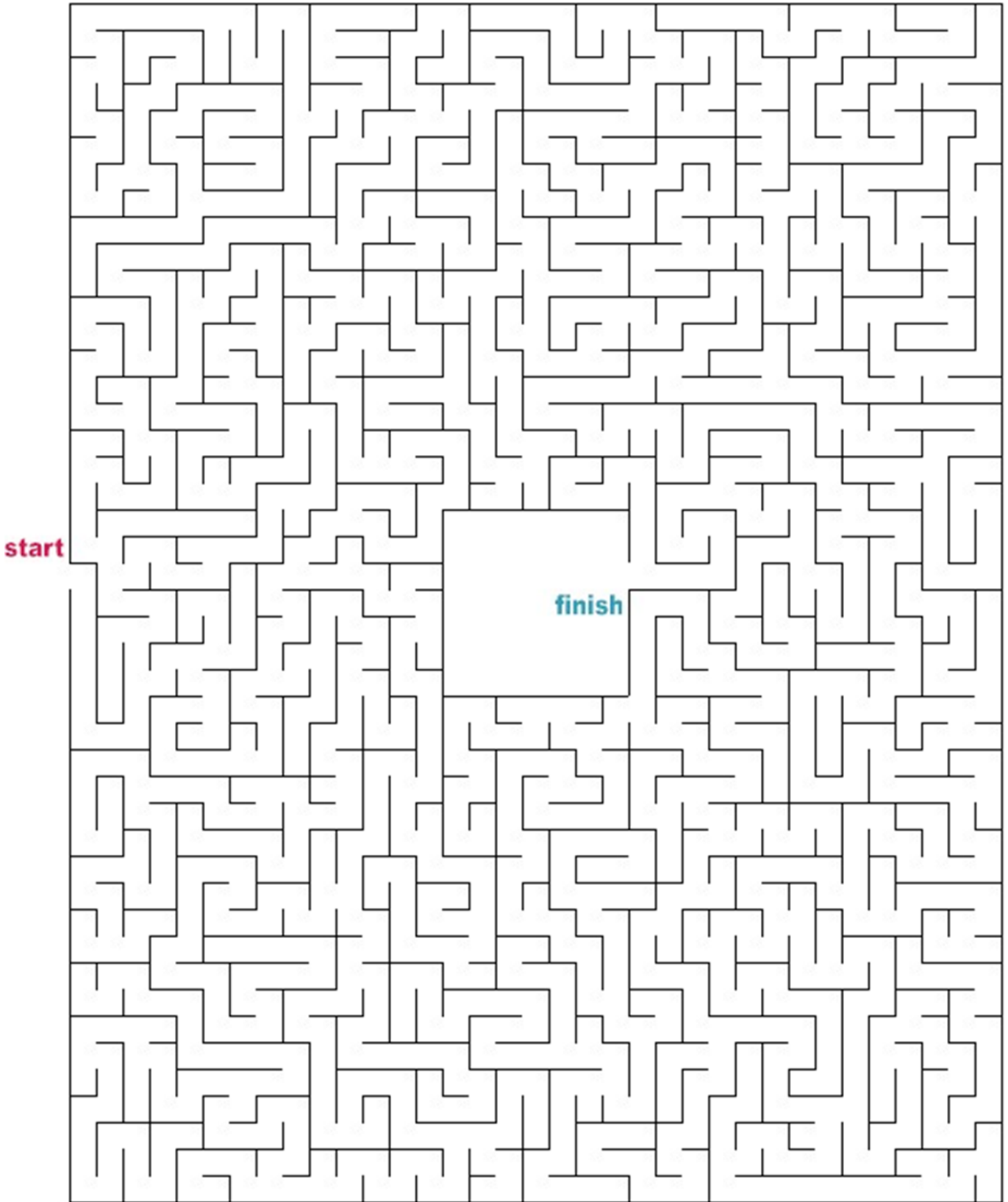
Imagination

Victory

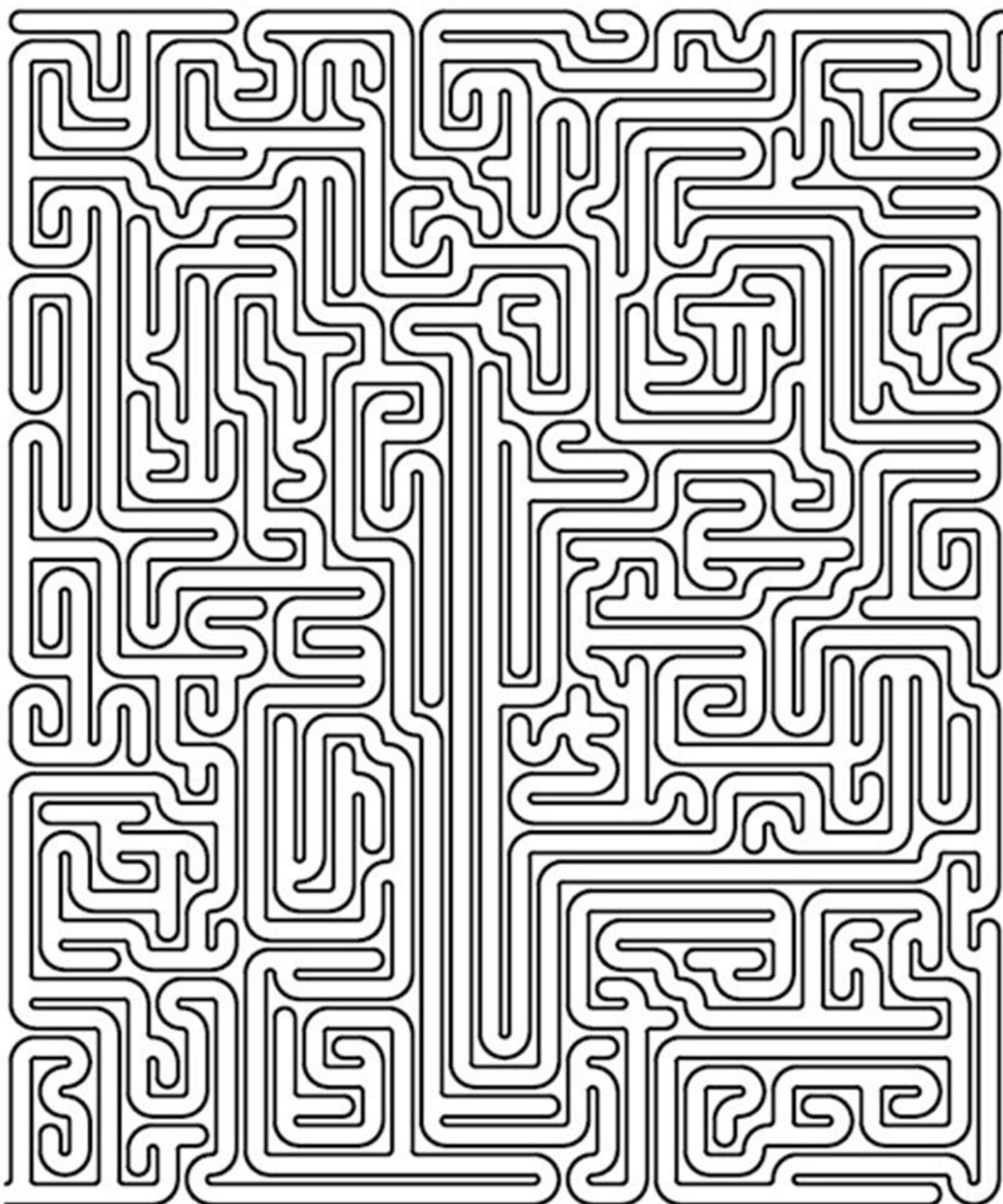
