



Spring



Heathlands

Activity Book No.22

Be Safe
Be Healthy
Be Kind!



Hello Spring!!!!

And welcome to the Spring Edition of the Heathlands at Home activity book.

Here are our latest activities to help you keep your mind sharp and help you stay occupied.

Also on the DVD you will find, Dancing to Heal with Wendy, How to Origami & Cookery videos from Helen T and How to Craft activities from Helen W
Enjoy.



The last three days of March were said to be borrowed from April.

**E. Cobham Brewer 1810–1897.
Dictionary of Phrase and Fable.
1898.**

March said to Aperill,
I see 3 hoggs (hoggets, sheep) upon a hill;
And if you'll lend me dayes 3
I'll find a way to make them dee (die).
The first o' them wus wind and weet,
The second o' them wus snaw and sleet,
The third o' them wus sic a freeze
It froze the birds' nebs (noses) to the trees.
When the 3 days were past and gane
The 3 silly hoggs came hirpling (limping) hame."



How many words with 3 letters or more can you make from..... SPRING





Pickled Beetroot

Beetroot is one of my favourite vegetables. Raw on salad, pickled, roasted or made into soup, it's always delicious. Did you know beetroot is a good source of vitamin C? Which it great for boosting your immune system!

Ingredients:

Beetroots
White vinegar
Water
A few Bay leaves
½ - 1tsp Yellow Mustard seeds
1tbsp peppercorns
1tsp salt

Pickled in this way, you can store beetroot for up to 18 months.



Method:

1. Clean and trim your beetroots.
2. Boil for around 45minutes until tender.
3. Peel the beetroots once they have cooled a little, slice and add to sterilised jars.
4. To make your brining solution, use 2 parts vinegar and 1 part water. Make enough to cover the beetroots you have prepared. Add your herbs and spices and bring to a boil.
5. Pour the solution over the beetroot in the jars and seal.
6. They will be ready to eat in around 2 weeks.



Susan's Silly Jokes!

How do Geordies listen to music?
On a Why I pod!

Granny knot, reef knot, surgeon's knot, hangman's knot, I can't do them
But my phone charger cable can when I'm not looking!

I've just invented a wireless, battery free hand operated hair dryer!
I'm calling it a towel!

I've just bought a 3D Kindle
Or a book as it is more commonly known!

If you water your grass with beer in the spring does it come up half-cut?

Why did the bald man have tattoos of rabbits on his head?
Because at a distance they looked like hares!

I'm lactose-intolerant
I can't abide anything that doesn't have toes!

What does one herbal remedy say to another when they meet?
Aloe Vera!

What is the first sign of madness?
Suggs coming up you driveway!

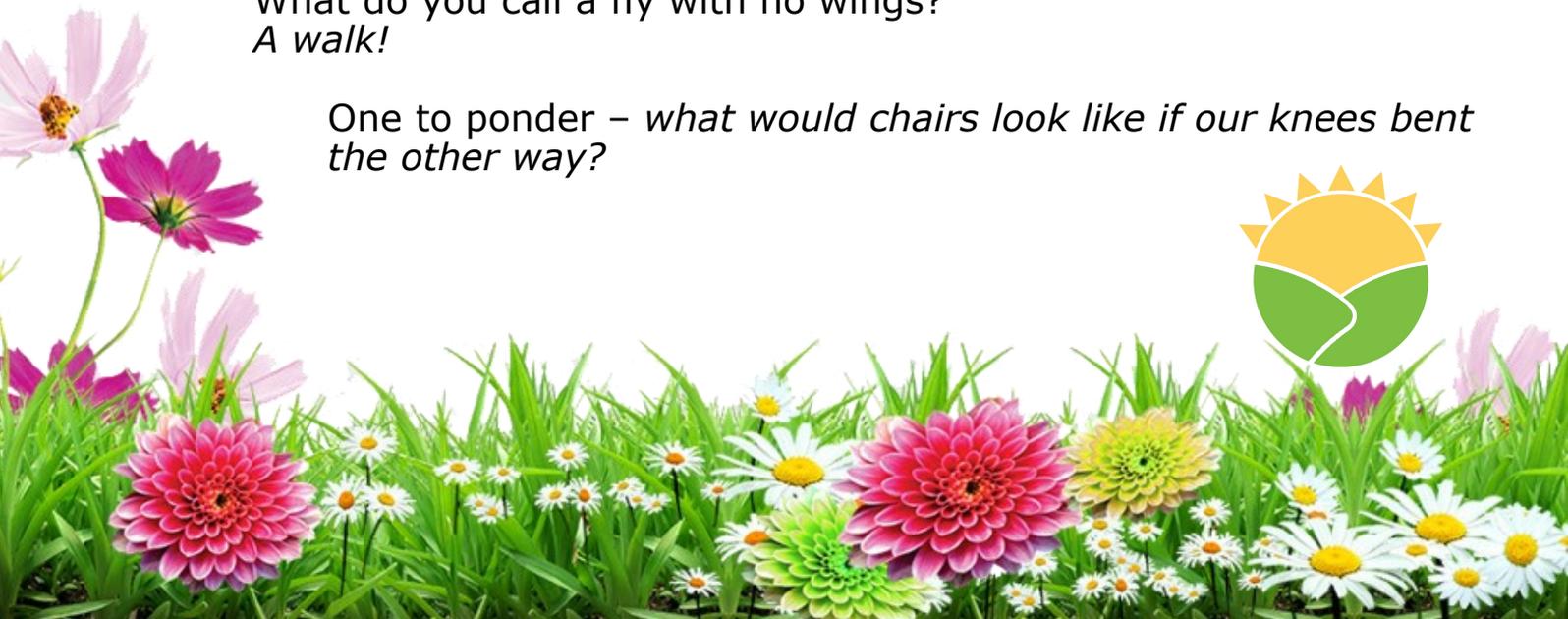
What is Scotland's friendliest motorway?
M8!

