



Heathlands

Activity Book No.4

Be Safe
Be Healthy
Be Kind!



Hello!!!!

We are all **still** very much missing you.

We have yet more activities to help you keep your mind sharp and help you stay occupied.

Also on the DVD you will find a friendly intro by Mike, Spiff and the Heathlands crew, Nick's workouts and his signs of the day, how to make leaf creatures with Helen T, how to make hanging fish decorations with Helen W, plus a farewell video message from Clive.... Have fun!



Site development is under way at Heathlands!!!



We're moving the potacabin from under the the old Atcost building so we can use the cabin as a new work area.



The old dairy building and the dutch barn have gone to make way for a car park.





The Atcost building is coming down and the new septic tank is going in!



Strawberry Layered Milk Jelly

Helen Tuck Cooking, Recipe June 15, 2020 1 Minute
This is a super easy treat and English strawberries are in season!

Ingredients

x2 blocks of strawberry jelly
boiling and cold water
x6 strawberries
135 ml whole milk
tsp sugar



Method

Cut up half a block of jelly and place in a heatproof measuring jug. Add the sugar and top up with boiling water to 150ml. Stir until completely dissolved. Place in the fridge to cool. Put your spare jelly block in tuppaware and save for another day!



While the first mixture is cooling, slice your strawberries and place in the bottom of six small glasses or ramekins.



Once the jelly mix is cool add milk 135ml of milk. This makes a total of 285ml of milk jelly.

Split the mixture between the glasses and place in the fridge to set. This takes about an hour.



Next cut up a whole block of strawberry jelly and add boiling water to the 285ml line. Stir until completely dissolved. Add a further 285ml of cold water.

Add jelly mixture on top of milk jelly and place in the fridge to set. This should take around an hour to an hour and a half.



Enjoy!



Gluten Free CHEESE BISCUITS



185g Gluten free plain flour
85g Vegetable margarine
225g Grated strong **cheddar**
1tsp Salt
1tbsp Garlic powder
2 Free range **egg** yolks
1tbsp Water

For Chilli Cheese Biscuits add

1tbsp Cayenne pepper
1tbsp Smoked paprika
1tsp Chilli flakes
1tbsp Dried Parsley

1. Preheat oven to 160° and line baking sheet with silicone paper or bakers parchment.
2. Weigh off all dry ingredients and marg. to processor and combine.
3. Add cheese and combine.
4. Slowly add egg yolk first and then water until mixture forms a ball within the food processor.
5. Turn out dough and knead well.
6. Split in half and roll out dough onto a liberally flour dusted surface very thin. Perhaps 1/8inch thick if you can manage.
7. Cut out with desired shape and place on baking tray. Chill in fridge for 1/2hr.
8. Bake for 20 minutes or longer depending on oven and cool on racks.
9. Eat with more cheese!



Cumbria - Word Search

s r e t a w n e g w k s c x
p n j v l e r d f u z c o g
x l o e k s w e z c h a t v
d v l h c t f n e o n f s a
l a k e s m h v i p x e v o
y l m t f o o a l e q l r v
t l w m z r e l k l g l y k
u e e h v l m l w a p a q e
y r w k h a p e n n i n e s
e d n n i n g y z d g g i w
r a a r a d d b e s j z t i
h l t a v h e l s i l r a c
w e s t c o a s t y f n r k
k q l j y h t i r n e p c w

allerdale

carlisle

copeland

edenvally

fell

keswick

lakes

mere

pennines

penrith

scafell

tarn

waters

westcoast

westmorland



ICT - Word Search

j l i j t e n r e t n i w m
o y a j c m d b c n i t j d
y f u p b f m r e s w o r b
s b y z t s d c a r d u a i
t c m g o o g l e m w c t t
i v g v d c p j w o d h p d
c k s c z y g n i p y t m r
k u h k k o c r h c v a h a
n m t r b u f g x g t l o o
c o m p u t e r l o r k h b
x u v p r u t l i a m e r y
l s r b t b m y m w o r u e
w e m n e e r c s p i z o k
q q s b s e a i i x u s b v