Dreams

Achieve

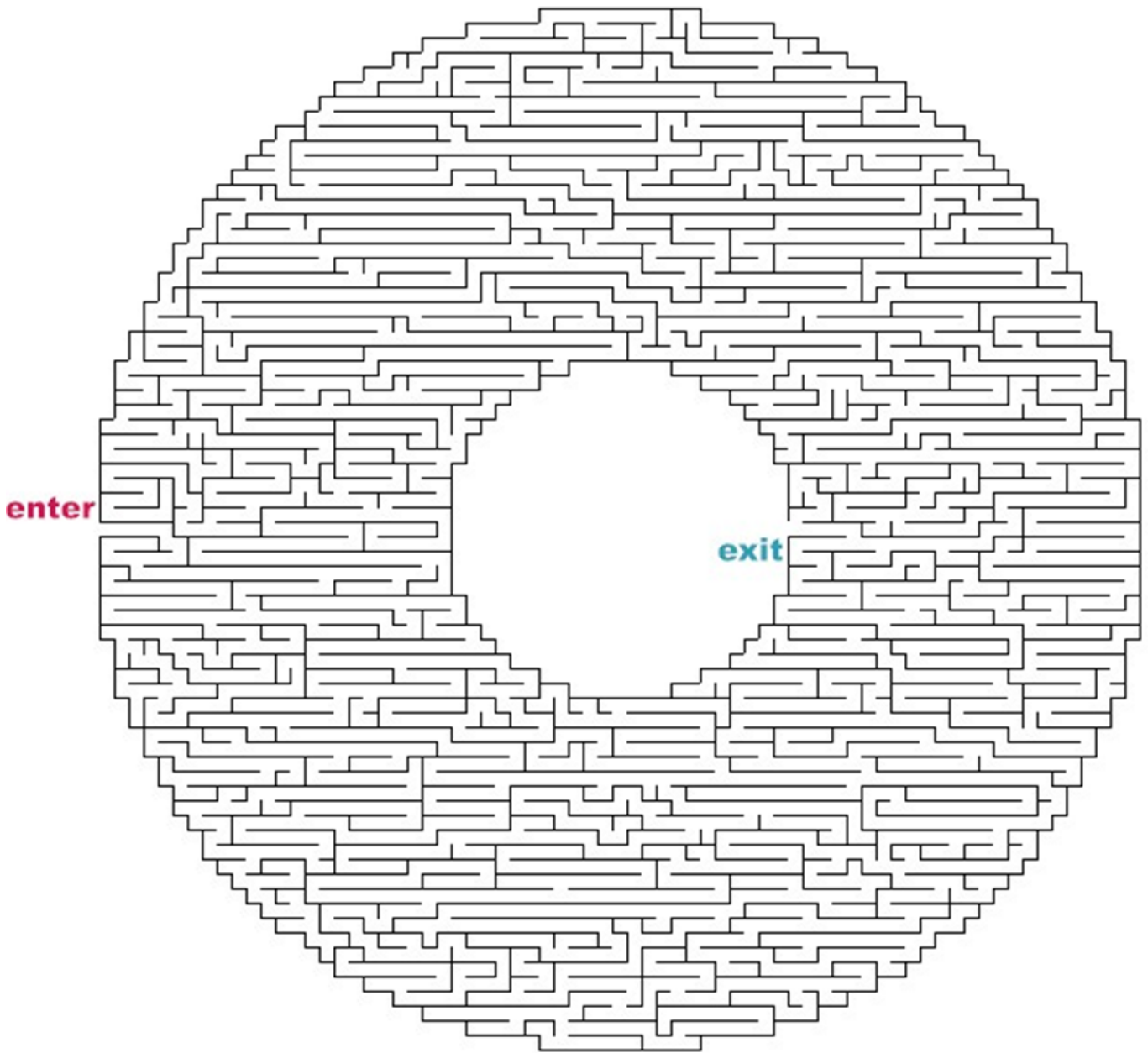
Puzzle – Mazes

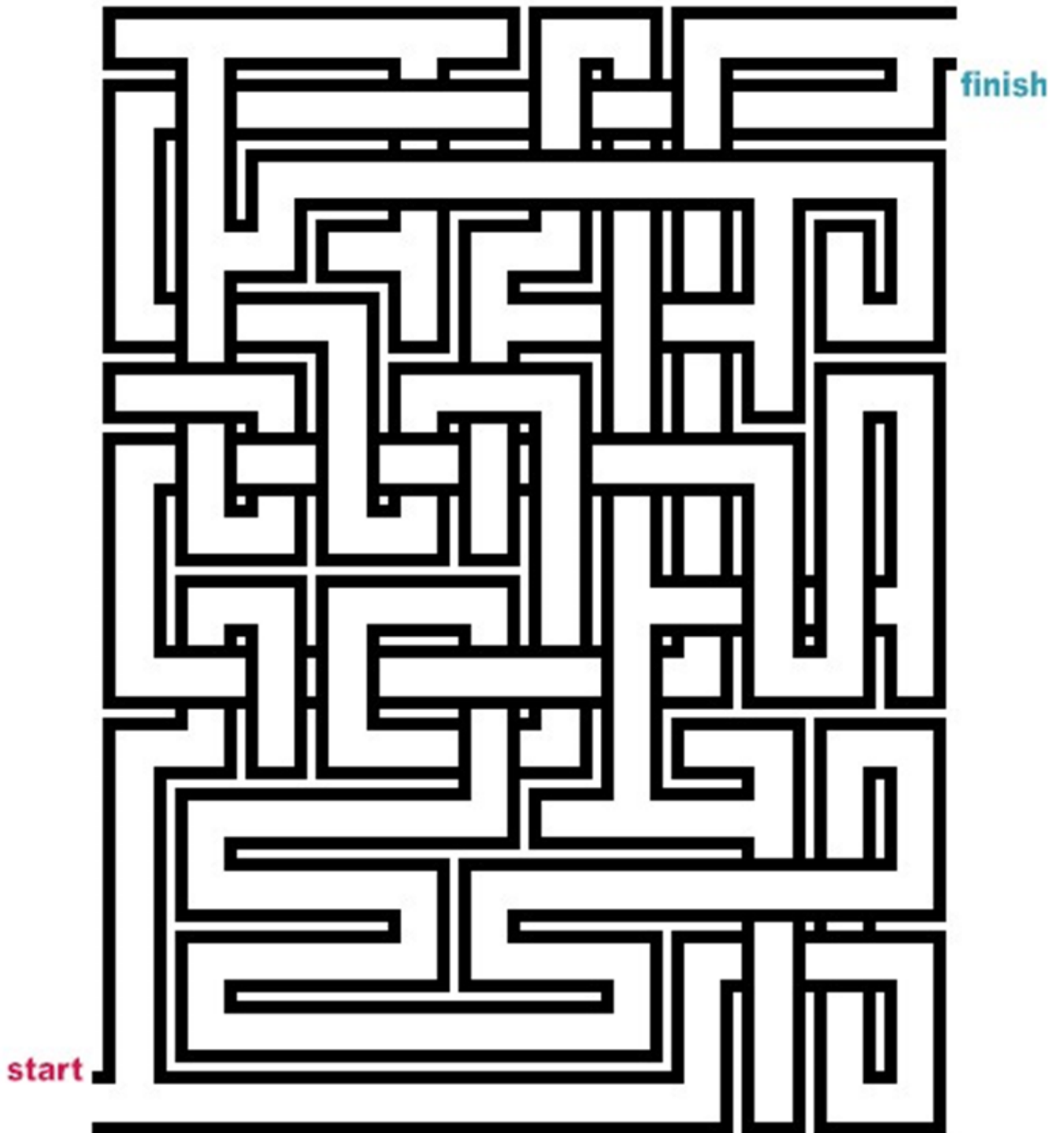


