



# Year 6 - Home Learning Tasks

WB: 04.05.20

Our theme for this half term is Ancient Greece but...

With it having been 75 years since VE Day this week, we will be learning about the importance of this day and some of the key events that came before it.



	Activity 1	Activity 2 – VE Activities	Activity 3 – VE Activities	Videos Posted to GC
Monday	<p><b>International Project</b> We would like to create a compilation of letters to send to Italy.</p>	<p><b>Crack the Codes</b> – Learn about the phonetic alphabet as well as Morse code</p>	<p><b>History</b> – Understanding VE Day On 8<sup>th</sup> May 1945, Britain celebrated the end of WW2. Use the links, such as: <a href="https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr">https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr</a> to create a timeline of important events leading up to this.</p>	<p><b>Miss Bellamy's Challenge</b> During WW2, there was a shortage of materials to make clothes. People were trying to 'make do and mend'. Do you have any clothes that you could 'upcycle' into new clothing or something completely different? Create a design to show what you could turn it into.</p>
Tuesday	<p><b>Reading – Holes Task</b> Complete these questions based around Chapters 9 - 15.</p>	<p><b>Picture News</b> – How can one person make such a difference?</p>	<p><b>Music</b> – VE Day songs Can you create your own motivational song using the examples as inspiration?</p>	<p><b>Holes</b> Mrs Knight will be reading Holes Chapter 9 – 15.</p>
Wednesday	<p><b>Maths</b> <b>10 minute arithmetic test</b> Complete the 10 arithmetic questions in ten minutes.</p>	<p><b>Geography</b> - Colour in the countries on the map according to whether they were Allies, Axis, Axis controlled or Neutral. <a href="#">NatGeo Kids - WW2 History</a></p>	<p><b>History</b> – Who is Winston Churchill? What was he responsible for? Find out more about him before creating a fact file/poster displaying your information.</p>	<p><b>Maths – Arithmetic</b> Mr Shaw will be going through the 10 minute arithmetic test, explaining step by step how to complete this. Please watch this after you have completed the arithmetic test either online or in your books.</p>
Thursday	<p><b>Spelling</b> If you cannot access Google forms, the list of spelling words is below. Ask a member of your family to test you.</p>	<p><b>'Stay At Home' Street Party</b> Read this article on <a href="#">Newsround</a> and look closely at the photographs. How did people celebrate in 1945? Plan your own 'stay at home' street party.</p>	<p><b>Science</b> – Spitfire Science Design and make your own Spitfire. You could make it out of paper, wood, recycled materials, etc. How far does it glide? Does the material used for your plane affect the distance it travels?</p>	<p><b>Spelling</b> Miss Morton will be reading out the spelling words for you to complete in the Google Forms Quiz.</p>
Friday	<p><b>Catch up and Chill</b> – Today is the day to take part in any of the activities above if you hadn't had a chance yet. Instead, you may have some ideas of your own! No matter what you choose to do today, make sure you relax and take some time for you!</p>			

These are the details and links to some of the activities posted on Google Classroom this week. Where possible, below you will find the task sheets which will explain the activities in more detail. If you experience any problems, please contact your child's class teacher via email.

## Monday – International Project

Hi guys,

So, I hope you enjoyed looking through the positive messages and drawings that were sent to you from schools around the world! I have uploaded your pictures and I'm sure the children will love them. You did a great job!

This week, I have attached some letters put together by a school in Italy on Google Classroom. I would like to create a compilation of letters to send back to them from you guys! You could tell them about yourself and your family, a typical day in England or what you've been up to during lockdown. Maybe you could describe to them what it is like in England. You could even try and learn a bit of Italian and include that!

Please don't include any personal information such as your real name, phone number, date of birth, address or school address. We need to remember to 'Be Secure' in order to stay safe online. You could make up a name if you like! (Any silly names will be deleted!) You could include a drawing of yourself, but no photos please.

When you're done, if you are not able to access Google Classroom, email it to me at:

[lknight@langstone-jun.portsmouth.sch.uk](mailto:lknight@langstone-jun.portsmouth.sch.uk)

and I will upload for the children in Cerisano, Italy!

## Monday – Code Breaker

In World War 2, messages were sent in lots of different ways. This included Morse code, an alphabet made from combinations of dots and dashes and the phonetic alphabet. Watch the video about Morse code then use the alphabet below to help you crack the codes.

[How Does Morse Code Work?](#)

### Morse Code Alphabet Chart

<b>A</b>	·-	<b>B</b>	-···	<b>C</b>	-··-	<b>D</b>	-··
<b>E</b>	·	<b>F</b>	····	<b>G</b>	---	<b>H</b>	····
<b>I</b>	··	<b>J</b>	·---	<b>K</b>	-··	<b>L</b>	····
<b>M</b>	--	<b>N</b>	-·	<b>O</b>	---	<b>P</b>	·---
<b>Q</b>	---·	<b>R</b>	···	<b>S</b>	···	<b>T</b>	-
<b>U</b>	··-	<b>V</b>	····	<b>W</b>	··-	<b>X</b>	---·
<b>Y</b>	---·	<b>Z</b>	---·	<b>0</b>	-----	<b>1</b>	·-----
<b>2</b>	··-----	<b>3</b>	····--	<b>4</b>	·····-	<b>5</b>	·····
<b>6</b>	-·····	<b>7</b>	---···	<b>8</b>	---···	<b>9</b>	-----·

-/.../.    .-/././-    ../...    ---/...-/././-    ../-    ./...-/./-./---/./-./

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---./-/...    -././-.-    .----/----./...-/.....

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Can you write your own message in Morse code for someone to translate?

Can you research the phonetic alphabet and write a code using that too?

## Monday – History – Understanding VE Day

On 8th May 1945, Britain celebrated the end of WW2. Watch the video link below and use it to create a timeline of important events leading up to this.