Why did Henry XIII have so many wives?
He liked to chop and change!

Why did the Pilgrim's pants keep falling down?
Because they wore their belt buckles on their hats!

What do you call a fly with no wings?
A walk!

One to ponder – *what would chairs look like if our knees bent the other way?*



4			
	1		
		2	3
3	2	4	



Sudoku

2	6		4		5
4		1	2	3	6
			1		
	4	5			3
			3	4	
3	1	4		6	

*Hello
Spring*

			4	5			7	2
5		2		8	3	9		4
		4	9		2	8		
		3			9		8	
9		8	6		1	7		
		6		4			3	
6	8	1	3	2	4		9	7
		5		6		4		8
2					5		1	



Answers in the back of this book



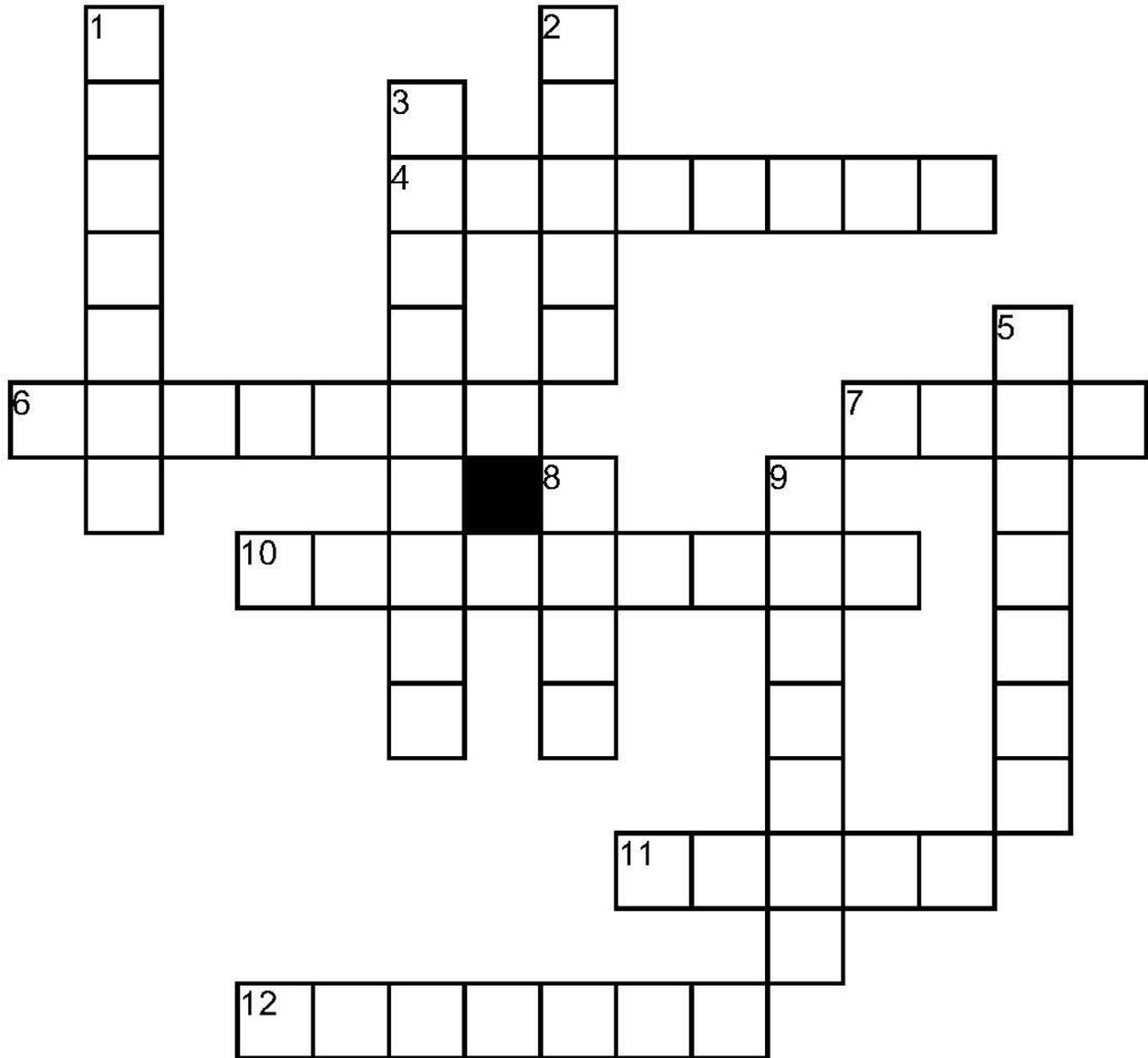


Animals and their babies Word Match

- | | |
|-------------|---------------|
| 1. Hen | A. Cub |
| 2. Duck | B. Calf |
| 3. Frog | C. Tadpole |
| 4. Spider | D. Spiderling |
| 5. Pig | E. Fodl |
| 6. Owl | F. Duckling |
| 7. Goat | G. Kid |
| 8. Rabbit | H. Owlet |
| 9. Deer | I. Colt |
| 10. Sheep | J. Fawn |
| 11. Donkey | K. Piglet |
| 12. Horse | L. Fry |
| 13. Tiger | M. Chick |
| 14. Giraffe | N. Lamb |
| 15. Fish | O. Kit |

Answers in the back of this book

Crossword



Across

4. A circular device that keeps showers of your head
6. A sport played with bat and ball
7. When snow and ice turn into water
10. A host of golden _____
11. The month which we celebrate mums
12. A spectrum of colour in the sky when it rains

Down

1. _____ showers brings May
2. One of the earliest birds to appear in the spring
3. A winged insect that comes in many colours
5. National flower of Japan Cherry
8. The early bird gets the _____
9. colourful plants with leaves and petals

Answers in the back of this book



Spring Word Scramble



1. ISRNGP LOFRSEW _____
2. MOBLSOS _____
3. LEAVRN XENQUJO _____
4. LBUBS _____
5. DBUS _____
6. FTELERI _____
7. MSBLA _____
8. LAEOPSDT _____
9. BYAB SANIALM _____
10. SNPGRI CGAELINN _____
11. OMSLBOS _____
12. IALLATRECRP _____

Answers in the back of this book

Spring Flowers Word Search

Q S Z R S N O W D R O P S L V Y C
L H N I O U G Z B M R T L V S Z H