start



finish





Creative activity - Doodling

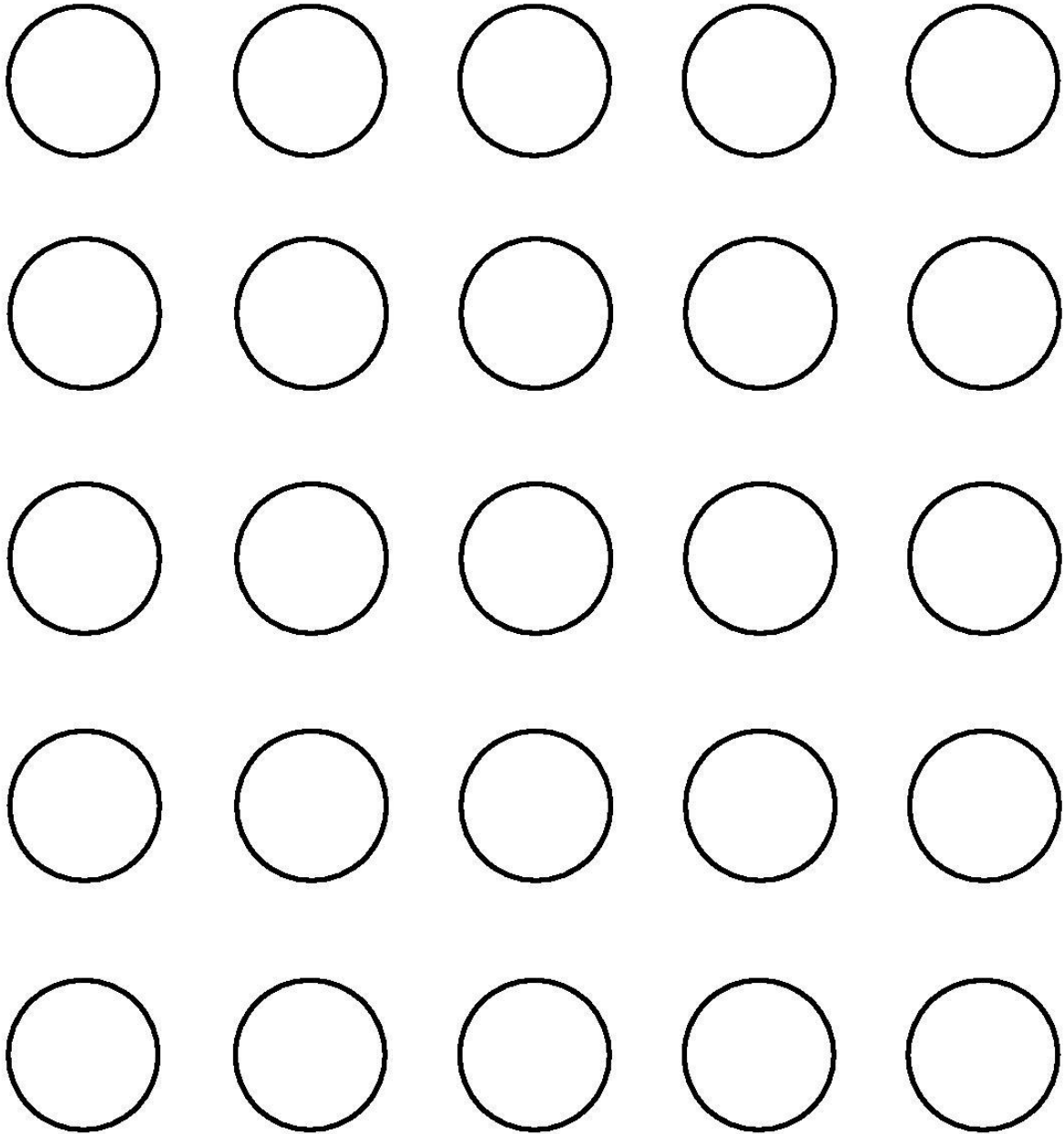


On the next few pages are shapes to help you doodle away until your heart is content!
Here is an example below...



