

Science Challenge



How do seeds travel?

You will need:

- Biro or gel pen
- Dried pea

What you do:

1. Remove the end cap and the insides of a biro or gel pen.
2. Force a small pea into the wide end of the tube, blocking it completely.
3. Blow hard through the narrow end. *Do Not Suck*

You should find:

The air pressure should fire out your pea with force.

Some seeds are dispersed (spread) because their seed pods explode

These pictures show 4 other different ways that seeds are moved around in nature.

The seeds get blown around.



Animals store seeds.



Seeds hook onto animal's fur.

Animals eat fruit and poo out seeds!



Can you think of any seeds that might move around in these different ways?

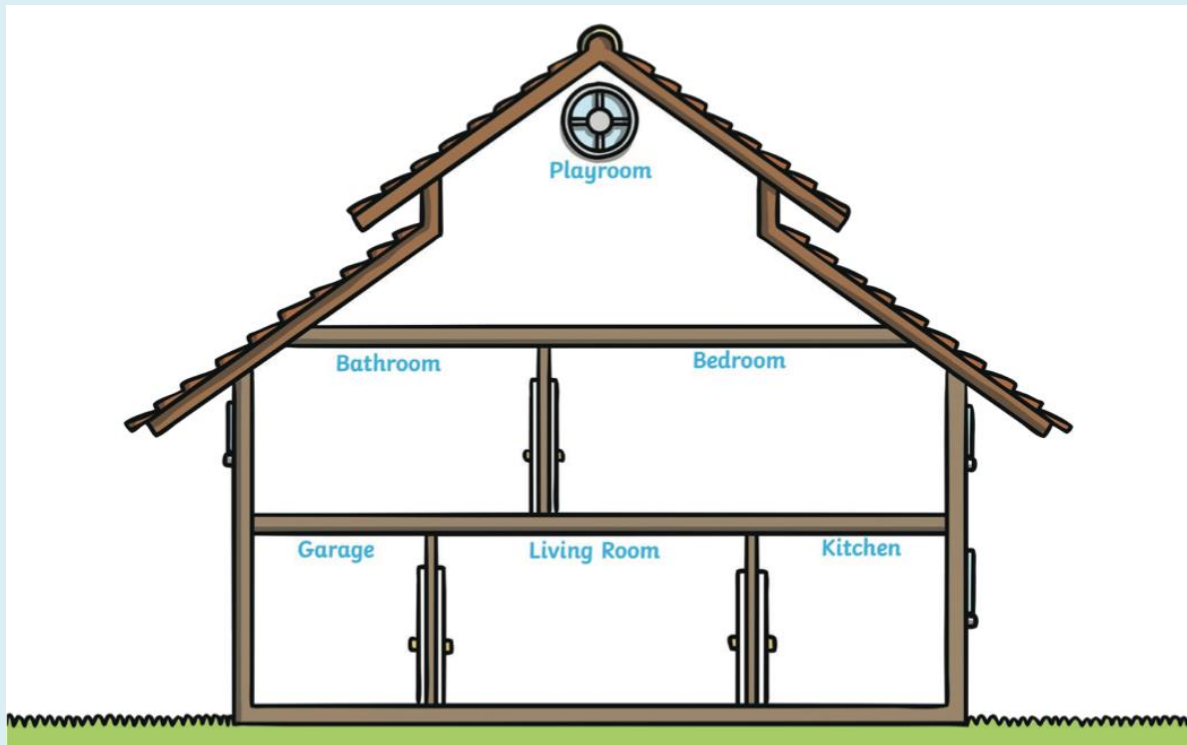
Ideas and pictures from whizzpopbang.com

Technology Challenge



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Technology in your home



What technology do we use in our homes?

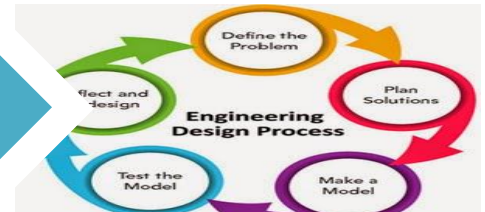
Go a walk around your home and see if you can spot any kinds of technology that you or your family use.

You could use sticky labels to place on things that you and your family use so that you can keep a record.

Can you record your findings by drawing some of the different types of technology?

