

No Screen Days Family Learning Menu

Photography



Photography

Walk around your garden or park. What objects or views catch your eye? Can you see any interesting colours, shadows, textures or shapes? Experiment with your camera or phone:



Try photographing the same area from different angles and distances. You can do this by walking around the area and taking pictures from different levels.

You can also try crouching or lying down:



Garden Project

Be an Explorer
Be a Designer
Be a Mathematician
Be a Scientist
Be a Writer
Be an Artist
Be a Sportsperson

Who will you be today? Follow the link (by clicking on the image below) to find lots of activities, where you can be creative and imaginative outside.



Who will you be today?

Click on one of the boxes above and try the activities.

Shadow Art



Shadow Art





You will need to do this activity on a sunny day.

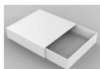








- Find some objects with interesting shapes. Plastic animals or dinosaurs are ideal.
- Stand them on the ground or table so that their shadows fall on your paper or cardboard. Draw around the edge of the shadows.
- You can then draw in details on your animals and add a background.
- Try doing this activity at different times of the day. How do the shadows change? Why do you think this is?



Numeracy – KS1





How many challenges can you complete? Tick them off as you go.









<p>Make a target in the garden using old towels or sheets layered on top of each other. Give each section a score. What is the highest number you can score? Can you challenge your family?</p>	<p>Make a repeating pattern using pebbles, leaves, twigs etc.</p> 	<p>Fill bottles with water and make your own bowling game. Give each pin a number and add them together to see who can get the highest score.</p>	<p>Go on a shape hunt outside. Make a list or take a photo of all the 2D and 3D shapes you can see. Which is the most common shape? Are there any shapes you can't find?</p> 	<p>Build a den with objects you find outside. Try different designs. Which is the most stable? What shapes have you created?</p>
<p>Find an outdoor object (e.g. – a plant, garden chair etc.) that is exactly the same height as you. Now look for objects which are about double or half your height.</p>	<p>Set up your own obstacle course using things in your home or garden. How fast can you move around the course? Make an estimate and then test it out. What was the difference between your guess and the answer? Can you improve your time?</p>	<p>Use sticks or a skipping rope. What 2D shapes can you make on the ground? Draw or photograph each shape you make.</p> 	<p>Carry out a bird survey in your garden or from your window. List or draw the different birds you see and use a tally mark to record each time you see one.</p>  <p>Which is the most common bird? Which is the least common? What other surveys could you carry out?</p>	<p>Draw a map of your garden or local park. Start by drawing the outline and then draw symbols to show features like play equipment, sheds and trees. Record your symbols in a key.</p>

<p>Use a small box such as an empty match box. How many different (non-living) items from your garden can you fit in your box? How did you decide what to include?</p> 	<p>Find a fairly straight stick and use it to measure other outdoor objects (e.g. – plants, play equipment, outdoor furniture). Can you find an object which is twice as long or tall as your stick? What about ten times as long or tall? Etc.</p> 	<p>Make a symmetrical pattern using outdoor objects like pebbles and leaves. Use a stick to form your mirror line:</p> 	<p>Look for outdoor patterns (e.g. – on leaves, buildings, on insects). Can you describe or draw the patterns carefully? What shapes can you see? Do any of the patterns repeat?</p> 	<p>Here is an array made up of 12 pebbles:</p>  <p>Can you copy the array? Can you make a different array using the same number of pebbles? Remember to make your groups equal. How many different arrays can you make using different numbers of pebbles or other outdoor objects?</p>
<p>Make a tower of pebbles. How many pebbles can you balance before it collapses? Which are the best pebbles to use?</p> 	<p>How many times can you throw and catch a ball without dropping it? Make an estimate and then test it out. What was the difference between your guess and the answer?</p> 	<p>Make a collection of outdoor objects (e.g. – twigs, pebbles, leaves etc.). 1) Arrange them in a line from smallest to largest. 2) How could you sort your objects into groups?</p>	<p>Make a small goal in the garden. How many times can you score in one minute? Can you beat your score?</p> 	<p>Go on a bug hunt. Record your findings with a tally chart. Where do you find the most bugs? Why do you think this is?</p> 

Numeracy – KS2

How many challenges can you complete? Tick them off as you go.