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr>

Choose 4 of the main points of the video and use them to form a timeline. Do not forget to add dates if you can!

Below is a WAGOLL that you can look at before you start.

By 1945, World War 2 had been going on for 6 years. The Allied armies in Britain, France, Canada and the US started to advance on Berlin from the West. Meanwhile, Soviet forces were attacking Berlin from the East leaving Germany surrounded.



On the 5<sup>th</sup> May 1945, German officials agreed to a complete surrender (give up). Newspapers were printed to announce the end of the war and the news spread over Europe quickly.



Details spread that the next day, 8<sup>th</sup> May, would be a public holiday known as Victory in Europe Day or VE Day. On VE Day the Prime Minister, Winston Churchill and the royal family appeared on the balcony of Buckingham Palace.



Even though the war had ended in Europe, it was not the end of the Second World War. Fighting continued in the Asia Pacific region. Japan continued to fight.



Empty rectangular box for input.



Empty rectangular box for input.



Empty rectangular box for input.



Empty rectangular box for input.

'Holes' by Louis Sachar Week 3 Questions

Listen to Mrs Knight read chapter 9-15 of Holes, then try to answer these questions:

1. Why was there no drain on the floor of the shower to catch all the water?
2. What did Stanley do to make sure his mum wouldn't worry about him?
3. Find evidence from chapter 9 that shows that X-ray, Armpit and Squid like and respect Stanley.
4. In chapter 11, why did Stanley think it was a good thing that he had promised to give anything interesting that he found to X-ray?
5. Why was it an inappropriate place for Stanley to mention wanting to work for the F.B.I?
6. How had Stanley's body changed since arriving at Camp Green Lake? (Chapter 13)
7. How did X-ray show his appreciation to Stanley after he had given him the interesting object he had found?
8. What did Stanley find surprising about the warden?
9. At this point in the story, what do you think the warden is looking for?
10. Why do you think Stanley: 'Dug the hole into his memory'?



**Who is this man?**

**Captain Tom's Challenge**

Ahead of his 100<sup>th</sup> birthday celebration, war veteran Captain Tom Moore set himself the challenge of walking 100 laps of his garden to help raise money for the NHS.

His challenge has raised awareness all over the world and has led to many others setting their own similar challenges!

Captain Tom has also lifted the spirits of many during difficult circumstances.

*Captain Tom, who is originally from Keighley in West Yorkshire, has risen from nowhere to become a hero for many, all around the world!*



*Captain Tom Moore completing his 100-lap challenge at his home in Bedfordshire.*

*"I say thank you very much indeed. I appreciate it because the object for which we're donating is so important and so necessary... I think you're all so kind and thoughtful contributing to this cause."  
Captain Tom Moore*

**How much has been raised?**

Captain Tom originally aimed to raise £1000 but quickly passed his target to reach over £28 million for the NHS!



*Captain Tom served in India and Myanmar during World War Two*

It is not the biggest actions that can have the biggest impact. All the things that we do affect the world around us!

**THINK – Who in your local community has made a difference? What would you say to them?**

**How can you make a difference too?**



## Dance time!

When you have written your war time song, watch this clip to see what a dance party would look like during the war in Britain:

<https://www.bbc.co.uk/bitesize/clips/zwn4wmn>

American soldiers stationed in Britain during World War Two brought their dances with them. Lindy was a fusion of many dances combining partner and solo dancing. It is mainly based on jazz, tap, breakaway and the Charleston.

Learn step-by-step how to dance how people would in a 1940s dance party.

<https://safeyoutube.net/w/cXI7>



Wednesday – Maths - Arithmetic

Arithmetic Practice 6 - 5 – 2020

1.  $6.7 + 10 = \underline{\hspace{2cm}}$
2.  $\underline{\hspace{2cm}} = 7.75 - 5.06$
3.  $28 \times 47 = \underline{\hspace{2cm}}$
4.  $2 \frac{3}{6} \div 2 = \underline{\hspace{2cm}}$
5.  $1 \frac{3}{4} - \frac{9}{16} = \underline{\hspace{2cm}}$
6.  $0.804 \times 1000 = \underline{\hspace{2cm}}$
7.  $111 \div 4 = \underline{\hspace{1cm}}$  (Remember to not use remainders, your answer must be a decimal number)
8.  $49\% \text{ of } 582 = \underline{\hspace{2cm}}$
9.  $\frac{6}{8}$  of the school went on a visit. If 240 children went on the visit, how many children are there in the school altogether?
10. If the length of a rectangle is 32 cm and the area is  $16\text{cm}^2$ , what is the width of the rectangle?

## Wednesday – Geography

World War 2 was a battle between two groups of countries: the “Allies” and the “Axis”.

At the start of World War II, the Allies were the United Kingdom, France and Poland. These nations had made a pact to stand together against Hitler and the Axis Powers. The Allies were soon joined by the British Commonwealth (South Africa, Canada, Australia and New Zealand) and then the Soviet Union, the United States of America and China. Other Allies included British India, the Netherlands and Yugoslavia.

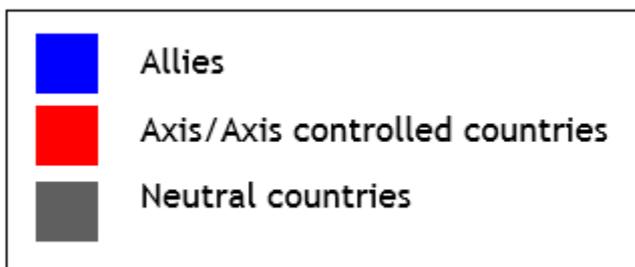
The Axis Powers were Germany, Japan and Italy, who made a pact to stand together in opposition to the Allies.