I T B O S C A M E L L I A N G Y E
D H G A I H T Y S R O F A W O E R
O Y M J Y L Y J C X X P B I A L R
F A F W F S E Y B F J J S O L L Y
F C X J B F H D K J S U M L L A B
A I M L N S I Q N N H X E C I V L
D N E M E T F R W A F I R K U E O
O T S T E Z J I K H D F O J M H S
S H O E P J A Y Q C J Q B Y J T S
N S R X S U R H X C M E E B R F O
C A M E R U F P H F G F L Z B O M
P P I Y V T C B K C G U L V O Y D
Q B R J M Z B O P E T C E Y Z L W
L R P Q B H S I R Y C I H T A I T
A D G V S B U U X C W J W Y G L Y

Cherry Blossom Lily of the Valley Allium Hyacinths Forsythia
Witch hazel Pansy Crocus Hellebore Camellia Daffodil Snowdrops
Primrose Dandelions

Answers in
the back of
this book



A few Spring Facts

The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness.

The term vernal is Latin for "spring" and equinox is Latin for "equal night".

Before Spring was called Spring, it was called Lent in Old English. Starting in the 14th century, that time of year was called "springing time"—a reference to plants "springing" from the ground. In the 15th century this got shortened to "spring-time," and then further shortened in the 16th century to just "spring."

For the Japanese, the opening of the cherry blossom, Japan's national flower, in March or April signals the start of spring.

On 26th March 1603 when James became King of England, he was already a king - King James VI of Scotland. He was the first monarch to rule both countries and the first to call himself 'King of Great Britain'.

On 13 March 1758, Halley's comet came to its point nearest the sun (called its perihelion), just as Edmund Halley predicted it would do in 1682. Halley was the Astronomer Royal in England from 1719 until his death in 1742. We will see the comet next in 2062!

Early Egyptians built the Great Sphinx so that it points directly toward the rising Sun on the day of the vernal equinox.

Persephone was the Greek goddess of spring. She spent winters as Queen of the Underworld but returned in spring to preside over rebirth.

