



Colourful Flowers



What you need:

White flowers

Glass jars (we used baby food jars)

Scissors

Liquid watercolour or food colouring

Water

Instructions:

Pour water about half way in each of the glass jars and then add a few drops of liquid watercolour (or food colouring) to each jar. The more colouring you add the deeper the colour on the flower petals will be.

To get brightly coloured flowers like those in the images we added 10 drops of liquid watercolour to each jar of water.

To prepare the flowers for this colour changing flowers experiment you will need to cut them so that they are slightly taller than the jars that you are using. You will need to cut the bottom of each flower with a diagonal cut so that the flower can easily drink the coloured water. Make sure (as mentioned above) that you use fresh white flowers so that you can see the full colour changing effect.

Place one flower into each jar of coloured water (or more if you want!) and then watch as the flowers change colour.

The flowers won't change colour instantly, but after an hour or so you will start to see a little colour appearing on the petals. After a few hours the petals will all begin changing colour and if you leave the flowers in the coloured water overnight the colour will continue to get deeper. The flowers in the images below were left overnight.

Lava Lamps



What you need:

Bottle

Vegetable Oil

Water

Food Colouring

Alka Seltzer

Instructions:

- Fill your empty bottle 2/3 of the way with your vegetable oil. Add water to the last third of the bottle. Leave a little space at the top.
- Add food colouring of your choice to the bottle, don't shake the bottle, and stir the bottle.
- Now for the fun part add the Alka Seltzer tablet, split the tablet into four pieces and have your child drop the tablet in piece at a time.
- You can use the lava lamp over and over again; all you need is a Alka Seltzer.

What's Your Name Exercises

what's fit activity for kids your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

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Instructions:

- The great thing about this activity is you don't need anything; simply get your child to work out the exercises for their name.
- This is a great quick burner task once you have worked out your exercises, it would be also fun to do with them and

challenge each other, first name, middle names and then last, build up each and then add them all together to create your own routine.

Garden Hunt



What you need:

You can print this picture off or you can always make your own backyard hunt

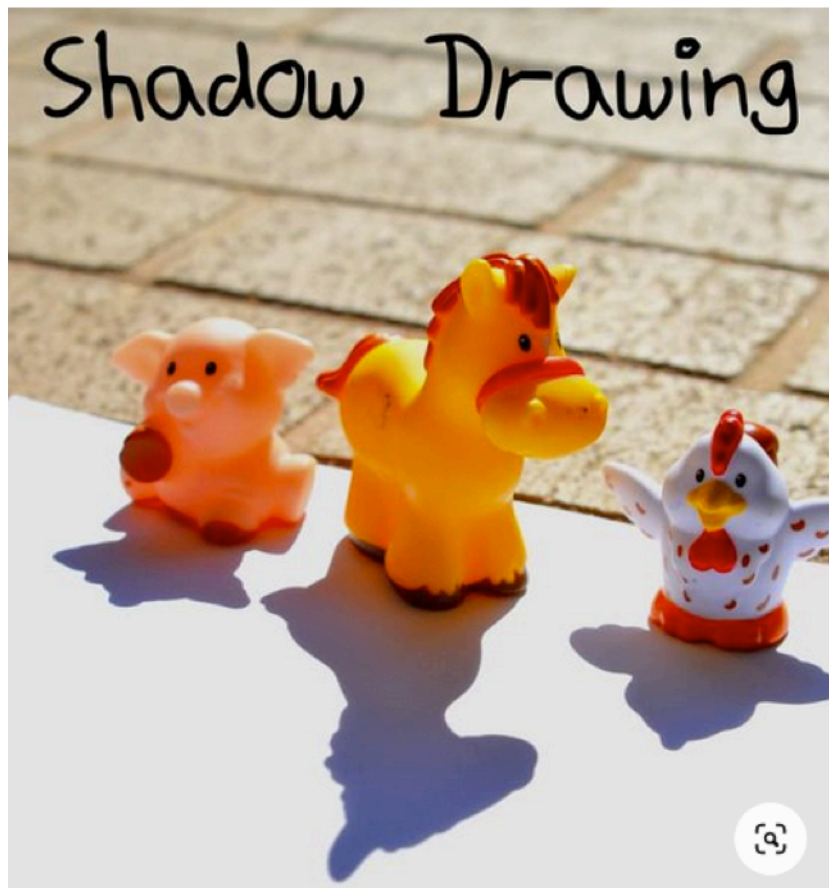
Pen

Paper

Instructions

A nice and easy task, make a list of everything you want to find or simply use the list on the picture, go outside and explore, tick off as you go and see if you can come up with a fun prize if you find everything.

Shadow Drawing



What you need:

Paper

Pencil

Objects to draw

Instructions:

- Choose which objects you want to shadow, it will be easier with objects that can stand up.
 - Find somewhere with some sun (I know it's hard in Manchester, you can always use a light) which will create a shadow.
 - Enjoy drawing and shading your objects.