During the course of the war, German forces advanced through Europe. By the summer of 1941 they had invaded France, Belgium, Holland, Luxembourg, Denmark, Norway, Greece, Yugoslavia (which in modern day is Serbia, Montenegro, Croatia, Slovenia and Bosnia- Herzegovina) and the USSR (which in modern day includes Russia, Ukraine and Estonia).

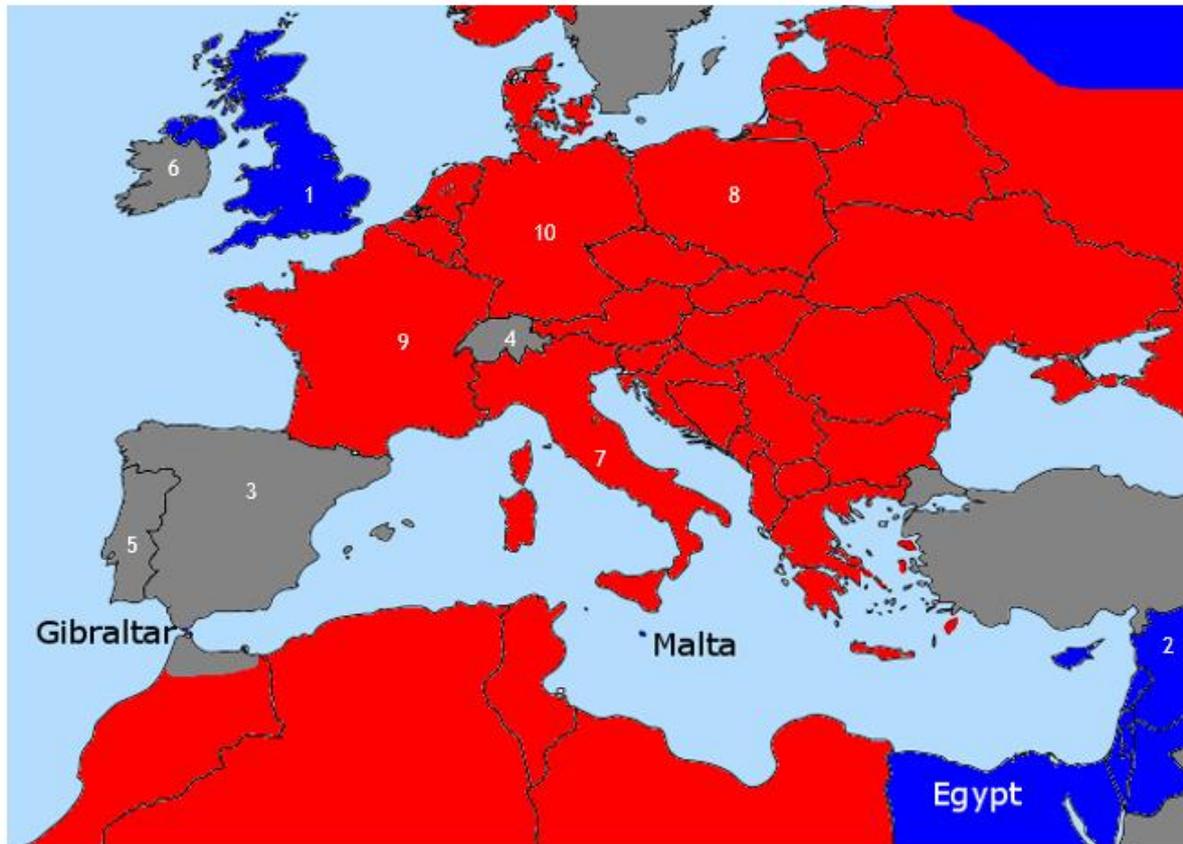
Some countries remained ‘neutral’ in World War 2 such countries were Spain, Sweden and Switzerland – who chose not to join either side.

### Task

On the next page, there is a map which shows Europe at the end of World War 2 and whether each country was neutral, an axis/axis controlled country or part of the allies.



Your task is to use an atlas, map, globe or the internet to label the map.



1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Dive Deeper Challenge- Why do you think there are not many Allies shown on the map?

## Wednesday – History – Who is Winston Churchill?

Read the following information about Winston Churchill, one of the prime ministers during World War 2. Continue your research online then display your learning as a fact file, poster or mind map.

Winston Churchill is one of Great Britain's most famous statesmen and prime ministers because he was the British leader twice and he also led Britain to victory in the Second World War.

### Early Life

He was born Winston Leonard Spencer-Churchill on 30th November 1874 at Blenheim Palace (the seat of his grandfather, the 7th Duke of Marlborough) in Oxfordshire. His father was Lord Randolph, a Conservative politician, and his mother was Jeanette, Lady Randolph Churchill. When he was 13, he only managed to make the lowest class at Harrow school, so his father put him in the army class to prepare for a career in the armed forces.



### Early Career

Churchill began his army career as a cadet in 1893 at Sandhurst, after having three attempts to pass the entrance exam. He eventually became a cavalry officer and war reporter, spending his 21st birthday working in Cuba. In 1898, he went to fight in the Sudan but he knew that politics was his first love. He, therefore, spent time following the news from home and doing lots of reading.

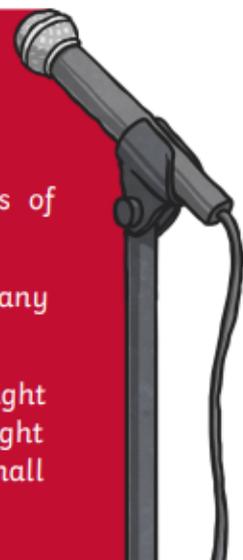
### Famous Churchill Quotes:

"Success is not final, failure is not fatal: it is the courage to continue that counts."

"Success consists of going from failure to failure without loss of enthusiasm."

"Never in the field of human conflict was so much owed by so many to so few."