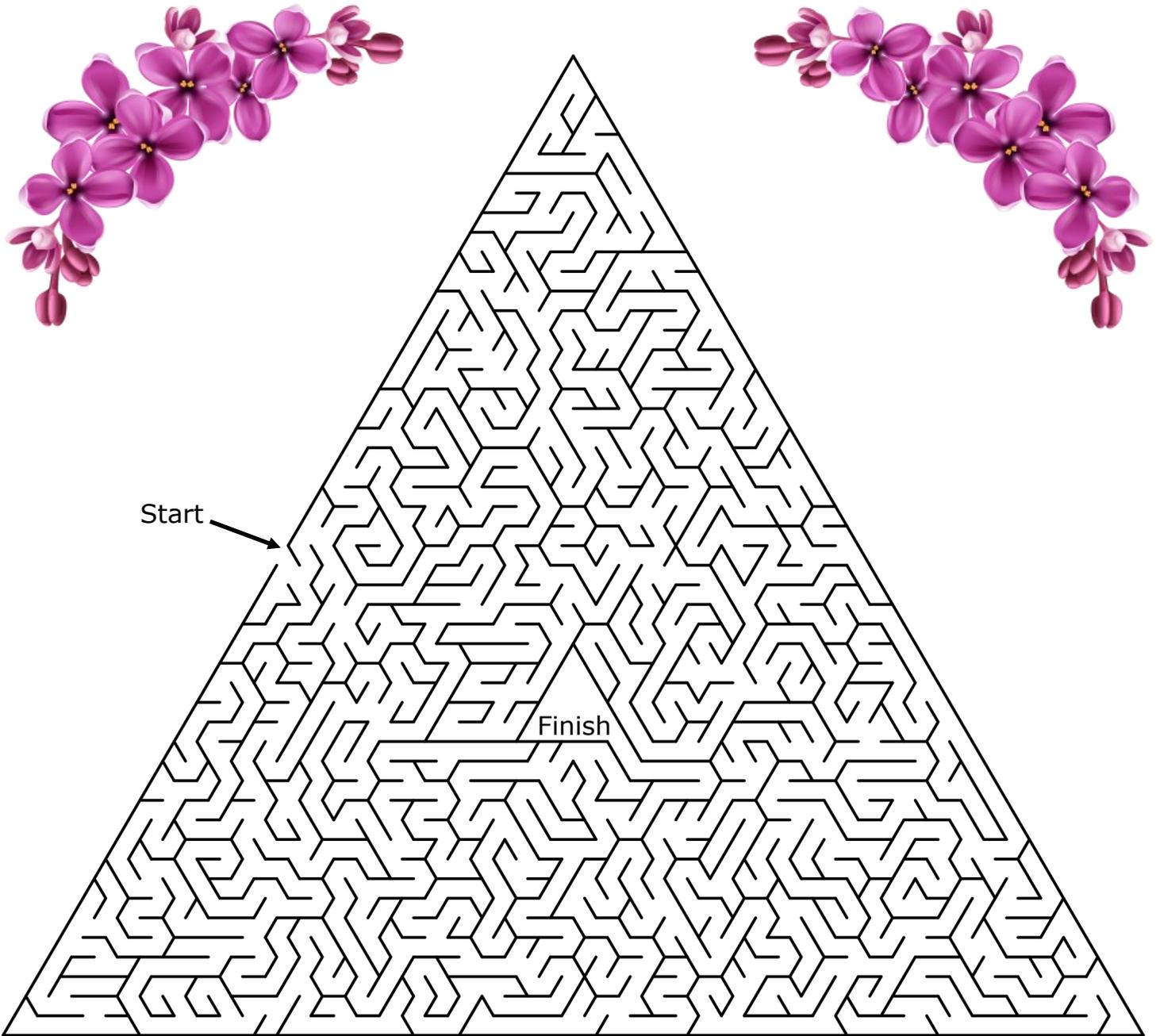
On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signalling the start of six months of darkness.

According to a long-term research project done in Colorado's Rocky Mountains, spring in that region now begins, on average, about three weeks earlier than it did in the 1970s.

On 27 March 1899, the first international radio transmission was sent across the English Channel by Guglielmo Maconi.