browser

computer

email

google

internet

joystick

keyboard

laptop

mouse

screen

sdcard

touchtalker

typing

usb

youtube



Word Search - Members Names Part 3

b l o s d w x t d n i g e l
p k w l c a r o l i n e j c
e g p l e u r n q x q a m o
o j a c k i h y k a m g l t
s f i o y y h s c i x t q a
i w q l s n g c e c y b r d
m a r i a m e r t e m a j r
o e b n l b i f p i a a i i
n k i q e i m c w e r d n a
i e j r j n p h h w k g y n
z m s p o i q a w a g n n s
f j m h n b a r u r e t e p
x m q l d o m a l q x l x h
a b m c h r i s t i n a v z

adrian

alan

andrew

caroline

christina

colin

jack

jamie

maria

mark

michael

nesh

nigel

peter

rebecca

ritchie

robin

sarah

simon

tony





HEATHLANDS PLANTS AND TREES WORD SEARCH

y c a p u c r e t t u b x b
s p o h o u r j z x s r j d
i w i r i s n a t y q z a u
a w d e h v h t b o z n b k
d d a d w g b t y a d j u o
a l z l i a r p e e p n r p
h a z e l n u t l p q p b n
q v b r l l r i o a k j l r
d s p s o o o n y o n c a e
a g s p w n e v o l g x o f
m x f a j s b v j a r n h o
s r n t q c d s o r o w e d
o i m a r s h o r c h i d f
n c g c y d u s w h p b e g

buttercup

crabapple

daisy

damson

dandelion

elder

fern

foxglove

hazelnut

iris

larch

marshorchid

oak

rowan

willow



Carlisle United - Word Search

j i m m y g l a s s u s a v
h n x z e v h v a b k v m e
d e t i n u e l s i l r a c
t q s i o e b t s e x x i h
h m b k g e z e e u i z n r
e i k p r g c l i f v m s i
b r u n t o n p a r k k t s
l o p m d b w g r i q a a b
u q a h b n j r c q k d n e
e g d z y r t a e m b e d e
s g d v w z o k n t w c s c
j z o v c f k k w p a y h h
b h c t x b s o i h p w h v
h b k d a o r k c i w r a w