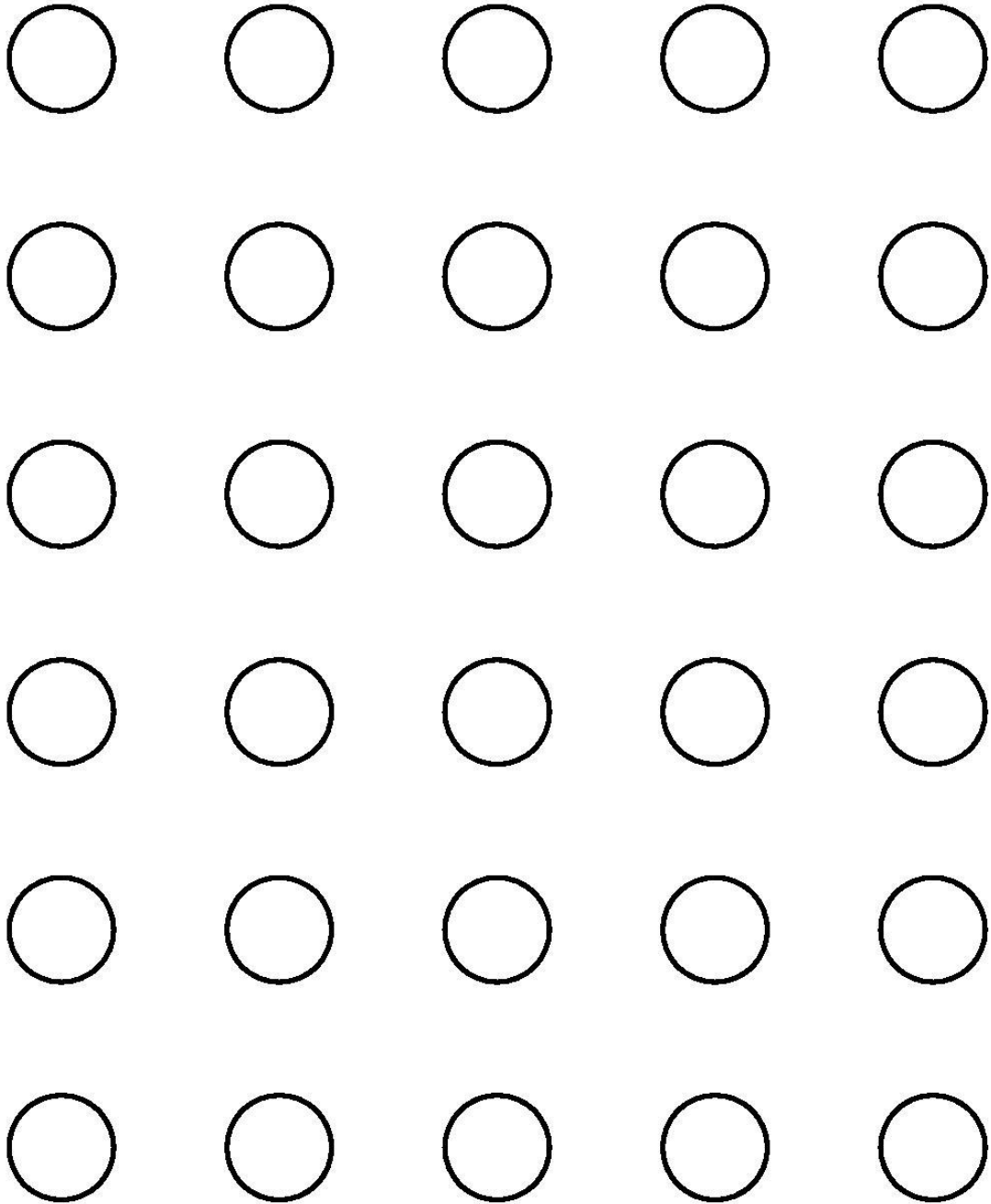
CIRCLE DOODLE TEMPLATE

Use these circles as a starting point to create your own doodles!



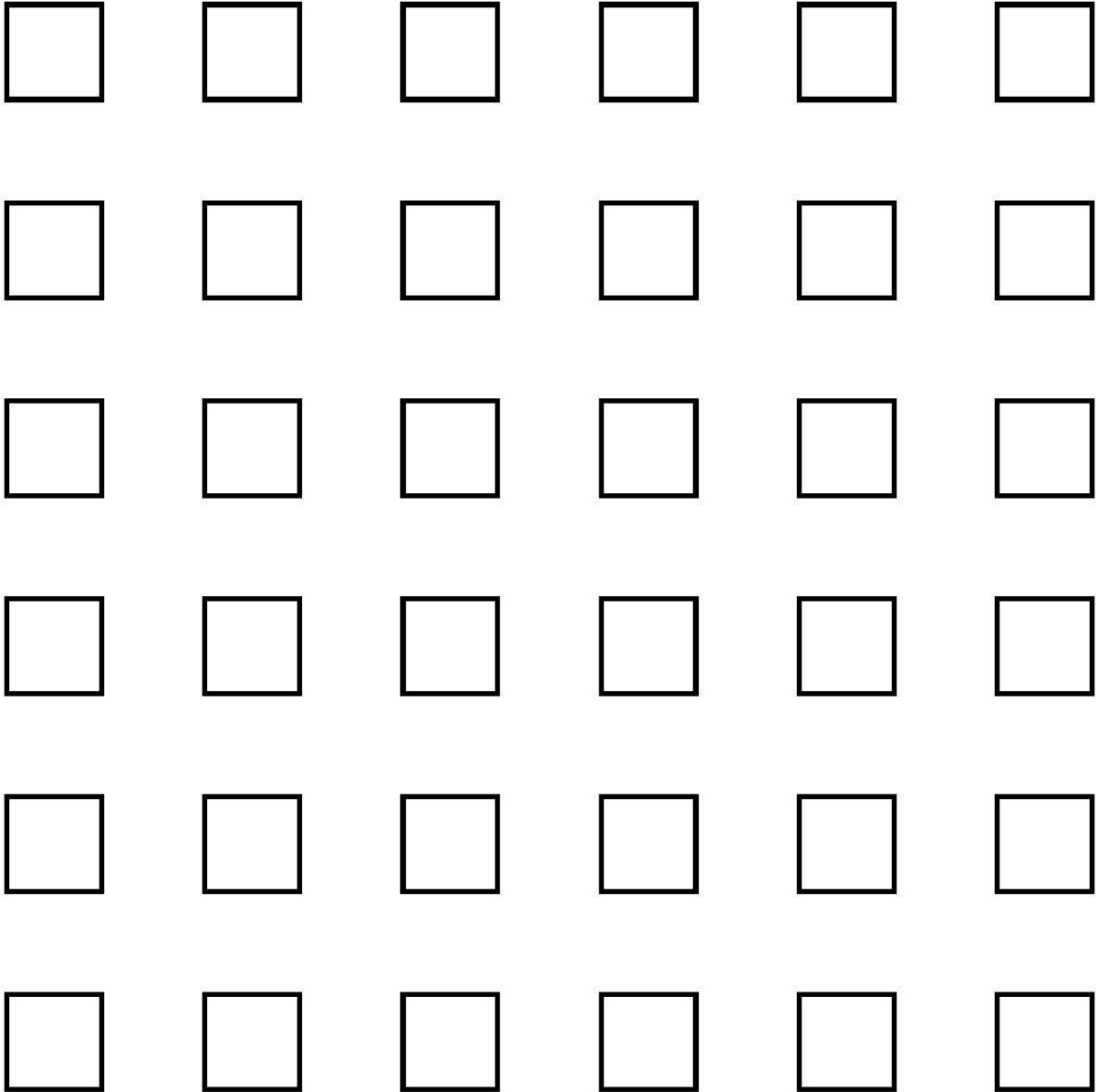
MINI CIRCLE DOODLE TEMPLATE

Use these circles as a starting point to create your own doodles!