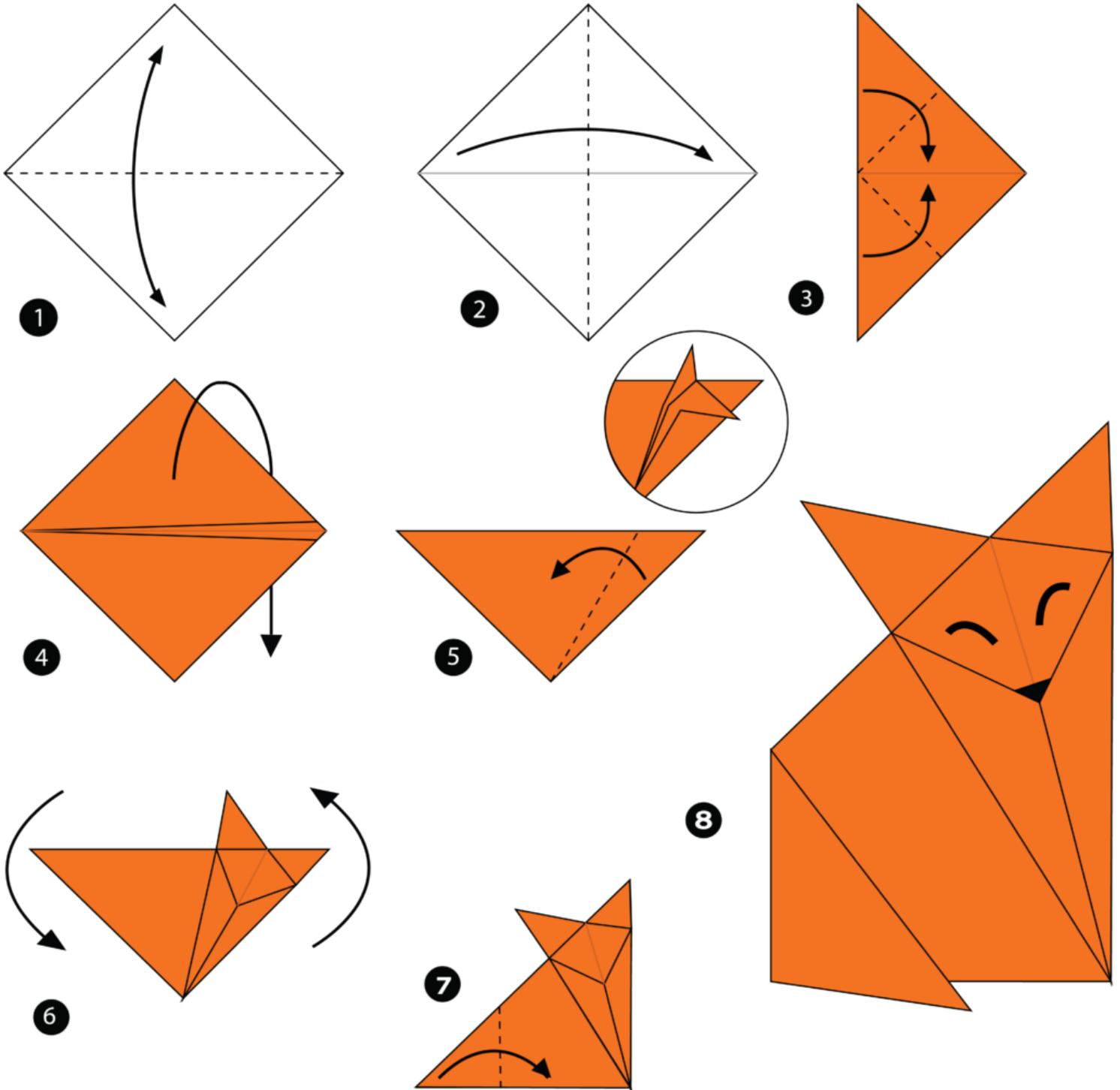
Spring Maze



Answer in the back of this book



How to make an Origami Fox



Instructional video by Helen T available on the DVD and YouTube



How to make Beautiful Blooms

These beautiful flowers are really simple to make and you don't need much in the way of materials; just some tissue paper and a pipe cleaner.

You will need:

- Tissue paper
- Pipe cleaner (or wire)
- Scissors



Step 1.

Cut your tissue paper into rectangles, the bigger the rectangle the larger your bloom! We used the folds of the tracing paper as a guide for cutting out and our rectangles are roughly A4 size. You need between 3-8 sheets of tissue paper for each flower, more layers gives a fuller bloom.



Step 2.

Lay your rectangles on top of each other and make a concertina (like a paper fan) by making a fold across the bottom, flipping the whole stack over and folding up again by the same amount, flipping back over and folding up and so on. The folds on ours are around 2 cm wide.



Step 3.

When you've made your concertina, fold it in half and wrap the pipe cleaner around the middle to hold all the layers together.



Step 4.

Trim the ends of your concertina into rounded shapes, this will make your flower look like it has petals.



Step 5.

Carefully open up the concertina into a circle and gently start lifting and separating each layer of tissue paper, one by one. This bit is fiddly so take your time!



Step 6.

Admire your beautiful bloom and make some more!

Have fun and don't forget to show us how you get on!



How to Make Paper Feathers



These feathers are very simple to make but look really beautiful. We've used plain paper but there's no reason you couldn't use patterned paper or decorate the feathers before you start cutting.

You will need:

- Paper, we used off cuts from other projects
- Pencil
- Scissors
- Pointy object like a knitting needle
- Template



Step 1.