bruntonpark

carlisleunited

chrisbeech

jimmyglass

mainstand

paddock

theblues

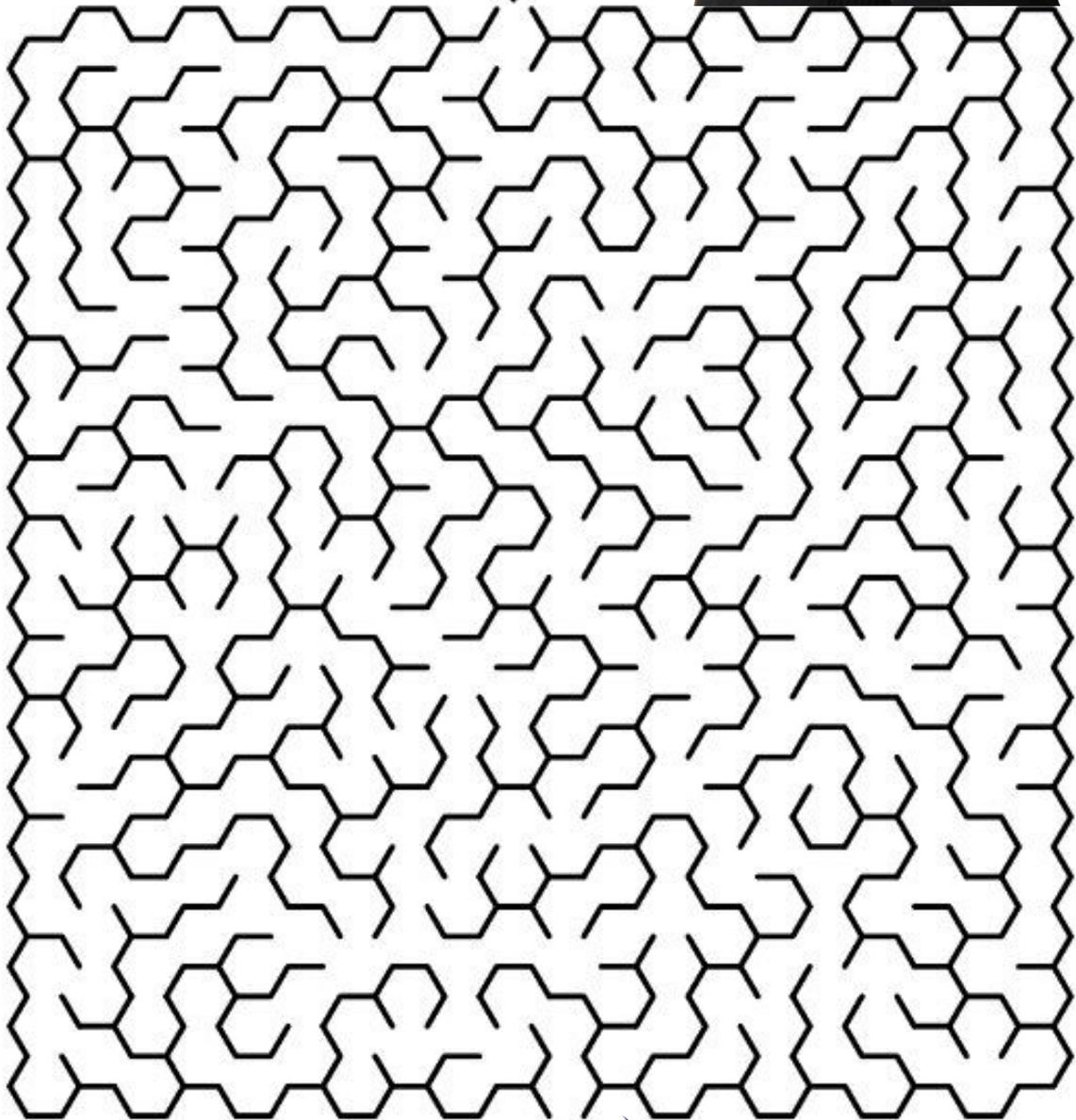
umbro

warwickroad

waterworks



Help Clive get on the Rhode to his new adventure with Thea in France!