"We shall defend our island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender."



## **Into Politics**

At the 1900 general election, he became MP for Oldham and he made his first speech in Parliament in 1901. He always prepared well and used notes as part of his method to overcome his lisp. Meanwhile, in his private life, he was married to Clementine in 1908 and they went on to have five children.

## **Rising to the Top**

By 1910, Churchill had become home secretary and was in charge of the Royal Navy. He then spent a short amount of time as chancellor of the exchequer, in charge of the country's taxes and money. The first part of the Second World War in 1939 did not go well for Britain and in 1940, Britain needed a new prime minister. That was to be Winston Churchill.

## **Later Life**

Churchill led Britain through the Second World War with his direction and his many famous speeches. However, not long after the war, Britain needed a change and the Conservatives lost power. Churchill kept up with his writing. A second chance to lead the country came round when the Conservatives were re-elected to power and Churchill was prime minister once more from 1951 to 1955. Even after that, he continued to be an MP until 1964. In 1965, he died aged 90. He is buried in a small churchyard in Oxford and his headstone reads: 'Remember Winston Churchill'.

Other websites to continue your learning

<https://www.bbc.co.uk/bitesize/topics/zkrkscw/articles/zfq9pg8>

[https://www.ducksters.com/biography/winston\\_churchill.php](https://www.ducksters.com/biography/winston_churchill.php)

<https://www.historyforkids.net/winston-churchill.html>

[https://kids.kiddle.co/Winston\\_Churchill](https://kids.kiddle.co/Winston_Churchill)

Spelling Quiz 3 – Year 6 Exception Words

Instructions for the reader:

*Read the word, then the sentence with the word inserted, then repeat the word. For example:*

*'Question 1: The word is symbol. The symbol for love is a red heart. The word is symbol'*

*At the end of the quiz, you can read all the words again so the children can check their answers.*

*The child only needs to write the spelling word not the whole sentence but they must make sure they do not use capital letters and their handwriting is clear (we encourage them to print during spelling tests).*

1. **neighbour**      Their \_\_\_\_\_ was very friendly.
2. **opportunity**    It was a great \_\_\_\_\_ for him.
3. **physical**        Everyone was really enjoying their \_\_\_\_\_ education with Joe Wicks.
4. **restaurant**     The \_\_\_\_\_ served lots of yummy food.
5. **vegetable**       Carrots are my favourite \_\_\_\_\_.
6. **individual**      The biscuits were all in \_\_\_\_\_ packets.
7. **develop**         He was keen to \_\_\_\_\_ his juggling skills in lock down.
8. **excellent**       She did an \_\_\_\_\_ job with her google classroom home learning.
9. **available**       There was only one \_\_\_\_\_ slot left on the list.
10. **average**        The \_\_\_\_\_ temperature was 18°C.
11. **forty**            It had been \_\_\_\_\_ days of warm weather.
12. **desperate**     Everyone was \_\_\_\_\_ to go back to school.
13. **equipment**    The teacher collected all the \_\_\_\_\_ for the art lesson.
14. **dictionary**    If you can't spell a word, remember to look in the \_\_\_\_\_ to help you.
15. **competition** The football \_\_\_\_\_ was very competitive.

Next week, the quiz will include some of the words from the whole list of Year 5 and 6 exception words. Below is a copy of all words the children have learnt over the past two years and some different ways you can learn them:

## Word list – years 5 and 6

accommodate	embarrass	persuade
accompany	environment	physical
according	equip (–ped, –ment)	prejudice
achieve	especially	privilege
aggressive	exaggerate	profession
amateur	excellent	programme
ancient	existence	pronunciation
apparent	explanation	queue
appreciate	familiar	recognise
attached	foreign	recommend
available	forty	relevant
average	frequently	restaurant
awkward	government	rhyme
bargain	guarantee	rhythm
bruise	harass	sacrifice
category	hindrance	secretary
cemetery	identity	shoulder
committee	immediate(ly)	signature
communicate	individual	sincere(ly)
community	interfere	soldier
competition	interrupt	stomach
conscience*	language	sufficient
conscious*	leisure	suggest
controversy	lightning	symbol
convenience	marvellous	system
correspond	mischievous	temperature
criticise (critic + ise)	muscle	thorough
curiosity	necessary	twelfth
definite	neighbour	variety
desperate	nuisance	vegetable
determined	occupy	vehicle
develop	occur	yacht
dictionary	opportunity	
disastrous	parliament	

## Different ways to learn your spellings

<p><b>ABC Order:</b> Write all of your spelling words in alphabetical (ABC) order.</p>	<p><b>Word Parts:</b> Write your words. Then use a coloured pencil to divide the words into syllables.</p>	<p><b>Write each word 5 times.</b> Say the word as you spell it.</p>	<p><b>Silly Sentences:</b> Write 3 or more sentences that use all your spelling words.</p>
<p><b>Picture words:</b> Draw a picture and hide your spelling words in the picture.</p>	<p><b>Shape Words:</b> s s p s p e s p e l s p e l l s p e l l i s p e l l i n s p e l l i n g (or make them boat shaped, wagon shaped, smiley face, etc.)</p>	<p><b>"Ransom" Words:</b> "Write" your words by cutting letters out of a newspaper or magazine and gluing the letters on a piece of paper to spell your words.</p>	<p><b>Rainbow Words:</b> Write your spelling words with coloured pencils. Make each letter a different colour.</p>
<p><b>Scrambled Words:</b> Write your words. Then write them again with the letters mixed up.</p>	<p><b>Vowel Spotlight:</b> Write your words using one colour for the vowels and another colour for the consonants. (vowels: a, e, i, o, u)</p>	<p><b>Word Search:</b> Create your own word search with your spelling. Show the answers to your puzzle.</p>	<p><b>Flash Cards:</b> Make and practice with flash cards. Put the word on one side and definition on the other.</p>
<p><b>Picture &amp; a Story:</b> Draw a picture defining each word. Write a sentence about your picture using the word.</p>	<p><b>Explain:</b> Read each word and explain to your parents what each word means.</p>	<p><b>Write a Story:</b> Poem or Song with Words: Write a story using all your spelling words. Underline the words you used.</p>	<p><b>Use Technology:</b> Type out your spelling words (and definitions) on the computer.</p>

## Thursday – Stay at home Street Party



Late on the 7<sup>th</sup> May 1945, an announcement was made over the wireless that the war in Europe had ended.



