**RAINBOW DAY**

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| Team: AppleHut Extra | Week: Thursday 04-06-2020 |
| Literacy:Time capsuleWhat you need: **bottle or small plastic container, paper, small items of memorabilia (photographs, favourite magazine cuttings, 2020 coin/stamp, drawings etc.)**What to do: **Collect pieces of memorabilia (see list above). Write a short letter about life in 2020 to remind your future self.****Place everything safely in the container****Secure the container with tape or string****Dig a hole in your garden (or hide it in the attic)****Wait 10 years..can you do it??****Open your time capsule in a decade and be amazed at what is inside!****TIP: Create a map of your garden to remind yourself where it has been buried!** | **A picture containing cake, doll, toy, table  Description automatically generatedEco Art!!**Rock ArtWhat you need: rocks/stones and paintWhat to do: Choose how you want to decorate your rocks. *Could you make them look like something else?*Painted Rocks**Paint your rocks and post some pictures to show the team!** | Science/topicWelly boot planters**What you need: An old welly boot (or any old boot/shoe) Soil/compost, seeds or plants that can be replanted.**1. **What to do: decorate your boot, add bright colours or some glitter**
2. **Fill your boot with soil**
3. **Plant your seeds/plants**
4. Keep a weather diary and watch your seeds grow.

Remember to water them and to ask an adult’s permission before you use a welly boot.  |
| HEALTH & WELLBEING **Good morning yoga**Find a spot outside and practice your morning yoga. Can you strike poses to mimic things you might find in nature? Could you be a tree or a bird? Listen to some relaxing music as you practice.If you would like some guided yoga, follow along with Adriene… [Adriene's Yoga](https://www.youtube.com/watch?v=vMMRb10LtGM) | **Hunting for gold!**[This Photo](https://www.vecteezy.com/organic/88518-organic-lightbulb-vector) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)Go out on a search for all things golden in nature. You could take a photo of all the golden objects you can find, or you could note them down. | Numeracy: **Become an insect architect and design a bug hotel**Create a multi-story hotel that is full of all sorts of natural materials, providing hidey-holes for creatures galore.Follow the link for a step by step guide. [RSPB Bug Hotel Instructions](https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/)**Measure the height of your brilliant bug hotel!** |