

Science Challenge



Make a bird feeder



Image: RSPB

Giving birds a little extra food is a simple and fun way to help them through the colder months of the year when there might be less food available to them.

You will need:

- Sunflower seeds/or similar
- An apple
- 2 sticks
- String

What to do:

Step 1

Thread the string through the hole in the apple.

Step 2

Make an 'X' with the sticks and tie them to the string so the apple sits on top.

Step 3

Make a pattern by pushing the seeds into the apple, then it's ready to hang up!



Extension:

With an adult, use the RSPB bird identifier website to help you find out which birds you have spotted:

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird>

Activity from: CBeebies

Technology Challenge



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CodeMonkey Jr.

Explore coding and computer science at home with **CodeMonkey Jr: Pre-coding for Preschoolers**

In a world filled with captivating creatures and bright colours, join a monkey on a mission to collect bananas and unlock treasure chests.

All the while, you will explore and learn the basics of code as you use blocks to program a monkey's journey through the world.



Follow this link to start playing:

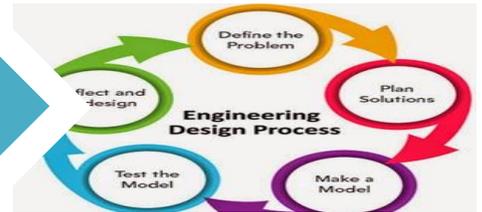
<https://www.codemonkey.com/hour-of-code/codemonkey-jr/>



Image from: <https://code.org/>

These introductory activities are **free** to access and you **don't** need to sign-in.

Engineering Challenge



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Autumn Fun

Have a go at these fun activities from [Science Sparks](https://www.science-sparks.com/).

JUMPING LEAVES

You'll need
Balloon
Tissue paper, cut into leaf shapes
Woolly jumper or hair

Rub the balloon on your hair or a woolly jumper and hold over the tissue paper leaves.

They should jump up and stick to the balloon!

Experiment with different size leaves and types of paper



HOW TALL?

Choose a tree.

Bend over and check if you can see the top of the tree through your legs.

If you can't see the top, move away until you can.

When you can first see the top of the tree is the point at which you are as far away from the tree as it is tall!



BUILD AN AUTUMN TREE?

Use a collection of toy bricks or wooden blocks to build a tree full of colourful leaves.

Change the tree so it looks like it would in winter.



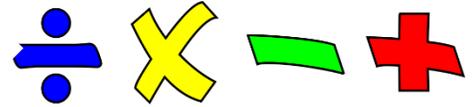
HOW MANY COLOURS?

Create an empty frame from cardboard.

Take the frame outside and look around. How many different autumn colours can you fit into your frame?



Maths & Numeracy Challenge



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Domino Patterns

Which dominoes would come next to complete the patterns?

Nrich.maths.org/168

Literacy Challenge



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The Runaway Iceberg

Activity 1 – Listen to the story

This story follows two emperor penguins on a very big adventure! When the ice breaks and sees them floating away alone at sea, Gaspar and Rossi will need some very special animal friends to help them get home! Set in Antarctica, this fun storybook will introduce you to some familiar (and some less familiar) **Antarctic animals**.

- Follow this link to watch and listen:

<https://www.youtube.com/watch?v=AR6BsTddboc>



Image from: <https://pixabay.com/images/id-56101/>

Have a chat with an adult about these questions:

- Who are the main characters in this story?
- What is the problem in the story?
- Who helps the penguins first?
- Do you think there is a message in this story? What do you think it might be?
- What is your favourite part of the story? Why?

Activity 2 – The letter ‘E’

The words **emperor penguin** begin with the letter “e”.

How many things can you find around the house that begin with the letter **e**?

On a piece of paper, **draw pictures** of all the things you have found.

If you can, **write the words** for what they are next to them.



Health & Wellbeing Challenge

Kids' cheese and vegetable frittata

Try making a frittata in the oven - this way the kids can do all of the chopping and mixing before an adult puts it in the oven. You can make mini-frittata in muffin tins, ramekins or small pie dishes. Cold frittata is lovely for picnics or lunch boxes.

Note: Adult supervision is needed for all of this activity!

Ingredients:

2 tsp olive, sunflower or vegetable oil, for greasing
 4 large free-range eggs
 50ml/2fl oz milk or cream
 handful grated cheddar or crumbled feta
 freshly ground black pepper
 1 tbsp chopped fresh herbs such as parsley or chives (optional)
 10 cherry tomatoes (can be left whole or halved)
 1 red pepper, chopped
 handful frozen peas, defrosted
 50g/1¾oz broccoli, chopped into small florets



Image from: BBC Food

Method:

1. **Adult's job:** preheat the oven to 180C/350F/Gas 4.
2. Kid's job: Rub the oil over the inside of a 20cm/8in square oven-proof dish or 6-hole muffin tin with a bit of kitchen roll or a pastry brush.
3. Kid's job: Break the eggs one by one into a small bowl so you can check if there is any egg shell in the bowl. If there is you can fish it out with a spoon. Tip each egg into a big bowl when you have checked for shell. Wash your hands after handling eggs.
4. Kid's job: Add the milk or cream to the eggs. Whisk the eggs with a fork or metal whisk until it is light and fluffy.
5. Kid's job: Add half of the grated cheese and a little ground black pepper. You can also add herbs if you like.
6. Kid's job: Put the vegetables you want to use into the oven proof dish. If you are using a muffin tin you can choose which vegetables go in each of the holes. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top.
7. **Adult's job:** Place the tin or dish in the oven for 20 minutes so that the frittata is golden-brown and set. Check that it is cooked in the middle by poking in a sharp knife. If it is still loose return the dish to the oven until set. Leave to cool a little before removing from the tin with a heatproof spatula. You can eat it warm or cold.

Activity from: BBC Food

Social Studies Challenge



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Seasons

[All about the seasons](#)

Click on the link above to watch a short video all about the seasons.

Our year is split into four different seasons. We have Spring, Summer, Autumn and Winter. There are lots of differences and changes between the seasons. Right now, we are in Autumn. From watching the video and what you already know, think about...

1. What happens in Autumn to the plants and trees?
2. What jobs do the farmers have to do in Autumn?
3. What special thing do some animals do in Autumn to get ready for Winter?
4. What is the weather like in Autumn?

Your Task:

Can you collect, draw, paint or take pictures of as many different things that we see happen in Autumn?

When you have all of your ideas and thoughts collected, can you put them together to make an Autumn collage? Look at the picture here to get an idea of some of the things you might want to include.

Image from [pinterest.com](https://www.pinterest.com)



Expressive Arts Challenge



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Bark Art

You will need:

- Glue
- Card (use an old cereal packet)
- Pens/pencils/paint
- Bark from fallen sticks or logs
- Leaves



1. From your garden or whilst you are out on a walk, collect bark from any fallen sticks, branches or logs. You can also collect leaves in as many different colours as you can find.
2. Using the card from your cereal box, you can glue and place the bark into the shape of a tree trunk and branches.
3. Next, add the leaves that you have collected to make your tree look fully autumnal.
4. If you prefer, you can draw your own leaves and colour them in autumnal shades.
5. Leave time for the glue on your tree to dry.

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