

EASTER HOLIDAY GUIDE

Hello everyone,

School has been closed for two weeks now and we are missing you! I hope you are well and safe at home with your families. Well done to you all (parents included) for two weeks of home learning! It's been lovely to see pictures of your learning and to know that you have been working hard at home.

As it is now the Easter break, we are not giving you home learning for the next two weeks, but this is your guide full of activities that you could do at home if you would like to! I like drawing so would definitely recommend <http://www.robbiddulph.com/draw-with-rob> - could you have a go at drawing a Gregosaurus?



Be safe and enjoy!

Miss Hughes

stay in touch...

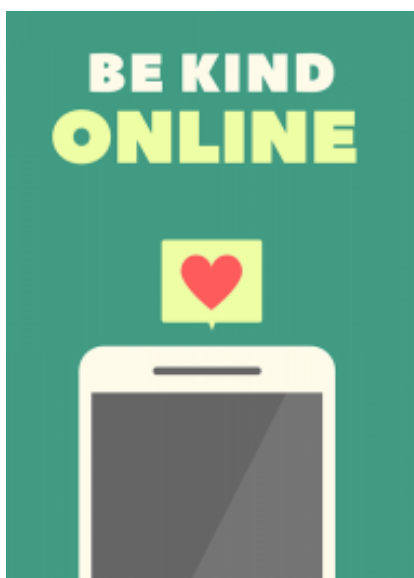


Don't forget you can share your learning with your teachers at the shared email address for your year group (e.g. year2shared@hayes-pri.bromley.sch.uk).

We will be checking these again every day after the Easter holidays.



You can also tweet us at @hayes_primary



Staying safe online

We know that spending more time at home might mean more time on devices, games and the internet. This is the time to put everything you have learnt at school to good practice to make sure you are being light, bright and polite online.

Here are some important reminders....





Do you love building things?

Take a look at the ideas below for some fun ways to keep busy with blocks, bricks and things from round the house!

MyKidsTime 30 Day Lego Play Challenge

Follow the instructions for each day. The only rules are 1) use your imagination, 2) have fun!
www.mykidstime.com

DAY 1 Build a new house	DAY 2 Build a boat that floats	DAY 3 Build a wild animal, e.g. a crocodile	DAY 4 Build a castle fit for a King and Queen	DAY 5 Build an amazing hotel to stay in
DAY 6 Build with your eyes closed for 5 minutes	DAY 7 Build a rainbow	DAY 8 Build anything using exactly 100 LEGO pieces	DAY 9 Build a whale	DAY 10 Build a space ship
DAY 11 Build a birthday cake	DAY 12 Build a pirate ship	DAY 13 Build an airplane	DAY 14 Build your favourite TV show character	DAY 15 Build a model of your room
DAY 16 Build a pyramid	DAY 17 Build a car	DAY 18 Build a robot	DAY 19 Build a village	DAY 20 Build a box with a lid
DAY 21 Build a marble run	DAY 22 Build something on wheels	DAY 23 Build something that makes a noise	DAY 24 Build a pencil holder	DAY 25 Build a picture frame
DAY 26 Build something flat	DAY 27 Build a tower	DAY 28 Build a simple machine	DAY 29 Build an amazing maze	DAY 30 Build a swimming pool

Lego challenge

Try the 30 day Lego challenge.

Could you complete two challenges every day?



Toy town

Use some recycled card and your toys to make your own town.

Tin can totem poles

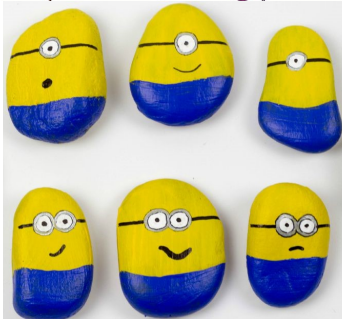
Use up those empty tins to decorate them and make an animal totem pole!





Do you like painting and making things?

Here are some ideas of what you could make with things in your home or from the garden.