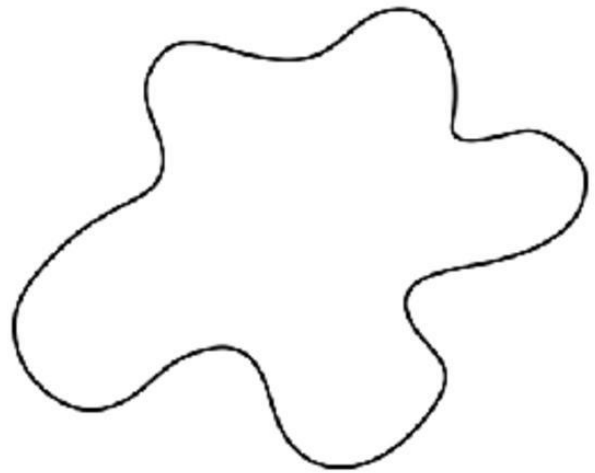
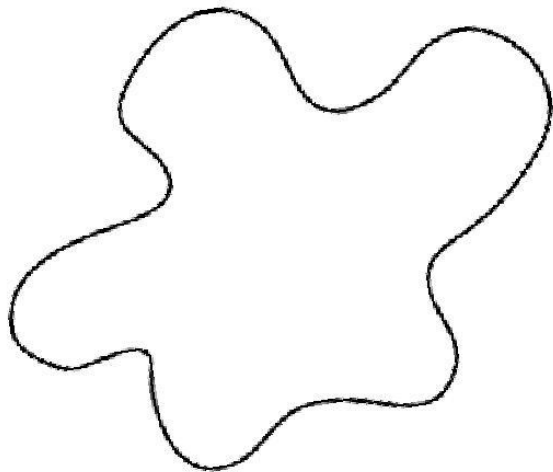
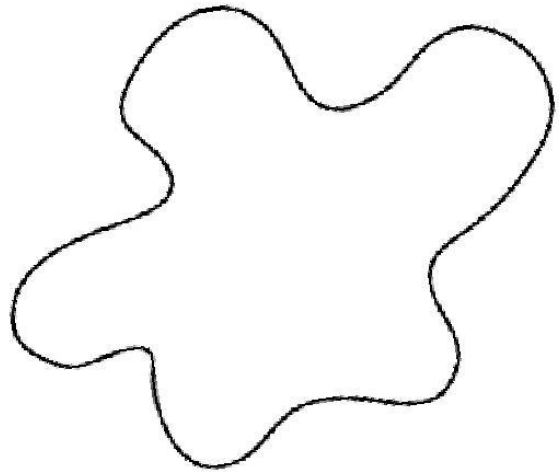
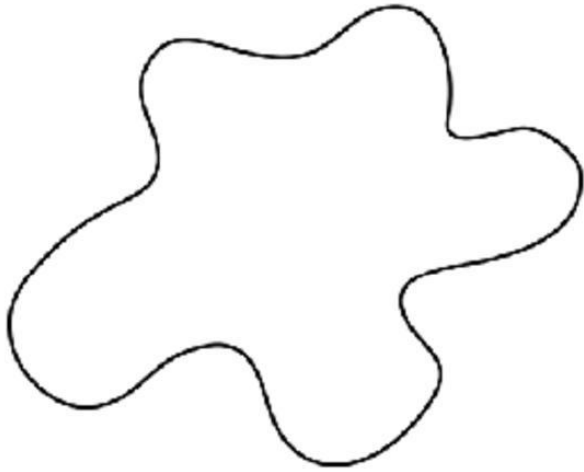
SQUARE DOODLE TEMPLATE

Use these squares as a starting point to create your own doodles!



SILLY SPLATS DOODLE TEMPLATE

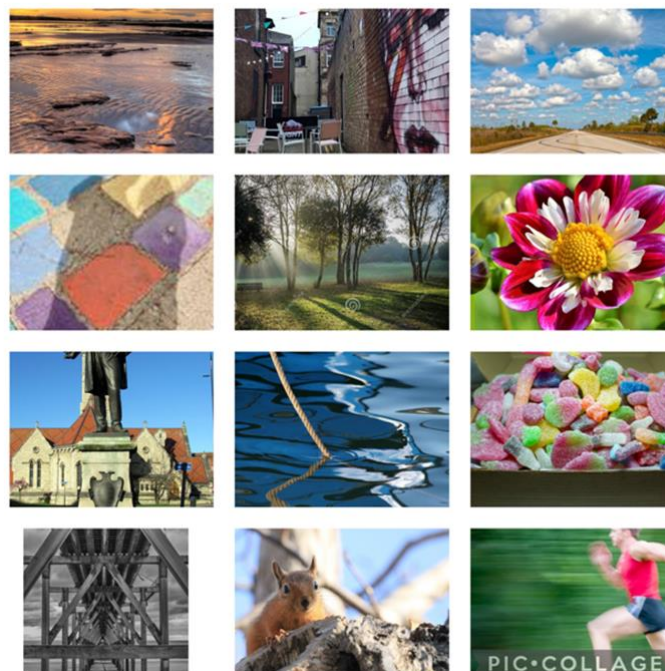
Use these silly splats as a starting point to create your own doodles!



Creative activity – photo scavenger hunt list

Some of the subject matters are pretty simple, others you can interpret however you like. Be creative! Ready to get started?