A national holiday was declared in Britain for 8 May 1945, Victory in Europe day or VE day. The Board of Trade announced that people could purchase red, white and blue bunting without using ration coupons

and there were even commemorative items hastily produced in time for the celebrations, including 'VE Day' mugs. Some restaurants had special 'victory' menus.

These photos show some of the street parties that were held across Portsmouth to celebrate VE day. Even though rationing was still taking place people made cakes and other delicious items to celebrate.



Look closely at the decorations and things that they have on the tables. What do you notice?

Can you plan and create your own (at home) street party?



You will need to think about food, decorations and entertainment. This could include music or games to play.



Take pictures of what you have created and send them to your teacher!

Menu- Look at some of these recipes from WW2. They have had to substitute sugar and other rationed items. What would you choose for your street party and why?

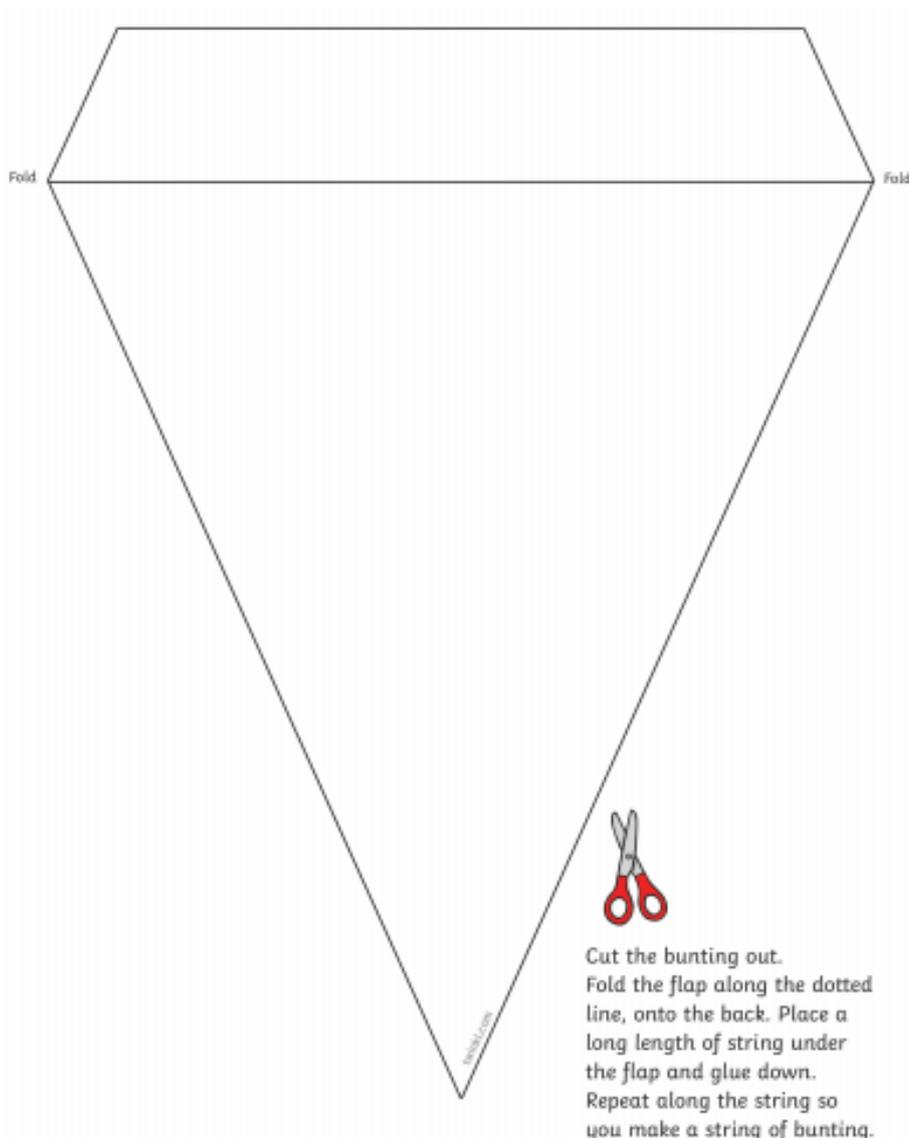
<http://home.bt.com/lifestyle/eating-for-victory-try-these-real-wartime-ration-recipes-for-ve-day-11363980000968>

<https://www.twinkl.co.uk/resource/t2-h-4750-wartime-recipe-booklet>

I have chosen... because...

Games- Children in this era definitely didn't have video games! Egg and spoon races, wheelbarrow races, tin can alleys and tug of war were all popular games that people played during street parties. Can you recreate one and take a photo?

Decorations- Decorations were so important during this time that they even allowed people to purchase bunting without using ration coupons. Fresh flowers were also popular because they were available from people's gardens. Can you design your own bunting?



## Thursday – Science – Spitfire Challenge

Design your own Spitfire out of paper, wood, newspaper or even tinfoil – it is up to you!

Below are some templates and instructions to give you some ideas.

# Paper Plane Instructions - Version 1

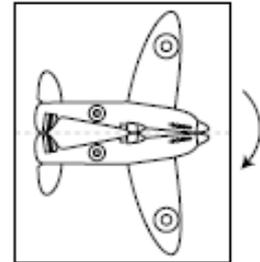
Print the paper plane Spitfire template on page 4. Then follow the instructions below.