Bottle top insects

Paint some milk bottle lids and turn in to your favourite insect!

Pebble painting

Collect some pebbles from your garden or when out for your daily exercise and have a go at painting them!



Toilet roll transformations!

Here are lots of ideas for the insides of those much sought after toilet rolls!

Recycled Paper Roll MONSTERS





Elmer the elephant

Make your own Elmer elephant out of your empty milk cartons!



Face and leaf art

Can you collect different things from your garden or on your daily walk to make faces and animals?



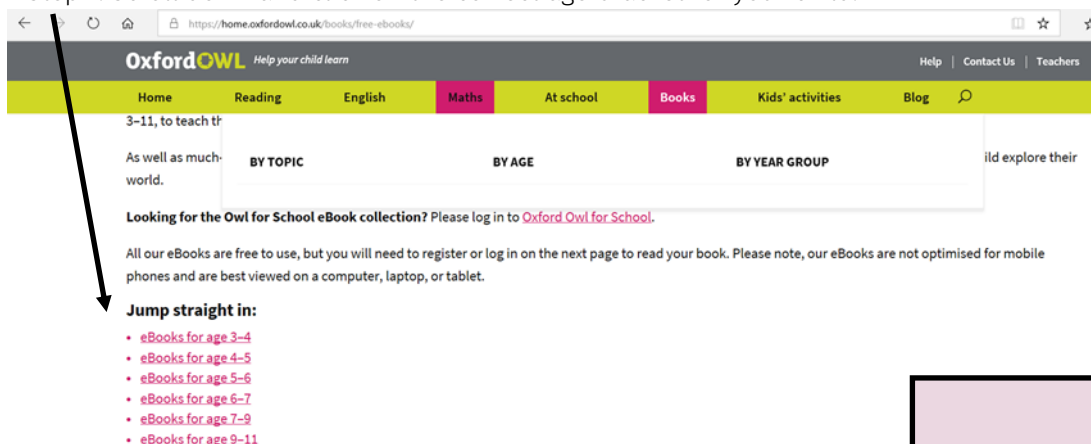
Oxford Owl - Free eBooks

Oxford Owl are offering free eBooks for children to read whilst they are at home.

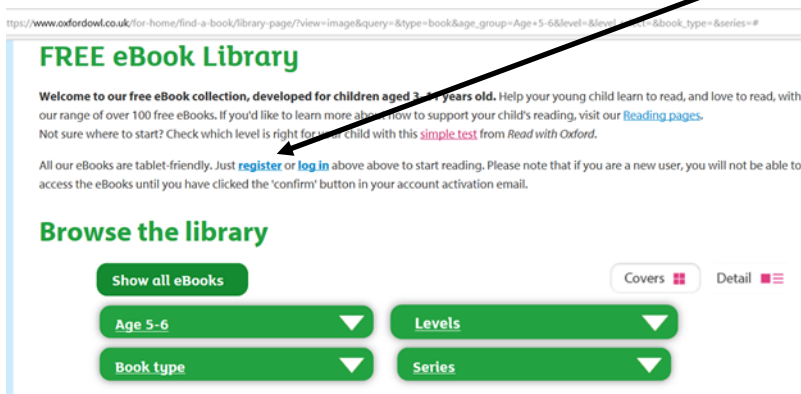
There are so many to choose from!

Start by going to the website <https://home.oxfordowl.co.uk/books/free-ebooks/>

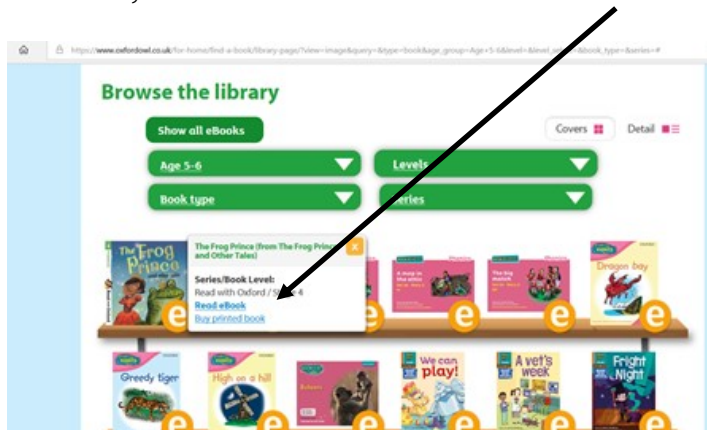
Step 1: Scroll down and click on the correct age bracket for your child.