A colourful patch of flowers	Try using portrait mode on your phone for depth of field.
A creature	A squirrel or duck in the park, an insect or a crab- we will accept pets!
Light peeking through trees or a window	Bonus points for sun rays or lens flares giving your photo an extra glimmer)
A reflection in water	Look for the calm, still water of a pond, lake, or even a bird bath.
Sunrise or sunset	Just before or after the sun is visible on the horizon is the time you'll enjoy the most vivid colours.
Your own shadow cast on the ground or wall	Fingers crossed that sun will be shining!
Something or someone in motion	Think cars zooming, kids cartwheeling, the dog running — the more blur, the better.
A piece of architecture that catches your eye	Houses, buildings, and bridges can have so much character in the little details, like symmetry and angles. Choose something that catches your eye.
A treat	Take a first bite or sip before you snap your photo for a more naturally derived moment.
A landmark	Try to think of something instantly recognisable as Hartlepool.
A piece of outdoor art	Whether it's sidewalk chalk, graffiti, a full blown mural or community art.
Clouds	Maybe an interesting formation or something that reminds you of something.



Download the free app Pic Collage and make a grid of your photographs. Send them to us at hartlepoolyouthoffer@hartlepool.gov.uk and we'll upload them on our Facebook page and we'll also pick a winner!

Creative activity – Future jar



Think about all of the things you want to do or achieve when isolation is over. Write notes to yourself and put in a jar, so that when life returns to normal, you can start to put plans into action!

Materials:

- Empty jar
- Pen pencils
- Something to decorate your jar

Creative activity – Pack of cards

Using the pack of cards in your pack why not build/play the following;

Build a house of cards



Play Go Fish

Instructions:

The dealing depends on the amount of players participating in the game. If there are two or three, each player is dealt seven cards, but if there are more people taking part, they are only dealt five. The remaining cards are placed face down in the middle to form the fish pile.

The players then have to sort their cards into groups of the same number or picture (i.e. a group of fives; a group of Queens), making sure not to show any other player their hand. Then, to start, the person to the left of the dealer asks any other player for cards of any one of the groups he holds in his hand (for example, if he has two Kings, he may ask the other player for Kings). If the other player has any of the cards he is asked for, he must hand them over. The "requester" can then go on asking the same player for more cards until the player does not have the cards he wants.

A player who does not have the cards he is asked for tells the requester to Go Fish. The requester then has to take one card from the "fish" pile and the person who told him to Go Fish becomes the new requester.

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

The winner is the first person to have nothing left but a collection of complete sets. If two people run out of cards together, the player with the most sets wins the game.

Play Memory:

Use the whole pack of 52 cards.

Shuffle, and spread all the cards out face down on the table between the players (you can either choose a random arrangement, or lay the cards out in grid form; the latter makes it easier to remember where cards are placed).

The object of the game is to find matching pairs. Players take it in turns to turn over 2 cards. Let all the players see them and study them. If they are not a matching pair, try to remember what and where they are, then turn them back over. Play then passes to the next player. If they are a matching pair, that player removes them from the table and keeps them, and then has another turn.

When all cards have been removed from the table, each player counts up the number of cards they have collected. The player with the most cards is the winner.

Play a solitaire version:

Count how many "turns" it takes them to complete the game, and try to beat your record.

Leave an odd card out:

You can make the game a little harder for by leaving one card without it's pair.

Play Beggar My Neighbour:

For two or three players, one standard deck of cards can be used. Any more than three players will require two decks.

Instructions:

All the cards are dealt, one by one, around the group, until there are none left. It does not matter if some players have more cards than others. Each player collects his cards in a face-down pile and does not look at them.

To start, the person to the left of the dealer places his top card face-up in the centre. Then the game moves around clockwise, with each player adding one card to the central pile until someone turns up an Ace, Knight, Queen or King. The player who turns up one of these cards can then demand payment from the next player:

An ace earns four cards
A King earns three cards
A Queen earns two cards
A Knave earns one card

These payment cards are each placed on the central pile. If an Ace, King, Queen or Knave is turned up, then the next player to the left has to pay the required amount of cards, and so on. This continues until a payment is complete without Aces or Court Cards. Then, the last player who turned up an Ace or Court Card takes the whole central pile and puts it at the bottom of his own. He starts the next round, and the game begins again.

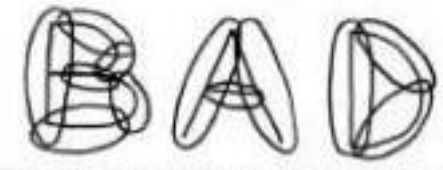
The winner is the player who first goes out by using up all his cards. If playing to a time limit, then the winner is the player with the least remaining cards when the time runs out.

Creative Activity – Graffiti bubble letters

Step 1: Draw the letters, B A D, with a pencil.



Step 2: Now draw circular shapes around the lines. On the curved lines in B and D, break your circular bubble shapes into segments.



Step 3: Draw around the outside and inside edges with a dark marker.



Step 4: Erase the pencil lines. Add little lines inside to make the letter more bubbly.



Step 5: Redraw the letters close together, overlapping the edges. You can cut them out and move them around if you want, then trace them.

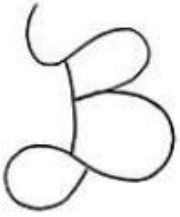


Step 6: Add 3D effects.



Creative Activity – Graffiti wild-style B

Step 1: Draw a tag letter with swirling strokes.



Step 2: Draw a bar around the top stroke.



Step 3: Draw a bar around the side stroke. Bend it a little.



Step 4: Draw a curve bar around the bottom stroke.



Step 5: Erase all the inside guidelines. Draw a crisp, clean outline.