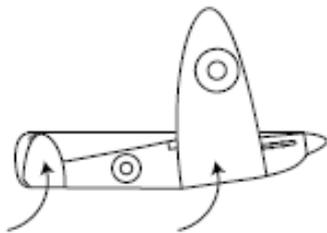
1. Cut out section 2. Fold along dotted line and cut out the shape. Glue the middle together and keep this for step 5.



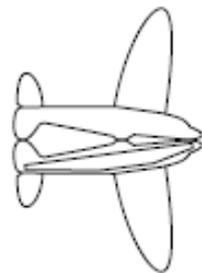
2. Cut out shapes A and B from section 1 and keep these for step 8.



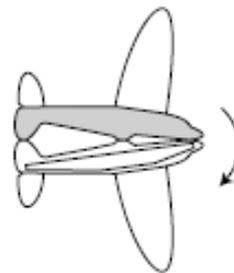
3. Fold along the dotted line on section 1. Keeping the paper folded, cut out the plane. Do not cut out the two sections in the middle labelled C.



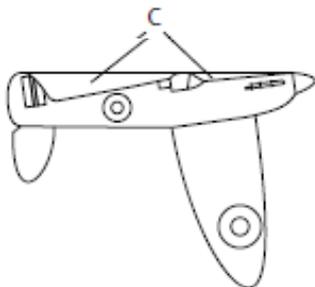
4. Push horizontal stabilisers upwards and crease along line. Push wings upwards and crease along line.



5. Open your plane with blank side facing up. Glue shape from step 1 to inside of plane as shown above.



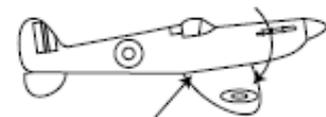
6. Glue along side of plane, as shown by grey shape in illustration above. Be careful not to glue the horizontal stabiliser or the wing. Then push middle of plane together.



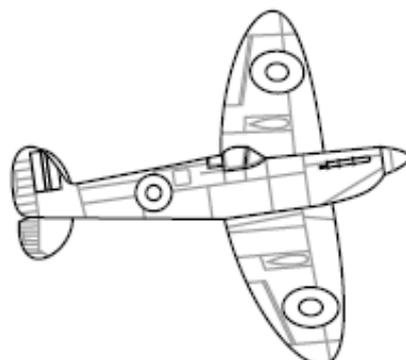
7. Cut out sections labelled C.



8. Turn the plane over to show its underneath. Glue shape A to horizontal stabilisers. Glue shape B to wings.



9. To give a slight curve to the wings, pinch the back of them and push down gently on top of wings.



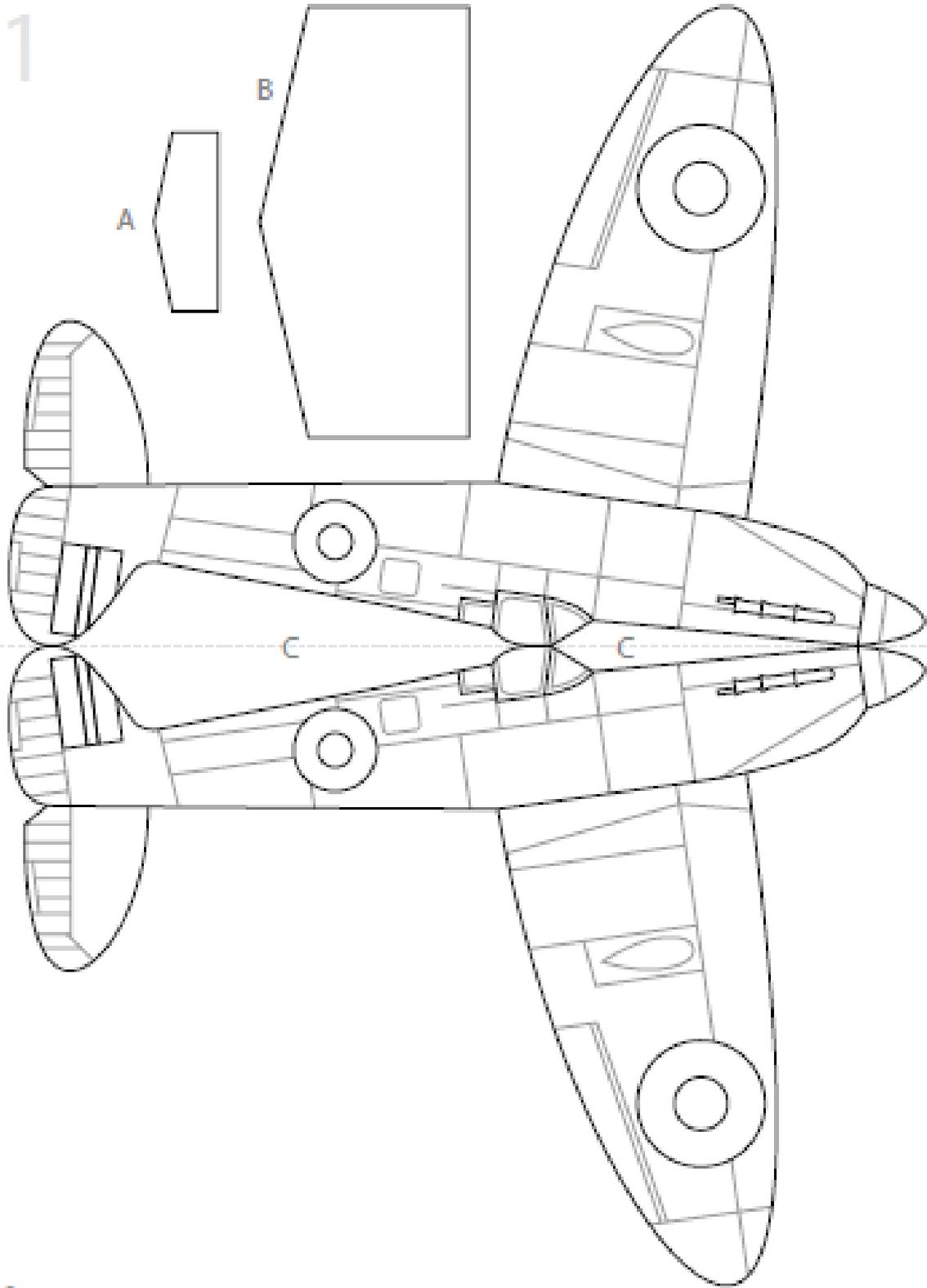
10. This is how your finished plane should look.