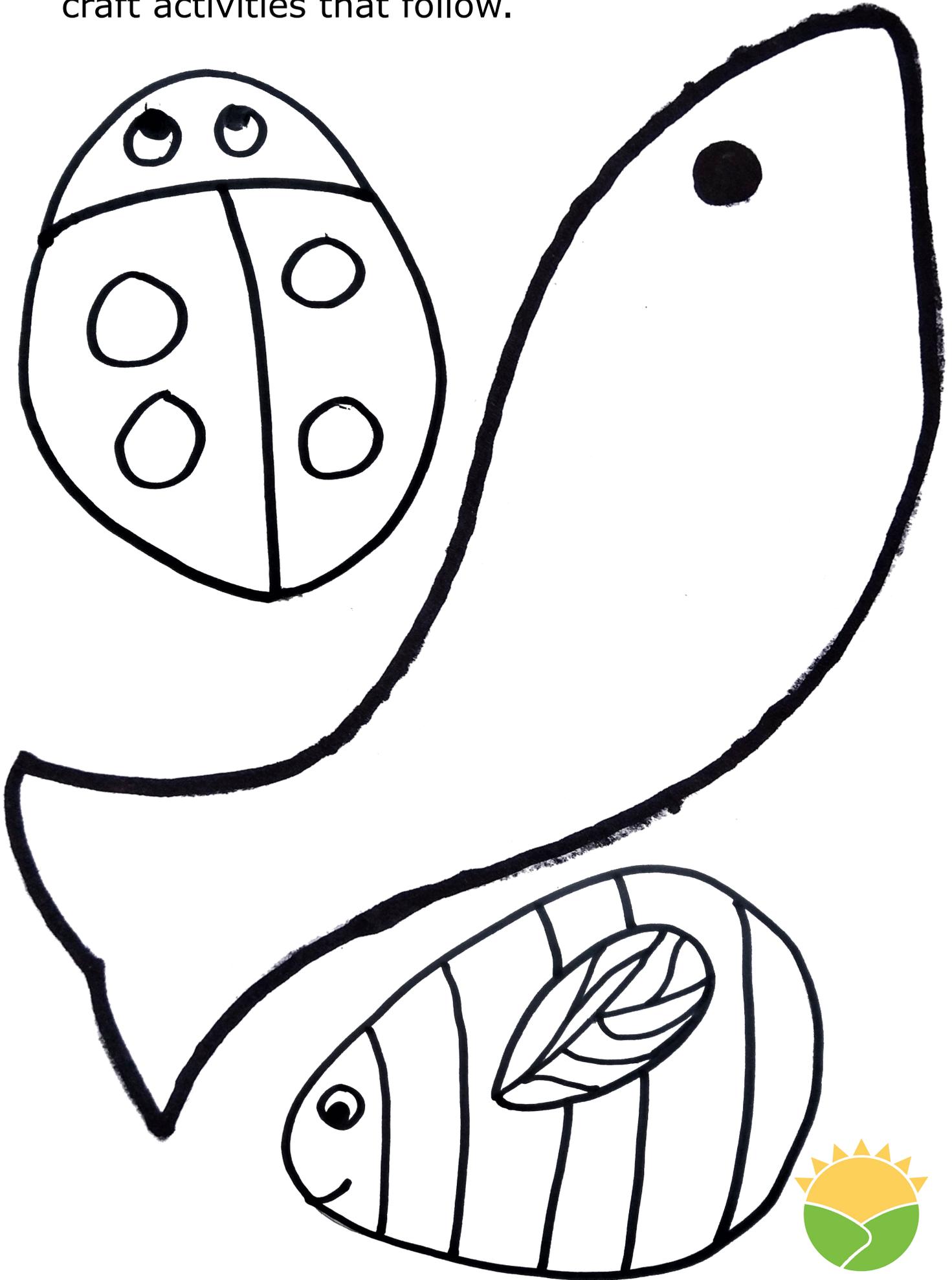
Spot 10 Differences



Answers on back page.



Colour these in, these can also be used for the craft activities that follow.



Make Your Own Stamps!

These little stamps are easy to make and you can use them to decorate all sorts of things like cards, wrapping paper or use them to make pictures.



You will need:

- Corks
- Scraps of funky foam (if you don't have any then thin polystyrene food packaging will also work)
- Pencil
- Scissors
- Glue (something strong like PVA works well)
- Paint
- Something to stamp onto (such as paper)



Step 1.

Draw the shapes you would like to make stamps of onto the foam, you may find it helpful to draw around the end of your cork first so you know what size to make your design. Keep them simple!

You can add extra details to your stamps by drawing in lines with the pencil, you'll need to press hard to make a good indent.



Step 2.

Carefully cut out your shapes.

Step 3.

Glue your shapes to the ends of your corks, use plenty of glue as it needs to be secure. Let the glue dry thoroughly.





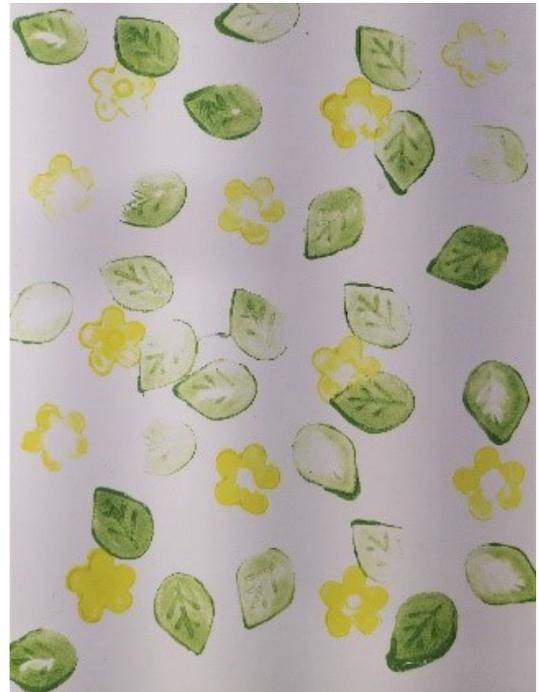
Step 4.

Dip your stamp into your paint and then press the stamp onto your paper (or whatever you're printing.) You'll probably get several presses before you need to dip into the paint again. Practice until you get the right amount of paint on the stamp each time.



Step 5.

Have fun decorating with your stamps!



Don't forget to show us how you get on!



Tissue Paper Jar Lanterns



Inspired by all the beautiful wild flowers blooming at the moment we've made a lovely tea light lantern from a jar and some tissue paper. It looks really beautiful all lit up. We're using a battery powered tea light in ours, if you want to use a real candle remember to never leave it unattended when it's lit and make sure it's not near anything flammable.