<p>Make a target in the garden using old towels or sheets layered on top of each other. Give each section a score (using two or three-digit numbers). What is the highest number you can score? Can you challenge your family?</p>	<p>Design a treasure hunt for a family member to do. Write instructions using positional language (e.g. – walk forwards 6 paces, turn 90° anti-clockwise...). Can they follow the instructions to reach the 'treasure'?</p> 	<p>Fill bottles with water and make your own bowling game. Give each pin a two or three-digit number and add them together to see who can get the highest score.</p>	<p>Go on an angle hunt outside. Make a list, do a sketch or take a photo of all the acute and obtuse angles you can see. Estimate the size of the angles. What is the largest/smallest angle you can find?</p> 	<p>Build a den with objects you find outside. Try different designs. Which is the most stable? What shapes have you created? How could you make your den waterproof?</p>
<p>Find an outdoor object (e.g. – a plant, garden chair etc.) that is exactly the same height as you. Now look for objects which are about double or half your height.</p>	<p>Set up your own obstacle course using things in your home or garden. How fast can you move around the course? Make an estimate and then test it out. What was the difference between your guess and the answer? Can you improve your time?</p>	<p>Use sticks or a skipping rope. What 2D shapes can you make on the ground? Draw or photograph each shape you make. Which of your shapes have lines of symmetry?</p> 	<p>Carry out a bird survey in your garden or from your window. List or draw the different birds you see and use a tally mark to record each time you see one.</p>  <p>Which is the most common bird? Which is the least common? What other surveys could you carry out?</p>	<p>Draw a map of your garden or local park. Start by drawing the outline and then draw symbols to show features like play equipment, sheds and trees. Record your symbols in a key.</p>

<p>Design an outdoor game involving maths skills (e.g. – counting, times tables, measuring etc.). Try out your game with a family member and send it to a friend.</p>	<p>Use your 'maths eyes' when you are outside or looking through the window. What maths can you see? What mathematical questions could you ask? Find some obvious questions and some you think no-one else would think of.</p>	<p>Make a symmetrical pattern using outdoor objects like pebbles and leaves. Use a stick to form your mirror line:</p> 	<p>Look for outdoor patterns (e.g. – on leaves, buildings, on insects). Can you describe or draw the patterns carefully? What shapes can you see? Do any of the patterns repeat?</p> 	<p>Make a tower of pebbles. How many pebbles can you balance before it collapses? Which are the best pebbles to use?</p>  <p>Now try making some more interesting pebble 'sculptures' like this inuksuk from Canada</p> 
<p>Make up an outdoor exercise programme including timings for each activity (e.g. – 1 minute of star jumps). Try out your routine and send it to a friend to try.</p>	<p>How many times can you throw and catch a ball without dropping it? Make an estimate and then test it out. What was the difference between your guess and the answer?</p> 	<p>Make a sundial with a paper plate marked like a clock and a pencil or stick:</p>  <p>On a sunny day, turn your sundial until the time is correct. Check it throughout the day.</p>	<p>Make a small goal in the garden. How many times can you score in one minute? Can you beat your score? Set yourself some other physical challenges.</p> 	<p>Go on a bug hunt. Record your findings with a tally chart. Where do you find the most bugs? Why do you think this is? Can you draw a bar chart to show your findings?</p> 

Make a puzzle

Cut up a picture from a magazine, a hand-drawn picture or even a photograph into different shapes to make your own puzzle



Literacy - Writing

Write to a friend or family member. Tell them any news you have, what you have been doing lately. You may even like to draw a picture. Pop it in a stamped, addressed envelope and mail it when you can

Design Technology - Get Baking

Choose a recipe of something you like to eat. With an adult, take care to measure out the ingredients and follow the recipe.



Paint Mixing - gradients

You will need:

- White, yellow and red paint;
 - Paper
 - Scissors
 - Paintbrush
 - Water
 - Paper plate / surface to mix on
1. Cut out a strip of paper (shaped like a *snake* if you wish).
 2. Think about the strength of the colours of your paints:
 - **White** = milk - not strong, you can use lots;
 - **yellow** = mustard - a bit spicy -use a little;
 - **red** = chili - very spicy - just use a tiny bit!
 3. See if you can create a gradient from **white**, to **yellow**, to **red**, using careful, gradual mixing.

Shard Art

Print off / find a black and white line drawing. You could use Van Gogh's line drawing of his bedroom. Cut out a small triangle about the size of a £2 coin. Stick this somewhere on a piece of white paper (e.g. A5 or A4)

Can you extend and replicate the patterns within your shard to disguise / camouflage it on the page? Can someone in your family spot where the original shard is?



Art - Ink Blowing

You will need:

- Poster paint (2-3 colours)
- Water
- Straws
- Thick paper or card

1. Mix a little water into your poster paints.
2. Spoon or carefully tip a little of each colour onto your thick paper or card.
3. Use the straw to blow the paints together.



4. As the paints mix and move, you may start to see some unusual shapes. Can you recognise something there? Maybe it's a sea creature, an alien, plant, a landscape or a

