

MONDAY

Making A Time Capsule

In this time like no other, we are suggesting you start putting together different items and momentos that will remind you in years to come about the lockdown in 2020. Creating a time capsule will give you the opportunity to treasure memories and think about at the moments that really matter to you during this crazy time. No one has experienced anything like this before and with that brings many challenges, but it can also bring us closer together while staying apart in the safety of our own homes and with our own families.

Wouldn't it be great to remember all the different things we got up to during this time and capture all these memories in a time capsule? The Time Capsule can be hidden away and be opened for years to come, it will be a wonderful capsule full of memories and a record of how we spent our time in lockdown!

What you need to do to start making your time capsule

1. Choose your Time capsule container; pick a box or container you would like to use, if you are hiding and storing your time capsule indoors something like a shoe box, wooden box, biscuit/sweet tin or even a big lunchbox will work; basically anything that will allow you to put things inside and close. If you want to hide it outside somewhere or bury it under ground, make sure you pick a container that is weatherproof and non-biodegradable such as a tin or stainless-steel container.
2. Decorate your time capsule with coloured paper or stickers or even cover it with your newspaper clippings or photographs. Use whatever you like and be as creative as you want. This is for indoor storage; you will need to weather proof your box if decorating and burying it outside.
3. The *Moments That Matter To Me* activity resource included in your family email is packed full with fun and interesting things to complete and include in your time capsule, these will be lovely moments to remember in years to come.
4. Gather photos of your family and pets during the time of lockdown, art you have created during this time, any items that are significant to your family or to the times we are living in. You could include newspaper clippings, things you like to do while staying at home, you could even write a letter to giving your own experiences and thoughts about what is happening at the moment.
5. Don't miss the time capsule video on Monday at 11am where Mags will share some ideas about what you can include and what she will be putting into hers. Keep adding things to your time capsule throughout the week and don't forget to tune into the Time Capsule sensory story that will be happening on Friday morning!
6. HAVE FUN!! This is probably the most important step!

TUESDAY

Homemade Musical Instruments

We will be making our own musical instruments and sensory story props on Tuesday with Mags and our volunteer Brenda. These will be made from different objects you might have around the house. We will decorate these and use them during our Bear Hunt sensory story that will be happening on Wednesday afternoon with Helen and Mags! Make sure to tune into these so you can all join in and go on the bear hunt adventure together.

Below you can find a list of some of the objects you will need to make some musical instruments on Tuesday!

In this activity we will be using our sense of touch, hearing and sight.

Some of the things to gather to make your Musical instruments

- Dried beans, rice, pasta, nuts, oats, couscous, or anything you could use inside a bottle or container that would make a sound and create a “shaker” or even small pebbles/ buttons/ coins.
- Plastic bottles, yoghurt pots, toilet roll holders and kitchen roll holders, pringles containers, large yoghurt pots or plastic cylinder style containers, paper/plastic plates, plastic spoons, wooden spoons, tin foil, tins, soft-drink cans, Jars for older children.
- Beads, pom poms, pipe cleaners, ribbons, coloured paper, stickers, plain paper, cardboard cereal box type, markers/pencils/crayons, feathers, wool, string, googly eyes, coloured tape, glitter, food colouring, paint, nail varnish if you don't have paint.
- Masking tape (this will be used during the week) or Sellotape, glue PVA or glue stick, stapler.
- Baby oil or plain liquid soap or clear glue (this will be used for a sensory bottle)

***Adult supervision and help are needed during the making of these musical instruments.**

WEDNESDAY

Bird feeders, fruit and veg printing and natural yoghurt paint

On Wednesday we will be exploring all our five senses of **touch**, **taste**, **smell**, **sight** and **hearing**.

We will create some simple bird feeders to hang in our gardens or on a balcony or wherever you want outside. We can wait and **see** if the birds come to eat, **hear** how they sing and tweet. We will explore our sense of **smell** and **taste** by using different types of fruit and vegetables to create lovely art and pictures. **Smell** the fruit and veg as your cutting them and **smell** them while you are painting. We will make our own natural yogurt paint that is safe to **eat** too! Let's create beautiful pictures, use different textures and **smell** different scents so we can **see** our beautiful creations.