Cut out a feather template (or draw your own) and draw around it on the back of your paper. When you come to do the middle of the feather press REALLY hard with your pencil so it leaves an indentation on your paper!

Step 2.

Use the knitting needle or similar pointed object to go over the middle of the feather, you're aiming to make an indentation in the paper that will show on the right side.



Step 3.

Cut out the feather. Carefully fold along the indented line (the central part of the feather) to give it a bit of shape.



Step 4.

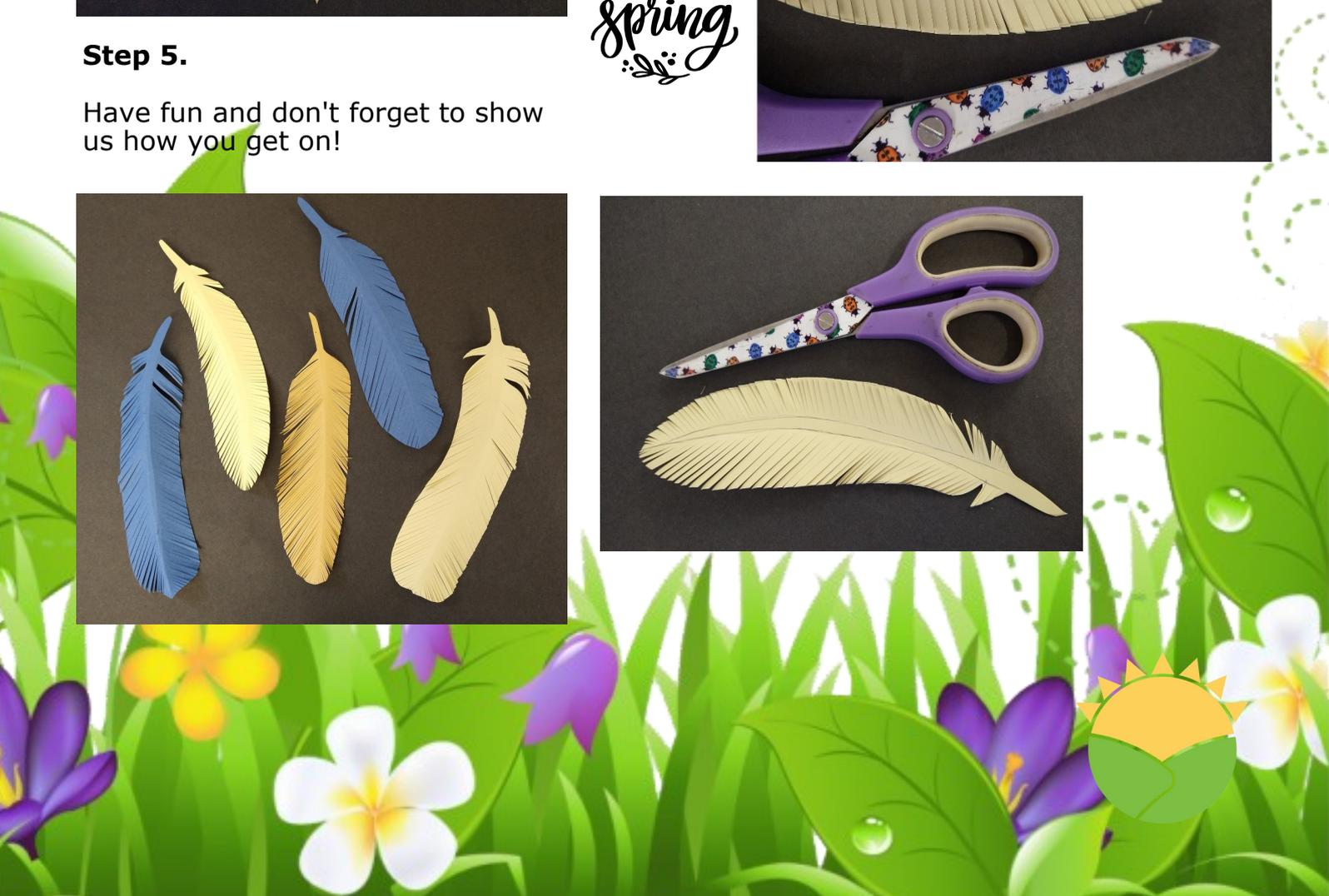
Now for the fiddly bit! Carefully cut all along each side of the feather being sure not to cut through the central part of the feather. Use the template with the dotted lines as a guide. Take your time doing this, you want the cuts to be quite close together but be careful not to cut off the strands.