Image from [twinkl.co.uk](https://www.twinkl.co.uk)

Engineering Challenge



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Bridges

You will need:

- Lego
- Coins
- Two chairs or stools
- Plastic pot
- String or wool

What you do:

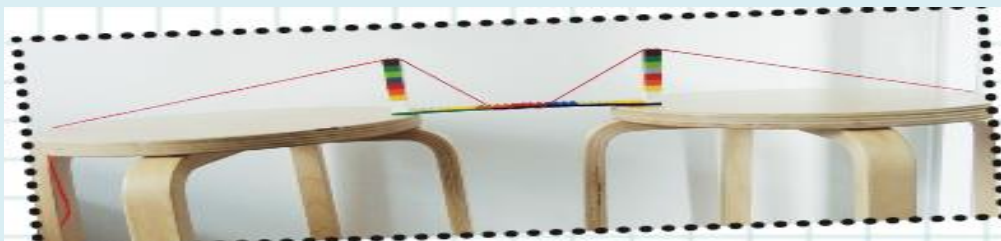
Build a beam with the flat Lego pieces. We used 15 pieces. Add a tower at each end. Bridge the gap between two chairs or stools. Hang the pot from the centre of the beam. How many coins can you add before the bridge bows or breaks?



Now work with an adult to turn your beam bridge into a suspension bridge.

- Loop a long piece of wool or string around the centre of the beam, and over each tower.
- Anchor the ends by tying them around the chair or stool legs.

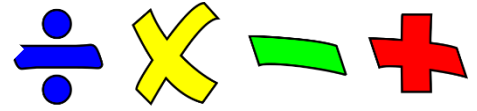
How many coins can you add to the pot this time?



Ideas and images from whizzpopbang.com



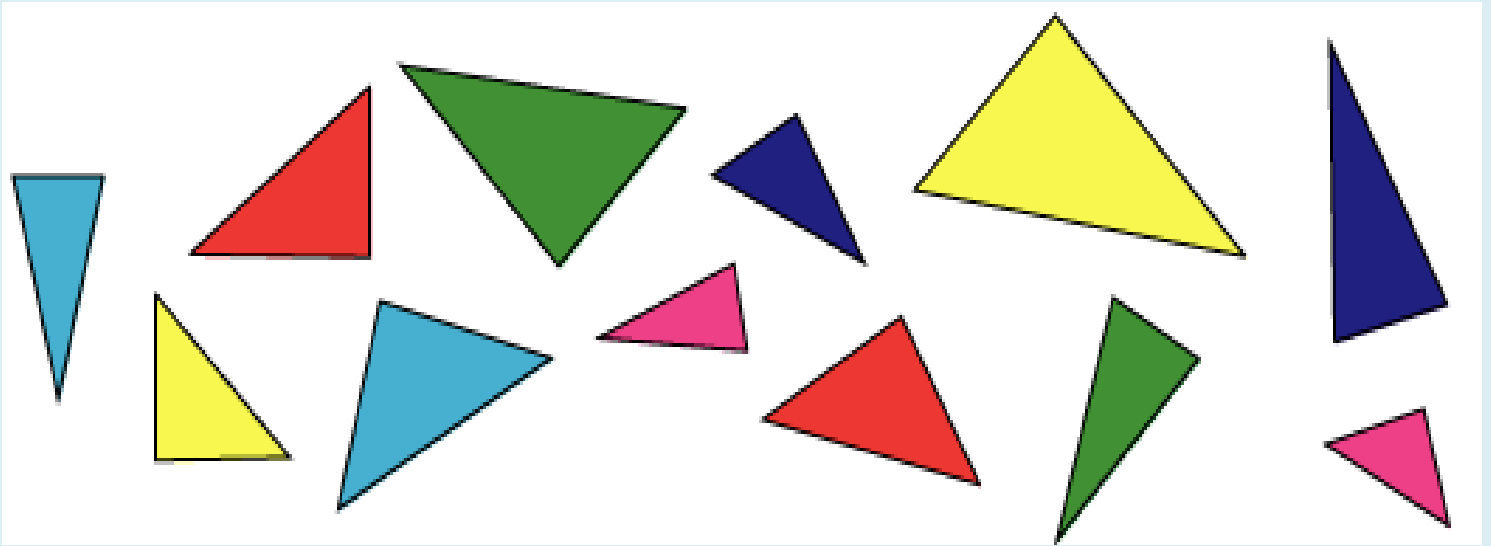
Maths & Numeracy Challenge



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Matching Triangles

Can you sort these triangles?
You could sort them by colour.



These triangles actually belong to **three different families**.

All the triangles in the same family are the **same shape**.
But they may not be the *same size* or the *same way up*.