Step 2: Once you have done this, the site will ask you to register.



Step 3: Once you have registered you can click on the correct age bracket again and then select any of the books on show. When you have selected a book click 'Read eBook'.



Step 4: The book will then open in a separate tab and you can turn the pages using the arrows! Happy reading!

Audible

The audio book app Audible have also made all of their children's audio books free to download during school closure time.

A great alternative to reading is listening to someone read it out loud!



Stories help.

They entertain. They teach. They keep young minds active, alert, and engaged.

For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet.

Explore the collection, select a title and start listening.

It's that easy.

Start Listening



Love Science?

Head to <https://melscience.com/US-en/academy/> or follow them on Instagram @melscience.

They have made all their science webinars completely free for the next 3 months!

Free science webinars for kids at home

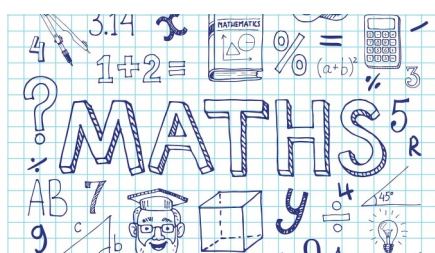
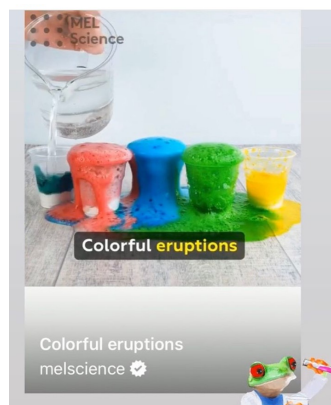
Conduct hands-on science experiments, explore VR lessons, and learn online, with the help of science teachers. **Free for the next three months**

[Register now](#)

Here is a sample of the webinars that have been on offer:

2 April

EST	GMT	Subject	Topic	Age	MEL experiment	DIY experiment
8 am	1 pm	Chemistry	Acids and alkalis	10+	Colorful Chemistry: Magic Liquid	Homemade pH-indicators
9 am	2 pm	Physics	Static electricity	8+	—	Homemade electroscope and static balloon
10 am	3 pm	Elementary science	The power of levers	5+	Jungle Jack	Ruler & coin scales
11 am	4 pm	Chemistry	Acids and alkalis	10+	Colorful Chemistry: Magic Liquid	Homemade pH-indicators
12 pm	5 pm	Physics	Static electricity	8+	—	Homemade electroscope and static balloon
1 pm	6 pm	Elementary science	The power of levers	5+	Jungle Jack	Ruler & coin scales
2 pm	7 pm	Chemistry	Acids and alkalis	10+	Colorful Chemistry: Magic Liquid	Homemade pH-indicators



Bingo is the best!

Have you ever played bingo?

We've been playing it in school and it is so much fun! Here is Miss Salter with our bingo machine. It's a great family activity and if you haven't got the machine, this is a great online bingo calling website:

<https://www.online-stopwatch.com/random-number-generators/online-bingo-caller/>

Each player just needs a piece of paper with 15 random numbers from 1 to 90! Mark them off as you go and the first person to get all 15 shouts BINGO!

You can also play by being the first to get one row, then two rows, then a full house.

Alternatively, there are lots of free printable bingo cards online.

You can link it more to maths by shouting out the times table when the number is called e.g. if the number 49 is called, you could shout out 7 x 7!

Happy playing!



