**RAINBOW DAY**

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| Team: AppleHut Extra | | Week: Friday 26-06-2020 |
| **A picture containing building, shoes, sitting, cat  Description automatically generatedNature Suduko**  **Problem Solving!!**  A screen shot of a building  Description automatically generated**You can use chalks or sticks to create your Suduko grid.**  **For a 4 x 4 Grid you will need…**   * **4 of each item: e.g. Daisy/Leaf/Stone/Buttercup**   **A screen shot of a window  Description automatically generatedCAN YOU SOLVE THE PUZZLE**? You need 1 of each item in each…  A close up of a screen  Description automatically generated**A close up of a window  Description automatically generatedRow Column**  **and 2x2 box**  **Team Muir Challenge:** Try a **6 x 6** Grid for someone to complete or perhaps get someone to make one for you?!  **Teams Bremner & Keenan:** You might like to try the cut & stick sheets instead. | **Eco Construction!!**  [This Photo](http://www.kiteplans.org/pln_626/) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/)  **Make a Parachute**  Reuse & Recycle materials that you have about the house to make & test a parachute – you could use a paper napkin or a plastic bag.  [How to make a parachute Video](https://www.youtube.com/watch?v=6RA9x4wlnW8)  **And here’s the Science about air resistance/drag…**  [Parachute Physics for Kids](https://youtu.be/Ab_g5sLoXoY) | **STEM: I can see a Rainbow…**  To see a rainbow you will need:   * Empty paper towel roll * [Craft knife](http://www.amazon.com/gp/product/B001KZH26Y/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001KZH26Y&linkCode=as2&tag=buggyandbuddy-20) and/or scissors **(Adult help needed)** * [Blank](http://www.amazon.com/gp/product/B00J88QCIE/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00J88QCIE&linkCode=as2&tag=buggyandbuddy-20) or old CD **(check first!)** * Pencil * Small piece of cardboard * Tape * Paint (optional)   **Use the link to find step by step instructions…**  [Homemade-spectroscope](https://buggyandbuddy.com/homemade-spectroscope/)  **OR** if it’s super sunny and you have a garden hose or sprinkler & willing adult helper you could try this…  <https://childhood101.com/make-a-rainbow/>  [How to Make Rainbow - Video](https://www.youtube.com/watch?v=lRZ3_0Qkpew) |
| HEALTH & WELLBEING  **Take a breath…**  **Watch this & use video…**  [Square Breathing](https://www.youtube.com/watch?v=YFdZXwE6fRE)  **Or print off the Breathing sheet with the grid on the website to guide you.**  **You could try to hold your favourite Garden or Animal Yoga posture whilst Square Breathing!**  [This Photo](https://commons.wikimedia.org/wiki/File:Cartoon_Yoga_Expert_Man.svg) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | **Wonders of Nature**  **Find ‘something’ natural and interesting or beautiful outside in your garden, on a walk or looking out of a window!**   * Use all your senses if you can – **sound, touch, sight, smell & taste** **(if it is safe!!)**   [This Photo](https://en.wikipedia.org/wiki/Exclamation_mark) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)   * Explore as many **adjectives** or **descriptive phrases** as you can to describe your chosen item – **be super creative**!! * Use the link below to create ‘WORD CLOUD’ about your chosen natural object – can anyone guess what you are describing?   [Worditout - Word Cloud Creator](https://worditout.com/word-cloud/create) | **Rainbow Languages**  **‘La Marelle’ (Hopscotch)**  **A drawing of a cartoon character  Description automatically generatedUse the link below…**  [How to play La Marelle](https://www.youtube.com/watch?v=_w6YggXRLrc)  Use chalks or sticks to mark out a ‘Marelle’ grid.  **Team Keenan:** Can you count from 11 -20?  **Team Muir:** Can you challenge yourself by writing the French number names, perhaps using larger numbers or counting in tens in French!!  **un dix**  **deux vingt**  **trois… trente…**  [French Numbers 1 - 20](https://www.youtube.com/watch?v=dhj9SqrIZqI)  [Everyone's Favourite French Number Song 1-100](https://www.youtube.com/watch?v=DnrTrbJ6mYs) |