*Hello
Spring*

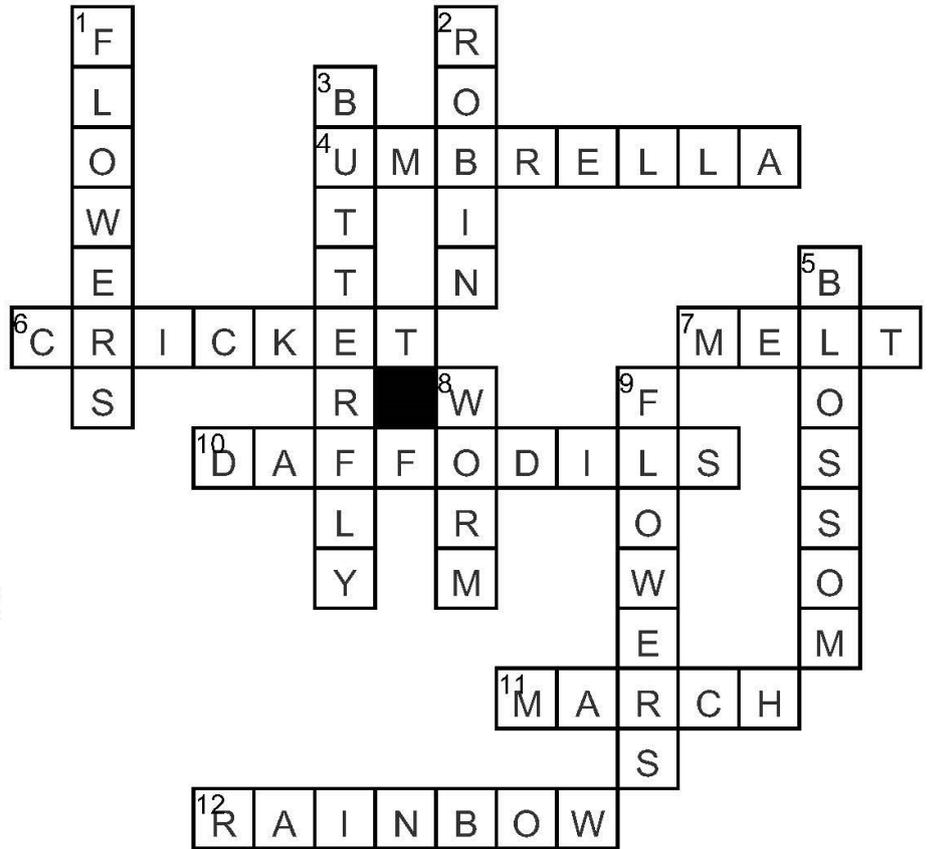
Step 5.

Have fun and don't forget to show us how you get on!



Answers

1. ISRNGP LOFRSEW Spring flowers
2. MOBLSOS Blossom
3. LEAVRN XENQUIO Vernal equinox
4. LBUBS Bulbs
5. DBUS Buds
6. FTELERI Fertile
7. MSBLA Lambs
8. LAEOPSDT Tadpoles
9. BYAB SANIALM Baby animals
10. SNPGRI CGAELINN Spring cleaning
11. OMSLBOS Blossom
12. IALLATRECRP Caterpillar



1. Hen **M**

2. Duck **F**

3. Frog **C**

4. Spider **D**

5. Pig **K**

6. Owl **H**

7. Goat **G**

8. Rabbit **O**

9. Deer **J**

10. Sheep **N**

11. Donkey **E**

12. Horse **I**

13. Tiger **A**

14. Giraffe **B**

15. Fish **L**

Q S Z R S N O W D R O P S L V Y C
 L H N I O U G Z B M R T L V S Z H
 I T B O S C A M E L L I A N G Y E
 D H G A I H T Y S R O F A W O E R
 O Y M J Y L Y J C X X P B I A L R
 F A F W F S E Y B F J J S O L L Y
 F C X J B F H D K J S U M L L A B
 A I M L N S I Q N N H X E C I V L
 D N E M E T F R W A F I R K U E O
 O T S T E Z J I K H D F O J M H S
 S H O E P J A Y Q C J Q B Y J T S
 N S R X S U R H X C M E E B R F O
 C A M E R U F P H F G F L Z B O M
 P P I Y V T C B K C G U L V O Y D
 Q B R J M Z B O P E T C E Y Z L W
 L R P Q B H S I R Y C I H T A I T
 A D G V S B U U X C W J W Y G L Y