16	22	32	54	81
9	36	42	57	74
25	44	62	77	87

Non-screen activities!

Need some time away from the screen? See a list of great ideas below!

Non-screen activities you can do at home

Pobble

25
ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

1 How many different words can you make from the letters in this sentence, below?

Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero.

Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building!

You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code?

You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary.

Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home.

Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag?

Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new?

Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher.

Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?



A message from Clare, our school counsellor

IN CRISES, WE START DOING WEIRD STUFF: Over the last week I have struggled to sleep, stayed up late into the night reading endless news articles, played a lot of solitaire on my phone and bought pasta I don't even like very much. I've been a bit teary, made a lot of lists and my heart rate has definitely gone up. But it turns out, from reading various posts (actually I'm not going to lie – I've been reading *lots* of posts) on counselling Facebook pages, that I'm not alone.

If you're having a wobble, you may also have noticed all sorts of weird stuff going on. Are you arguing more, talking faster, struggling to sleep, restless, desperate for information? Or are you teary and overwhelmed, perhaps feeling a bit sick? Struggling to make decisions? Just want to stay in bed? Tummy upsets? Having palpitations, butterflies, headaches? Ranting, picking fights or getting into arguments? Laughing unexpectedly or saying random, inappropriate things? Developing Very Strong Opinions on epidemiology overnight? Or have you just completely gone to ground?

If you are feeling any of these things: good news! You are not going mad. And you are 100% not alone. You are, in fact completely normal: a fully emotionally functional human being. Congratulations!

Why? I'll explain: take a seat and put the kettle on.

WE ARE LIVING IN TURBO-ANXIOUS TIMES: We're in the middle of an unprecedented crisis that has showed up unexpectedly (they do that) and which presents a mortal threat to ourselves, our loved ones and our way of life. It's terrifying and it's getting worse and it makes us feel totally out of control. And this is on top of anything else we have going on.

HERE'S THE SCIENCE BIT: When we are exposed to threats and need to deal with them, our brain springs into action. Specifically, a tiny, innocent-looking thing buried behind your ear called the *amygdala* (it's the size and shape of an almond). It's the bit in charge when we are frightened and right now, it's in full tin-hat klaxon mode. Unfortunately, it's also a very ancient bit of kit. It came into being when threats basically consisted of being eaten by large scary animals like bears. To the amygdala, everything looks like a bear. It's also pretty basic, so it really only has two settings. They are: No bear [?] and BEAR!!!!

SETTING: BEAR!!!!. Because all threats look like a bear to the amygdala, it preps you accordingly. There are really only two reactions to a bear about to eat you: fight it or run away really fast. This is what the body gets you ready to do. It's called the Fight or Flight response (there's also freeze, meaning you just get paralysed). It does this by flooding your body with chemicals like cortisol, and adrenaline. Your heart rate goes up, you feel super alert, your breathing goes shallow, your muscles are ready for action. These chemicals are also largely responsible for the huge range of other cognitive/physical/emotional reactions mentioned at the start. In group fear situations like a pandemic, this tends to happen whether you think you're scared or not - anxiety is even more infectious than COVID. Your body reacts even if your conscious mind doesn't.

BEAR V VIRUS: Obviously this is all great if you really are running away from a bear. But we're now in a situation where we're being asked to do the EXACT OPPOSITE of running away. We are being told to sit tight. Literally stay still and process large amounts of information, make complicated and life changing decisions and stay calm. All while a bit of your brain is running around yelling BEAR!!! BEAR!!! BEAR!!! This isn't easy. The result is an awful lot of stress and anxiety. And if you're anything like me, you end up feeling pretty overwhelmed and having all sorts of reactions.

SIGNS AND SYMPTOMS: Anxiety isn't just mental – it's also physical, cognitive and behavioural. You will notice all kinds of things: stomach upsets, headaches, insomnia, changes to eating, changes to the way you talk. It's also cognitive: it's very difficult to think straight when you've got the BEAR!!! BEAR!!! BEAR!!! thing going on – so we also become very bad at making decisions, absorbing information and generally thinking rationally. Which is EXACTLY what we need to do.