Some of the things to gather to create your bird feeders and pictures

- For the bird feeders you will need toilet roll holders / egg cartons / Oranges (we will use the skin), some string, a scissors and a knife, bird seed or cereal with a hole I will be using Aldi multigrain hoops and peanut butter.
- For the fruit and veg painting you will need any fruit and veg you like, some examples can be pears, apples, banana, orange, lemons, limes, peppers, tomato, cucumbers, cabbage leaves or any fruit and veg you might like. I will be using poster paint and will have paper plates for my paint. You can use normal plates or any container you can use to dip you fruit/veg into.
- For the natural yogurt paint all you need is some yogurt and food colouring of different colours.

***Adult supervision and help are needed during the making of these.**

THURSDAY

Baking Banana Bread and Pizza Wraps

Today we will put our baking and cooking skills to the test, we thought we might create banana bread as we will have left over banana from our painting activity yesterday and it is so yummy! I will be using walnuts in this recipe, but you don't have to use these if you don't want. If you prefer the savoury option, I will also be making a pizza wrap, this is so simple to do, and you don't need too many ingredients. You can add what you want, and they are a simple but fun snack and can be made with everyone in your family.

Lets get our aprons out and **smell** the amazing scents in our kitchens, we will be able to **see** our beautiful creations and we will be using our **hands** to feel the different textures weather it's the baking, cooking pizzas or both you can decide what to make. In this activity we will explore our sense of **smell**, **touch**, **taste** and **sight**.

Banana and walnut bread recipe inspired by Odlums

*Take out the walnuts if you don't want to use these, if you would rather make banana muffins, you can use the same recipe and spoon the batter into bun cases instead. I didn't include any brand names as any brand of the ingredients is perfect!

What you need:

250g/8oz Self Raising Flour

125g/4oz Butter

125g/4oz caster sugar

2 Eggs

2 Large Bananas, mashed

1 teaspoon Goodall's Vanilla Essence

80g Chopped Walnuts

Equipment: bowl, table spoon, wooden spoon/spatula, if you have an electric whisk be easier, weigh scale, loaf tin or bun cases, baking paper.

How to:

Preheat oven to 170°C/325°F/Gas 3. Lightly grease and base line a 900g/2lb loaf tin.

Put the butter, sugar, eggs, mashed banana and vanilla essence into a bowl and beat well.

Add the flour and stir into the mixture. Remove about 2 tablespoon of chopped walnuts from the packet (for the top!) and mix remainder into the mixture.

Transfer to the prepared tin, scatter the reserved walnuts on top and bake in a central oven position for about 50 minutes until well risen and a knife gently pressed into the bread comes out clean.

Allow to rest in tin for about 10 minutes then turn onto a wire tray to cool.

When cold wrap in greaseproof paper (so it doesn't stick) and tinfoil.

Yummy Pizza wraps

What you need:

Baking paper/

Plain or whole meal wraps

Carton of passata

Grated cheese

Any toppings you wish, heres some examples.

Peppers, ham, pineapple, pepperoni, chicken, sweetcorn, onion or whatever you prefare.

Equipment: baking paper, large spoon, knife for cutting veg if you need, and a baking tin if you want to make things easier but the baking paper will do on its own if you don't.

How to:

Preheat oven to 180°/350°/gas 4

Put your wraps on the baking paper and onto the tin if you have one, then spread some passata over the wrap with the back of the spoon.

Sprinkle some of your grated cheese ontop and then add your toppings.

Place into the oven for about ten minutes, keep an eye so they don't burn and see if your cheese has melted.

***Adult supervision and help needed when cooking up a storm in the kitchen.**

FRIDAY

The time capsule sensory story

Tune in and listen to the time capsule sensory story being read by Helen and Mags! At this stage you might have your own time capsules completed and filled with lots of different memories from across the week and memories of this ***time like no other***. We hope you have enjoyed all the activities and music during this year's Children's Hospice Week. We hope you got to join in and had some fun! The magic of this is that you can go back and watch them all over again!

We hope you all have created some great memories together, made your own moments that mattered and had lots of fun and laughter while doing it! I know we all had lots of fun and we will look forward to the time we can meet again as *at the end of this all together we will be!*