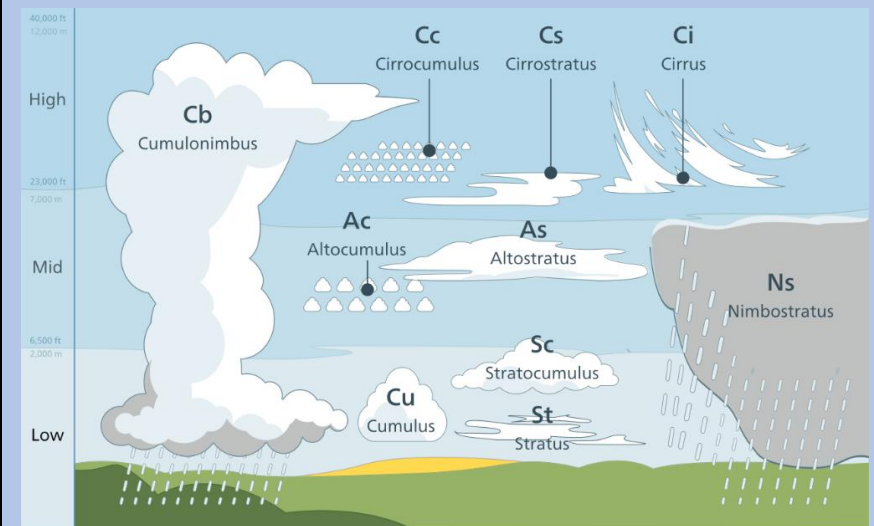
monster! You could even create different parts to create a piece of artwork like the one here that was inspired by Hokusai's Great Wave artwork.

Take Notice - Forest School

Cloud-bathing

Just like sunbathing... with clouds!

- As you lie back and look at the sky, what can you notice?
- Can you spot any familiar shapes or patterns?
- What do you notice about how the clouds are moving?
- What do you feel right now?
- Can you spot some of the different types of clouds below?



Shelford Star Challenge!



Can you challenge yourself to demonstrate one of our star values in a big way!?

How would you demonstrate extreme kindness, super creativity, extra resilience and fantastic responsibility? The possibilities are endless!

Feel free to send in your examples to office@shelford.cambs.sch.uk

Play a Board Game

Playing board games promotes teamwork, family bonding, problem-solving, and specific skill sets depending on the goal of the game. They also teach your children how to lose, how to juggle multiple tasks at once, and how to follow directions. You could even design and make your own board game.

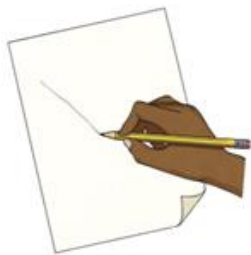


Be a Nature Spotter



Be a Nature Spotter

Start a nature survey. Jot down how many different birds, flowers or insects you can spot outside. Record your results in a tally chart.



Draw a Map

Draw a map of the rooms in your house or of your local area. Include interesting landmarks or objects. Perhaps, you could turn it into a treasure map and write some clues. Can someone else solve the clues and work out where the 'treasure' is hidden?

Signs of spring

Make a list of the things that spring is:

List 1: What things LOOK spring?

List 2: What things SOUND spring?

List 3: What things SMELL spring?

List 4: How does spring FEEL ?

List 5: What makes YOU FEEL spring?

List 6: What things TASTE spring?

List 7: What EXPERIENCES or IDEAS seem spring?



25 fun reading and writing activities

You may like to choose one of the 25 fun reading and writing activities below

1 How many words can you write down that start with the same letter as your name? Make a list of as many as you can. 	2 Alphabet bodies! Stretch your body into different letters of the alphabet. Can you work with members of your family or even some of your toys to make a word?	3 Use this sentence opener to start writing a short story: "I'd waited such a long time for this moment..."	4 Write a letter to your teacher or somebody who helps you at school. How can you make them smile? 	5 Letter hunt. Ask a family member to shout out a letter then run and find something beginning with that letter as quick as you can!
6 Alternative ending. Choose your favourite book. Can you rewrite the ending so that something different happens? 	7 If you found a magic door, where would it take you? Write down where you are and what you see when you go through the door. 	8 How many words can you think of that have only three letters? Write a list of as many as you can. 	9 Think about a current story in the news and become a reporter. Can you write a newspaper article explaining what happened, when, where and how?	10 Synonym search! How many words can you write down that have a similar meaning to the word 'said'?
11 Use your senses to write about your favourite place. What can you see, hear, smell, taste and feel? 	12 Think of a fun word. Can you find other words that rhyme with it? Make up a short poem using those words. 	13 What is the longest word you can think of? Write it down. How many smaller words can you make from your long word? 	14 What's your favourite colour? Think of ten words that spring to mind when you think of it. Can you turn them into a colour poem?	15 Think of a well known story and act it out. Can others guess which book it is?
16 Redesign and draw the front cover of your favourite book. 	17 Write a speech about why people should read more often. You could begin with: 	18 Make a fact file about your favorite sports, music or tv star. 	19 Retell your favourite story in comic book style. 	20 What do you love about your school? Design a poster to show everyone how good it is!
21 Who am I? Think of your favourite book character and write a short description of them. Read it out to someone to see if they can guess who it is.	22 Write a review about your favourite book. Encourage as many people as possible to read it. 	23 Make a model of your favourite book character. Use anything you can find around the house. 	24 Interview someone about their favourite book. What questions will you ask them?	25 Pick six random words and make them into a story. For example: cheese, pencil, acrobat, kangaroo, branch and ice. What is the silliest story you can write?