How do you want to decorate your plane? Maybe write a message to those in today's Air Force, add a camouflage pattern, or perhaps colour it in red, white and blue.

1

A

B



C

C

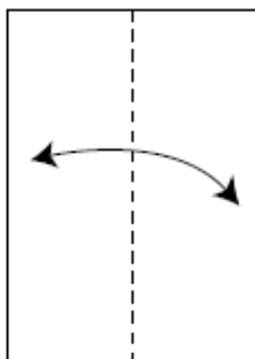


2

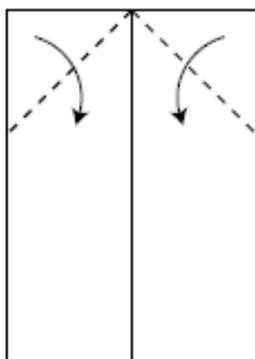


# Paper Plane Instructions - Version 2

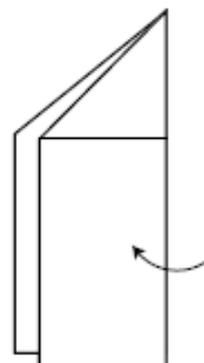
Print the paper plane template on page 6. Then follow the instructions below.



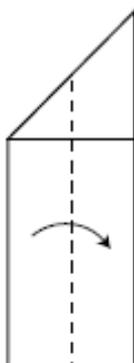
1. Fold an A4 sheet of paper down the middle, then unfold.



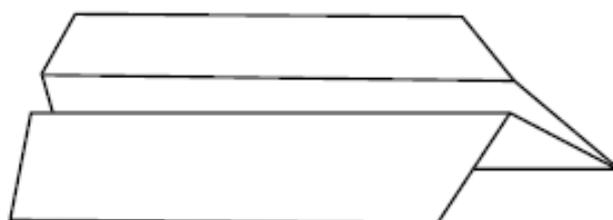
2. Fold down the corners as indicated.



3. Fold the paper in half again so it looks like above.



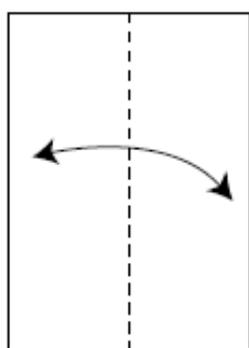
4. To create the wings fold the edges down to meet the bottom of the body.



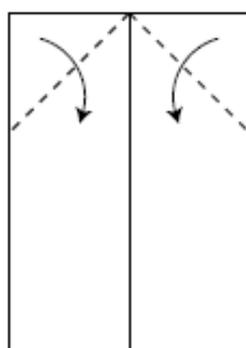
5. Your plane should look like this.

# Paper Plane Instructions - Version 3

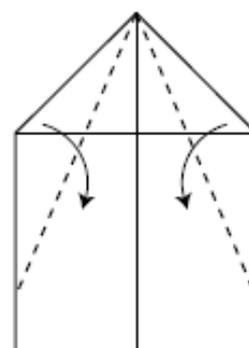
To build your paper plane, follow the instructions below.



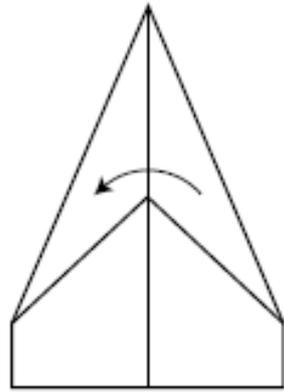
1. Fold an A4 sheet of paper down the middle, then unfold.



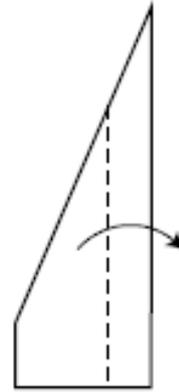
2. Fold the top corners inwards as indicated.



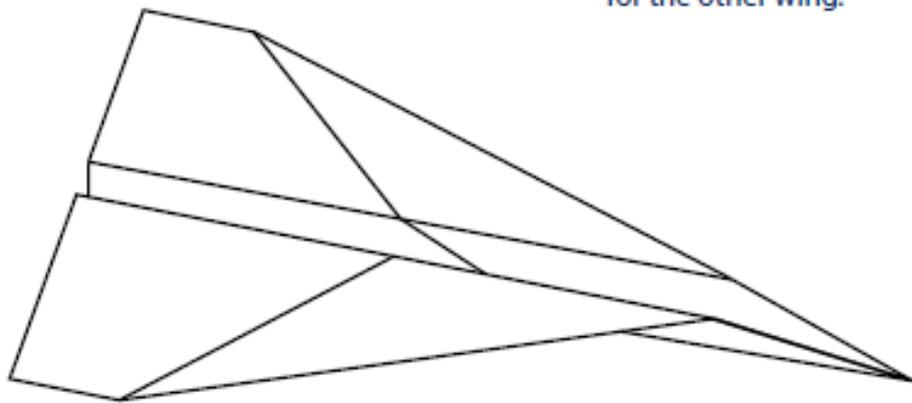
3. Fold the corners in again so they meet in the middle crease.