Can you sort them out and explain how you did it?

To make it easier, you might want to carefully draw the triangles onto card or paper and cut them out. That way you can play with them, turn them round, stand them up and it might make it easier for you to place them into families. If you find the drawing and cutting out tricky, you could ask an adult for help.

Ideas and picture from [nrich.maths.org](https://www.nrich.maths.org)

Literacy Challenge



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Farmer Dan and His Big Brother Stan

For this week's Literacy Challenge, click the link below to watch a story. The story is all about Farmer Dan, who has a big brother named Stan. Dan and Stan get into a sticky situation on the farm!

<https://www.literacyshed.com/farmer-dans-barn.html>



Image from
<https://www.literacyshed.com/farmer-dans-barn.html>

Once you have watched the story, have a go at the activities below-

- What characters did we meet in the story? Draw a picture of each character we met in the story. Talk about these characters to a family member. What did they do in the story? How did they act in the story?
- What was the main event in the story? How did this event happen? How did the characters work together to sort this problem? Talk about this with a family member.
- Farmer Dan has run into another problem on the farm. What has happened this time? Have a think about what might have happened. Create your own story and have a go at drawing it or acting it out.



Health & Wellbeing Challenge

Express Yourself

This week (1st – 7th February) marks Children’s Mental Health Week. The theme for this year is ‘Express Yourself’. Have you ever heard anyone say this before? Do you know what it might mean to express yourself?

Expressing yourself is all about finding ways to show your feelings, thoughts and ideas in a creative way. This can be done in many ways, such as through writing, drawing, painting, dancing, singing, acting or any other way which makes you feel happy!

For our Health and Wellbeing Challenge this week, we are going to think about how we show our feelings.

Can you think of any feelings or emotions? Discuss this with a family member and see how many different feelings you can think of.



Image from <https://pixabay.com/photos/smiley-emoticon-anger-angry-2979107/>

Think of a time when you felt happy, upset, disappointed or shocked. How did you show that emotion? Was it through your facial expression, your voice, or maybe your body language? Maybe you express your emotions in a completely different way- and that’s okay!

Which emotion are you feeling right now? Let’s have a go at expressing this emotion. You can do this by having a go at one of the actions below.



Acting it out

Image from <https://pixabay.com/photos/woman-girl-freedom-happy-sun-591576/>



Writing it down

Image from <https://pixabay.com/photos/pencil-sharpener-notebook-918449/>



Drawing a picture

Image from <https://pixabay.com/photos/kids-girl-pencil-drawing-notebook-1093758/>



Dancing

Image from <https://pixabay.com/photos/zumba-party-marathon-sport-4333580/>



Singing

Image from <https://pixabay.com/photos/microphone-boy-studio-screaming-1209816/>

Social Studies Challenge



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Weather and Seasons

When you are outside playing or out on a walk, what do you notice about the weather? Is the weather the same every single time you are outside? Or does it depend on the time of day and time of year? Have a think about this and discuss with a family member.


The weather is dependent on what time of year it is, and what **season** we are in. There are **four** seasons each year. Can you name any of the seasons?



Image from <https://pixabay.com/vectors/seasons-four-seasons-tree-nature-158601/>

Our **challenge** for this week is to create a Weather Chart. Each day this week, you are going to have a go at recording the weather. In this chart, you can describe the weather for each day, the effects the weather has had, what season we are in and how the weather for that day has made you feel. Have a look at the table below to help you get started. You can either copy the table on a piece of paper or create this on a Word document. You will need an adult to help you get started with your chart.

Weather Chart

	Weather	Effects	Season	This weather makes me feel...
Monday	Sunny, cold, frosty	Grass is crunchy and pavement is a bit slippery	Winter	
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Expressive Arts Challenge



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All About Me

In this week's Expressive Arts Challenge, you are going to be thinking all about yourself!

Have a go at creating a self-portrait. This means you will be drawing, painting or making a picture of yourself! The things you will need will depend on the type of self-portrait you are going to create.

Here are some suggestions for materials you may want to use-

- Paper
- Empty cereal box
- Pencils
- Pens
- Crayons
- Paints
- Outdoor materials ie. sticks and stones



Image from <https://pixabay.com/photos/vanguard-abstract-picture-2933736/>



Image from <https://www.outdoor-classrooms.com/2014/10/nature-play-and-learning-nature-based-self-portraits/>

Once you have finished your self-portrait, talk about it with a family member. Do you think your portrait looks like you? What features of yourself did you pick out best?