You will need:

- Tissue paper (we've used blue and green for the background and pinks and yellows for the flowers)
- Glass jar (washed and dried)
- Glue (PVA works well)
- Scissors



Step 1.

Cut or rip up your tissue paper for the background into small pieces. We're making a simple design with sky, grass and flowers but you can use your imagination and either make your own design or just use a riot of colours!



Step 2.

Cut out flower shapes from your other bits of tissue paper.



Step 3.

Cover part of the jar with PVA glue and then start layering up your background tissue paper onto the glue. Work around the jar until the whole jar is covered.





Step 4.

Add spots of glue where you want your flowers and then carefully stick them on top.



Step 5.

Give the whole jar a coat of PVA and allow to dry.



Step 6.

Add in your tea light, light it up and enjoy!

Have fun and don't forget to share



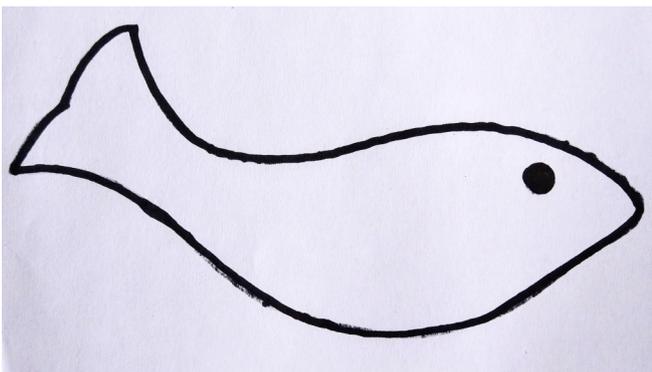
Felt Fish Hanging Decoration



Here's how to make a felt fish hanging decoration. There's a video up on our Facebook page and on the DVD too if you get stuck.

You will need:

- Scissors
- Needle
- Thread
- Pins
- Felt
- Buttons
- Ribbon (about 50 cm, depending on how long you want your hanging)
- Stuffing (toy stuffing if you have it or you can use cotton wool or scrap fabric)
- Fish template (make your own or use ours!)



Step 1.

Draw or print out your fish template.





Step 2.

Fold your felt in half so you have two layers and pin the fish template onto the two layers.



Step 3.

Carefully cut out your fish.



Step 4.

Sew a button onto each fish for its eyes. Make sure that when you put the two sides of the fish together both eyes are on the outside!



Step 5.

Lie one fish face down on your work surface, place your ribbon on top so that it runs through the fish and then place the second fish on top, face up, so that the ribbon is sandwiched. Pin it in place so it doesn't move as you work.





Step 6.

Sew the two fish together around their edges using running stitch, make sure you sew through the ribbon as well to hold it in place. Stop when you have a gap about 4 cm left.



Step 7.

Add a bit of stuffing to your fish, carefully poke it into the gap and use a blunt pencil to push the stuffing into the tail. You don't need much, just a little bit to give your fish a bit of shape.



Step 8.

Sew up the gap. If you want you can add more fish.

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



Mini Beast Masterpieces

Let's Rock (paint)!



We've been spending lots of time outside recently and have been enjoying spotting some of the smaller wildlife around our site. Inspired by our mini-beast sightings we've created some painted version of our own and we thought we'd share how we made them so you can have a go too!



You will need:

- Stones/Rocks
- Paint (acrylic is ideal but any paint will do)
- Varnish (if you want to put your rock creatures outside)
- Googly eyes (optional)

Step 1.

Wash your stones or rocks and allow them to dry. While they're drying you might want to plan what kind of mini beast to paint and what colours to use.

Step 2.

Paint your stone all one colour, choose the main colour of your mini beast. For example, red for a ladybird or yellow for a bumble bee. Allow this coat to dry.



Step 3.

Add some details to your painted rock so it looks like your mini beast; black spots for a ladybird and black stripes for a bee, for example. You can use our examples as a guide or make up your own!





Step 4.

If you have googly eyes, glue them on to add a bit of character. Alternatively paint some eyes on.

Step 5.

When all the paint and glue has dried you can varnish your mini beast masterpiece to finish it off.



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



Did you find all 10?



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>