SO WHAT TO DO: well, the good news is it is possible to calm down. We can turn the amygdala from BEAR!!! to NO BEAR, and not just by distracting it with cake and tea. Here are some solid, scientifically proven things you can do.

BREATHE. It's so basic, but breathing exercises are basically magic. They work in minutes and you can do them anywhere. They work because of all the physical reactions the amygdala triggers rapid breathing is the only one over which we have conscious control. Control your breathing and you are basically telling your body: it's OK. There is no bear. Your body will then start to dial down the adrenaline and cortisol and all the other reactions will slow to a halt. How to control your breathing? It's easy – and if you want help just put "two minute breathe bubble" in into Youtube. The golden rules are these:

In through the nose, out through the mouth. SLOWLY • Make the outbreath longer than the inbreath – imagine there's a candle in front of you and it mustn't go out • Breathe from the tummy not chest – really make your tummy go out when breathing in.

Do it for two minutes - time yourself - and see how you feel

Seriously, try it – this technique is used by everyone from top athletes to the US military to help stay in control while under stress. There are all sorts of versions – from yogic breathing to box breathing to 4-7-8. Google them, mess around, figure out what works for you.

CALL A FRIEND: Don't suffer alone. Call a mate - someone who'll listen while you have a bit of a rant, or a cry, or a general wobble. Someone you can trust not to judge you and who'll just sympathise. Hey, this is pretty much what a counsellor does only you don't know them so well and that can be a good thing! And if you get one of those calls, just be nice to them. You only need to be kind. You can't fix what's going on so just give them a bit of space to rant and tell them they're normal and doing great.

LAUGH: it doesn't matter what is funny – laughter is a huge releaser of endorphins. Silly memes, silly jokes, stand-up, rolling around with your kids – videos on YouTube. The sillier the better. Also very good for bonding with friends, which will also help you feel less alone.

DO SOMETHING WITH YOUR HANDS. Yes you can meditate if this is your bag, it's amazing. But if it's not, and personally I'm not good at this, then trying to start when you're already anxious is really hard. So do something instead with your hands, that you have to focus on to get right. Cook. Tidy. Knit. Draw. Bake. Garden. Mend things. A lot of people call this 'Mindfulness' and it's quite hard when we're used to living at 100 mph.

TREAT YOUR BODY: We hold stress in our bodies at least as much as our minds. Take a bath or a shower. Put on things that feel good on your skin. Use nice smelling body creams. Stretch. Skip. Do yoga. Dance. Eat healthy but delicious things - fresh if you can get it. All of these will help calm you down.

SUNSHINE. It's springtime, the clocks are springing forward next weekend and amid this horror – enjoy it. If you can't go outside, open the windows and feel it on your face and breathe it in. If it's safe for you to go outside do it, while of course observing social distance. Go for a walk. Being outdoors, connecting to nature, is hugely calming.

STEP AWAY FROM SOCIAL MEDIA/THE NEWS: All it will do is scare you more and make things worse. Turn off the telly and avoid the psychopathic digital wild west that is Twitter. Stick to sensible sources like the BBC and the NHS and limit yourself to short need-to-know bits each day. You'll feel better immediately. Talk to friends instead - this is physical, not social distancing

BE KIND: to yourself and others. Now is not the time to go on a diet. Nor is this the time to start on Proust, Shakespeare or to makeover your life. You'll probably struggle to concentrate, fail and make yourself feel worse. Don't make this more stressful than it already is. Think comfort books, comfort telly, comfort everything. Everyone is wobbly, everyone is going to have a meltdown at some point. Understand that if someone is angry or aggressive, then they are also just scared. And eat cake. Cake generally makes everything better.

So, there we go. Hopefully a bit less BEAR!!! now. Now...that kettle should have boiled by now. Go make a nice cup of tea or coffee, sit by a window and drink it in this lovely sunshine.

I'm thinking of you all and hope to see you soon.