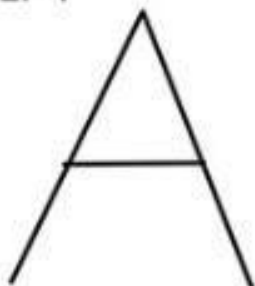
Step 6: Add a drop shadow. Draw some detail inside the letter. Attach an arrow if desired.



HOW TO DRAW WILDSTYLE

BY GRAFFITI DIPLOMACY

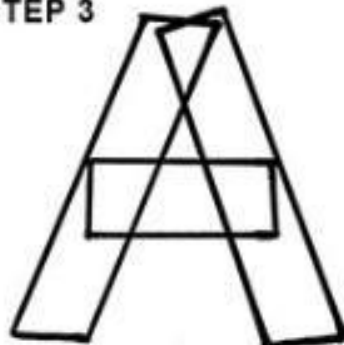
STEP 1



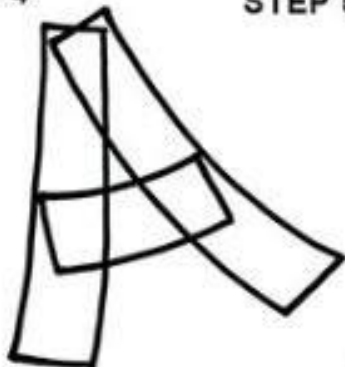
STEP 2



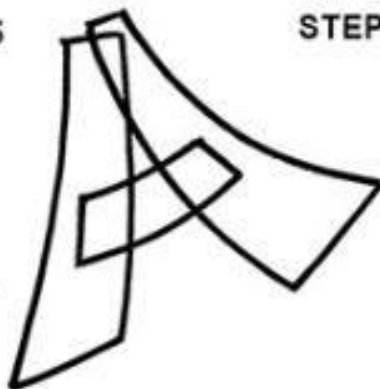
STEP 3



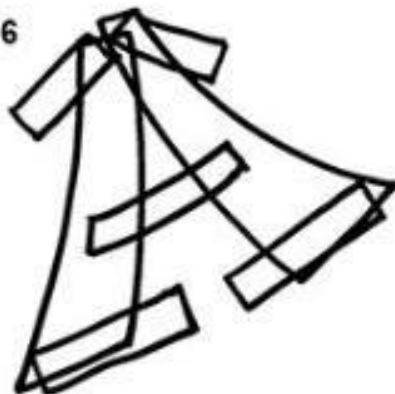
STEP 4



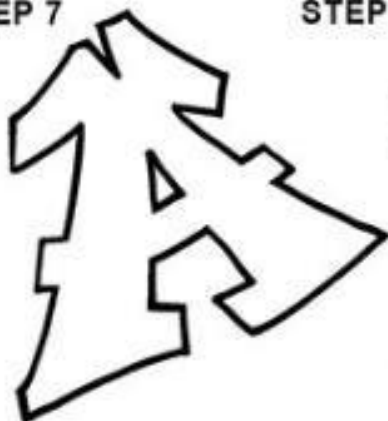
STEP 5



STEP 6



STEP 7



STEP 8



STEP 9



DRAW A GRAFFITI PIECE WITH SERIF LETTERS

by ©Graffiti Diplomacy

SERIF and SANS SERIF LETTERS

Serifs are small decorative flourishes on the ends of some of the strokes that make up letters. Sans serif letters do not have these flourishes (the word sans means without).

STEP 1. For this exercise, we start with a tag word, "SAGE", drawn with sans serif letters. Draw your letters very lightly with a pencil so you can erase them later. We have drawn very dark lines in this example just so you can see it better.




STEP 2. Next, add serifs to the ends of each stroke.



NOTE: The word SAGE means a very wise, thoughtful person. It is also a type of green plant, or can be someone's name.

STEP 3. Draw rectangular bars all around the strokes of each letter. Where the strokes are curved, make the bars curved.



STEP 4. Erase all of the lines inside of the letters and leave only the outside lines. These letters are now called outline letters with serifs or block letters with serifs.



Craft activity – Dream Catcher



Materials:

- Paper plate
- Pens
- Wool
- Scissors
- Glue / Sellotape
- Feathers
- Hole punch (optional)



Step 1:

Draw a circular shape on the paper plate.



Step 2:

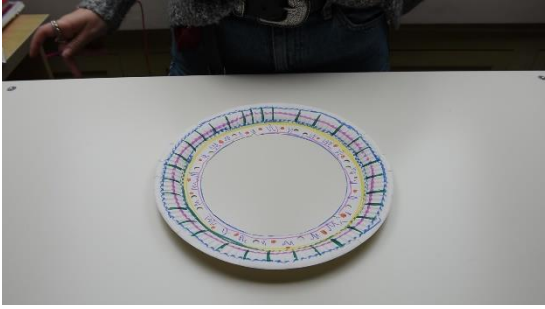
Cut this out following the shape you have drawn. Be careful with the scissors.



Step 3:

Either using a hole punch or scissors make holes around the paper plate as shown.

TIP- make sure the holes are not too close to the edge and ask an adult for help with this part if you are using scissors.



Step 4:

Decorate your dream catcher.



Step 5:

Thread the wool in different directions as shown.



Step 6:

Turn the dream catcher around as shown.

Cut long pieces of the wool and stick to the paper plate.



Step 7:

Add feathers or any other decorations you like to the dream catcher.



Step 8:

Make two holes at the top of the paper plate.

Cut a piece of wool and thread through the holes as shown.

Tie a knot at the top.