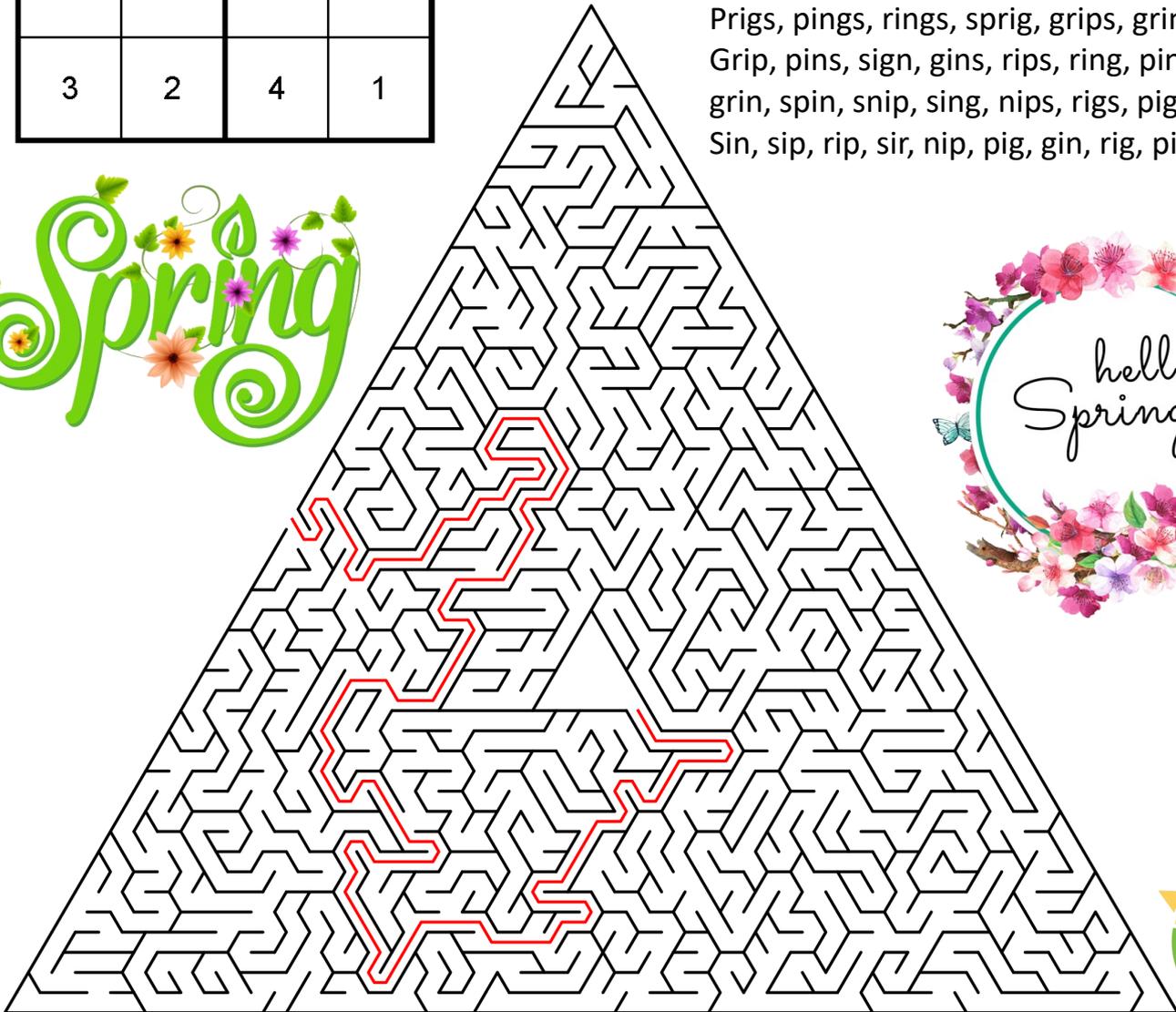
8	3	9	4	5	6	1	7	2
5	1	2	7	8	3	9	6	4
7	6	4	9	1	2	8	5	3
4	5	3	2	7	9	6	8	1
9	2	8	6	3	1	7	4	5
1	7	6	5	4	8	2	3	9
6	8	1	3	2	4	5	9	7
3	9	5	1	6	7	4	2	8
2	4	7	8	9	5	3	1	6

2	6	3	4	1	5
4	5	1	2	3	6
6	3	2	1	5	4
1	4	5	6	2	3
5	2	6	3	4	1
3	1	4	5	6	2

4	3	1	2
2	1	3	4
1	4	2	3
3	2	4	1

How many words with 3 letters or more can you make from..... SPRING
Here are a few but I am sure there are more to find

Prigs, pings, rings, sprig, grips, grins
 Grip, pins, sign, gins, rips, ring, ping,
 grin, spin, snip, sing, nips, rigs, pigs
 Sin, sip, rip, sir, nip, pig, gin, rig, pin



Useful Links

If you have access to the internet, here are some useful links.

You will need to type them into your internet browser.

<https://www.heathlandscumbria.org/>

<https://www.heathlandscumbria.org/news.html>

<https://www.facebook.com/Heathlands.Cumbria/>

Also why not try out the new **Heathlands at Home** section of our website!

We will be keeping it up to date with activities, videos, information and useful links to keep you busy while you're at home.

<https://www.heathlandscumbria.org/heathlands-at-home.html>

