



## OUTDOOR ACTIVITIES

<p><b><u>Picnic</u></b></p> <p>Prepare and eat a picnic (inside or outside).</p>	<p><b><u>Nature Art</u></b></p> <p>Can you create some artwork using natural resources, i.e. shells, leafs, stones, etc..</p>	<p><b><u>COVID-19 Time Capsule</u></b></p> <p>A great way to help children understand the historical significance of COVID-19.</p>
<p><b><u>Wash the Car!</u></b></p> <p>Take some time to wash your families' vehicle (s).</p>		<p>Use any solid container and fill with items of the times, such as;</p> <ul style="list-style-type: none"> <li>• Newspaper clippings</li> <li>• 2020 coin</li> <li>• Photos</li> <li>• Drawings</li> <li>• A letter to your future self</li> </ul>
<p><b><u>Lets Go Fly a Kite!</u></b></p> <p>Create your very own Paper Kite and see if it works outside. Click on the heading to find out how.</p>	<p><b><u>Lockdown Lodge</u></b></p> <p>Join a residential trip at the 'Lockdown Lodge,' for activities such as den building &amp; orienteering. Click on the heading to find out more.</p>	<p><b><u>Coastline Scavenger Hunt</u></b></p> <p>Take a bucket or bag and see what you can find on your travels along our beautiful coastlines.</p>
<p><b><u>WWF - Garden BioBlitz</u></b></p> <p>Identify and record as many species as possible in your garden using the Seek app by iNaturalist. Click on the heading to find out more.</p>	<p><b><u>Nature Nudge</u></b></p> <p>Explore Shetlands beautiful landscapes; learn about local wildlife and keeping our shores clean. Click on the heading to find out more.</p>	<p><b><u>Family photography safari</u></b></p> <p>Hunt the local flora and fauna. Pack a rucksack, grab a camera (phone) and away you go.</p>
<p><b><u>Get Pedalling</u></b></p> <p>Improve your cycling and fitness by getting out on your bike.</p> <p>Remember, Be Safe and Be Seen!</p>	<p><b><u>National Walking Month</u></b></p> <p>#Try20 for National Walking Month - walk for 20 minutes every day as part of your daily exercise and see what benefits you experience. Click on the heading to find out more.</p>	<p><b><u>Gardening Projects</u></b></p> <p>We would love to see if you have undertaken a garden project, such as;</p> <ul style="list-style-type: none"> <li>• Fence building</li> <li>• Painting</li> <li>• Planting</li> <li>• Bug House</li> </ul>



<b>INDOOR ACTIVITIES</b>		
<p><b><u>Family Jigsaw</u></b></p> <p>Dig out the jigsaws (hopefully you have all the pieces!)</p>	<p><b><u>Special Meal</u></b></p> <p>Plan and cook a special breakfast, lunch or tea for your family. Create a menu, set the table, make invites and do the washing up!</p>	<p><b><u>Family Movie Night</u></b></p> <p>Organise a movie night for everyone in your household. Choose the film, make the tickets and organise the snacks.</p>
<p><b><u>Bannocks</u></b></p> <p>Can you make your own batch of traditional Bannocks? Click on the heading to find the recipe and try your own.</p>	<p><b><u>Salt Dough Handprint</u></b></p> <p>1 cup salt, 2 cups all-purpose flour, 1 cup water, ribbon or string</p> <p>Combine salt and flour; add water a little at a time. Mix.</p> <p>Knead and roll out dough to ½-inch thickness. Cut into circles or other shapes.</p> <p>Bake at 90C for 3 or more hours on lined baking sheet.</p>	<p><b><u>Crayon Recycling</u></b></p> <p>Gather up all of your broken crayons; unwrap them, and break them into small pieces.</p> <p>Preheat your oven to 120C. Fill a muffin tin with a 1-inch-thick layer of crayon pieces. Bake for 15 to 20 minutes, or until the wax has melted.</p> <p>Allow the crayons to cool and harden then pop them out and they are ready to use.</p>
<p><b><u>Family Concert</u></b></p> <p>Sing, dance, play an instrument, tell jokes or do impressions.</p>	<p><b><u>The Mindful Jar</u></b></p> <p>An activity that can show how strong emotions can take hold, and how to find peace when the emotions are overwhelming.</p> <p>First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.</p>	<p><b><u>Quiz</u></b></p> <p>Design and host a quiz for your family and friends (online of course).</p>
<p><b><u>Family Obstacle Course</u></b></p> <p>Design and carry out an obstacle course for everyone in your household.</p>	<p><b><u>Flower Crown</u></b></p> <p>Can you make a crown from wild flower? Click on the link to learn how.</p>	

This list is not exhaustive and please do not feel you have to use the ideas provided. They are an offer for families.

Please record your week with photographs and send them to [sandwick@shetland.gov.uk](mailto:sandwick@shetland.gov.uk) or tag us on Twitter at @SandwickJHS with the #ReflectionsWeek. We will create a video illustrating all of the wonderful things you have done over the course of the week.