4. To create the wings fold paper in half again along the middle crease.



5. Fold the wing down. The crease will be parallel to the bottom edge of the plane. Repeat for the other wing.



6. Your plane should look like this.

How do you want to decorate your plane? Maybe write a message to those in today's Air Force, or perhaps add a camouflage pattern and colour it in red, white and blue.

## Science - Fair Test

This is one way you could plan your investigation to the following question...

Aim

Does the material used for your plane affect the distance it travels?

Prediction – What do you think will happen and why?

### Variables

What will you change, measure and keep the same during your investigation?

Variable(s) to change – Independent Variable	Variable(s) to measure – Dependent Variable	Variable(s) to keep the same – Control Variable
What the aeroplane is made out of		

### Method

In the space below, list the apparatus you will use.

- - 
  - 
  -
- - 
  - 
  -

Draw a diagram of how you will set up your apparatus if it helps.



### Recording & Presenting Data

a) Results table. Use the grid below to construct a results table. You do not have to use all the cells.

	Material 1	Material 1	Material 3	Material 4	Material 5

### Analysing data and Making Conclusions

What do your results show? Which material(s) were best and why? Which were not so successful?

## Friday – Catch up and Chill

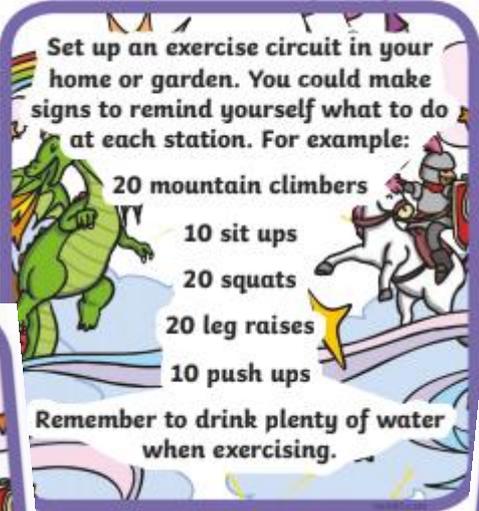
Today is the day to take part in any of the activities above if you hadn't had a chance yet. Instead, you may have some ideas of your own! No matter what you choose to do today, make sure you relax and take some time for you!



**Plan a puppet show. If you don't have any puppets, use socks!**



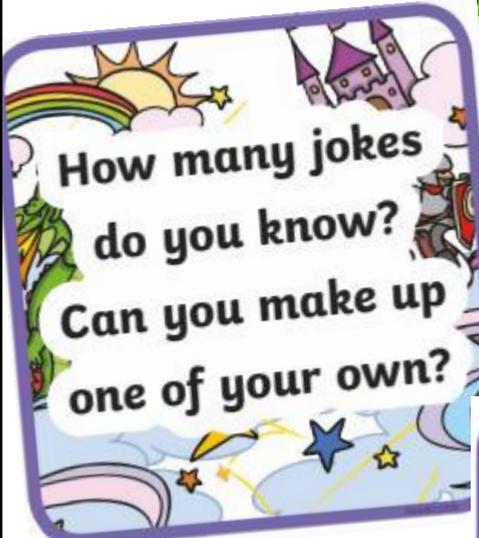
**Send a message or e-mail to a friend or relative.**



Set up an exercise circuit in your home or garden. You could make signs to remind yourself what to do at each station. For example:

- 20 mountain climbers
- 10 sit ups
- 20 squats
- 20 leg raises
- 10 push ups

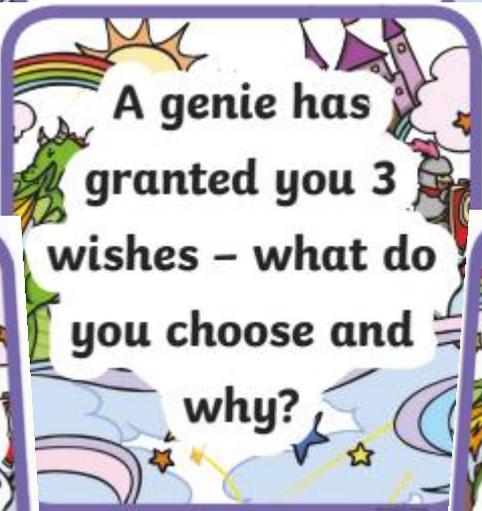
Remember to drink plenty of water when exercising.



**How many jokes do you know? Can you make up one of your own?**



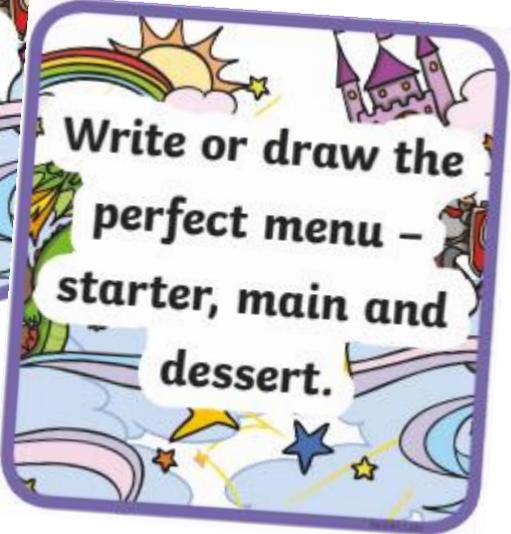
**Draw your dream bike, scooter or car!**



**A genie has granted you 3 wishes – what do you choose and why?**



**Write a quiz for someone then test them. How did they do?**



**Write or draw the perfect menu – starter, main and dessert.**