



# Heathlands

## Activity Book No.5

Be Safe  
Be Healthy  
Be Kind!



# Hello!!!!

Great news! Heathlands at Home is now lottery funded until December and our activity booklets and DVDs will now be released fortnightly.

Included with this DVD and activity booklet you will find a survey about Heathlands at Home, please fill it in and return it to us so we can make Heathlands at Home even better.

On the included DVD you will find a workout and sign of the day by Nick, how to make an origami heart by Helen T, how to make paper beads by Helen W and some Heathlands site demolition footage.

Have fun!



# Heathlands Site Development



# Heathlands Site Development



## Comet C/2020 Neowise



Photo by Helen Tuck

Did you know there is a comet in our sky right now?

Comet C/2020 Neowise is around 70 million miles away and travelling at 17,500mph.

It's visible to the North from around 11:30pm to 3:30am. Very late. So Helen T has been out to photograph it for you.

Next time it'll be visible from the UK is in 6800 years!



# Gluten Free GINGER COOKIES

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350grs Self-raising flour [gluten free]  
Pinch Salt  
200grs Caster Sugar  
1tsp Ground Ginger  
1tsp Bicarb of Soda.  
115grs Margarine  
90grs Golden Syrup  
1large **Egg** beaten and warm  
150grs Crystallised ginger coarsely chopped

1. Preheat oven to 160°C.
2. Line a baking sheet with silicon paper or bakers parchment.
3. Sift flour with salt, sugar, ground ginger and Bicarb of Soda.
4. Melt margarine gently with syrup. Cool gently.
5. Pour butter and syrup over the dry ingredients. Add the egg and 2/3 of crystallised ginger. Mix thoroughly.
6. Divide into 30 small balls, place well apart on trays and gently flatten.
7. Press remaining crystallised ginger into flattened balls.
8. Bake 12-15 minutes until light golden in colour.
9. Cool for one minute to allow cookies to firm up. Remove to cooling wire and leave to chill completely.



# Colours

## Word Search

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

amber

beige

black

blue

brown

gold

green

grey

indigo

lilac

navy

orange

peach

pink

purple

red

silver

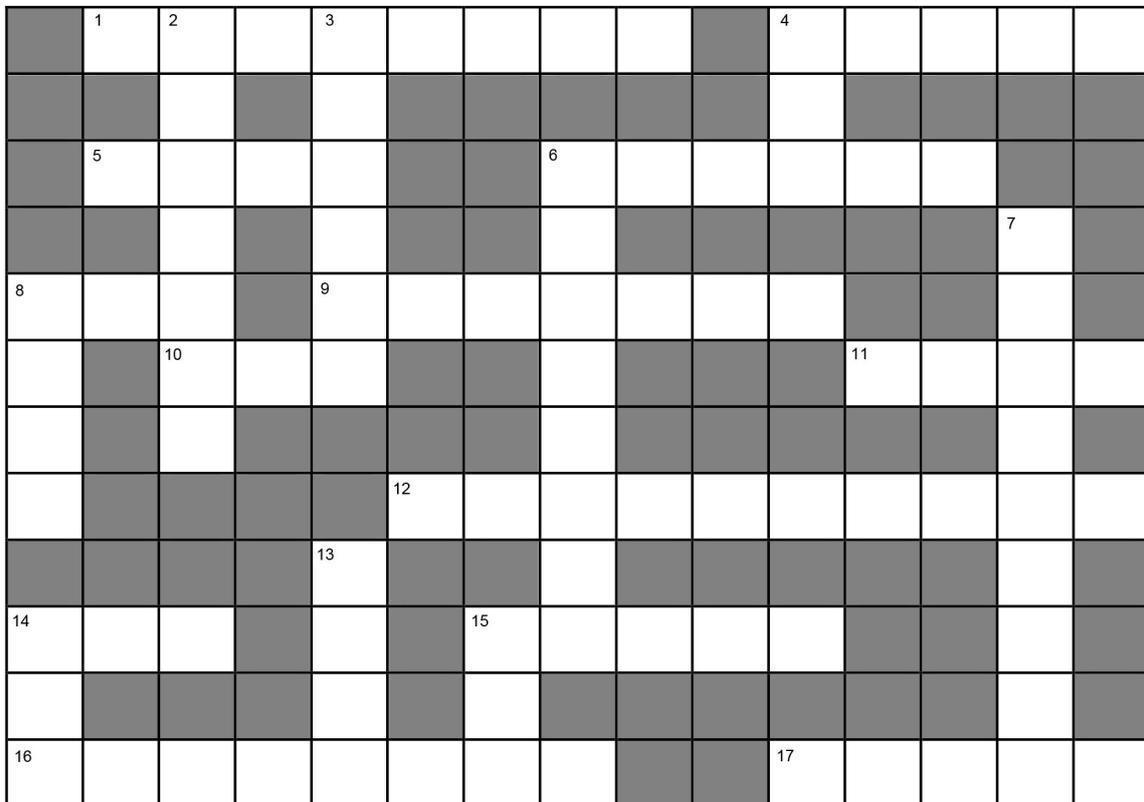
turquoise

white

yellow



# Zoo Crossword

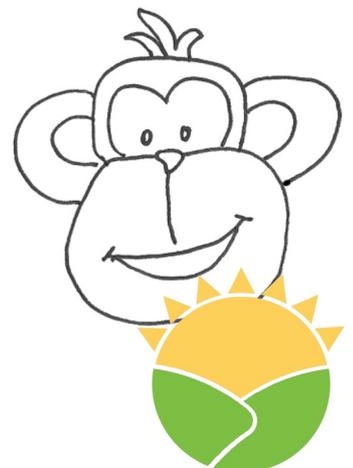


## Across

1. An animal with a trunk
4. American buffalo
5. Wild male pig
6. Leonardo is a ninja \_ \_ \_ \_ \_
8. A type of constrictor snake
9. Fast running bird that can't fly
10. The pied piper catches one of these
11. A big cat that lives in a pride
12. Large grey animal with a horn
14. Flightless large bird related to ostrich
15. Black and white striped animal
16. Australian animal that carries young in a pouch
17. An animal with a hump

## Down

2. A large spotted cat
3. A bird that can repeat words
4. A small flying night animal
6. Animal that lives a long time and has its home on its back
7. A water animal that has big teeth and rolls its prey
8. Polar and panda are both types of this animal
13. Large cat and sports shoe make
14. Large North American member of deer family
15. Where you can go to visit animals



# Match the Animals!

Draw a line between the clue and the animal which you think it relates to.

- |                           |             |
|---------------------------|-------------|
| 1. I have 8 legs          | A. Ostrich  |
| 2. I have spikes all over | B. Snake    |
| 3. I have a long neck     | C. Hedgehog |
| 4. I'm covered in spots   | D. Axolotl  |
| 5. I have a forked tongue | E. Sloth    |
| 6. I'm very fast          | F. Spider   |
| 7. I hang from trees      | G. Pangolin |
| 8. I have armour          | H. Ladybird |
| 9. I'm black on white     | I. Badger   |

answers in the back of the activity book



# Types of Flowers Word Scramble

1. DISYA \_\_\_\_\_

2. ONREWFULS \_\_\_\_\_

3. RSEO \_\_\_\_\_

4. UITEANP \_\_\_\_\_

5. LCALI \_\_\_\_\_

6. GEABRRE \_\_\_\_\_

7. TEWSE PAE \_\_\_\_\_

8. UILPT \_\_\_\_\_

9. OIDDLFAF \_\_\_\_\_

10. OI DHCR \_\_\_\_\_

answers in the back of the activity book



# Spot 10 Differences

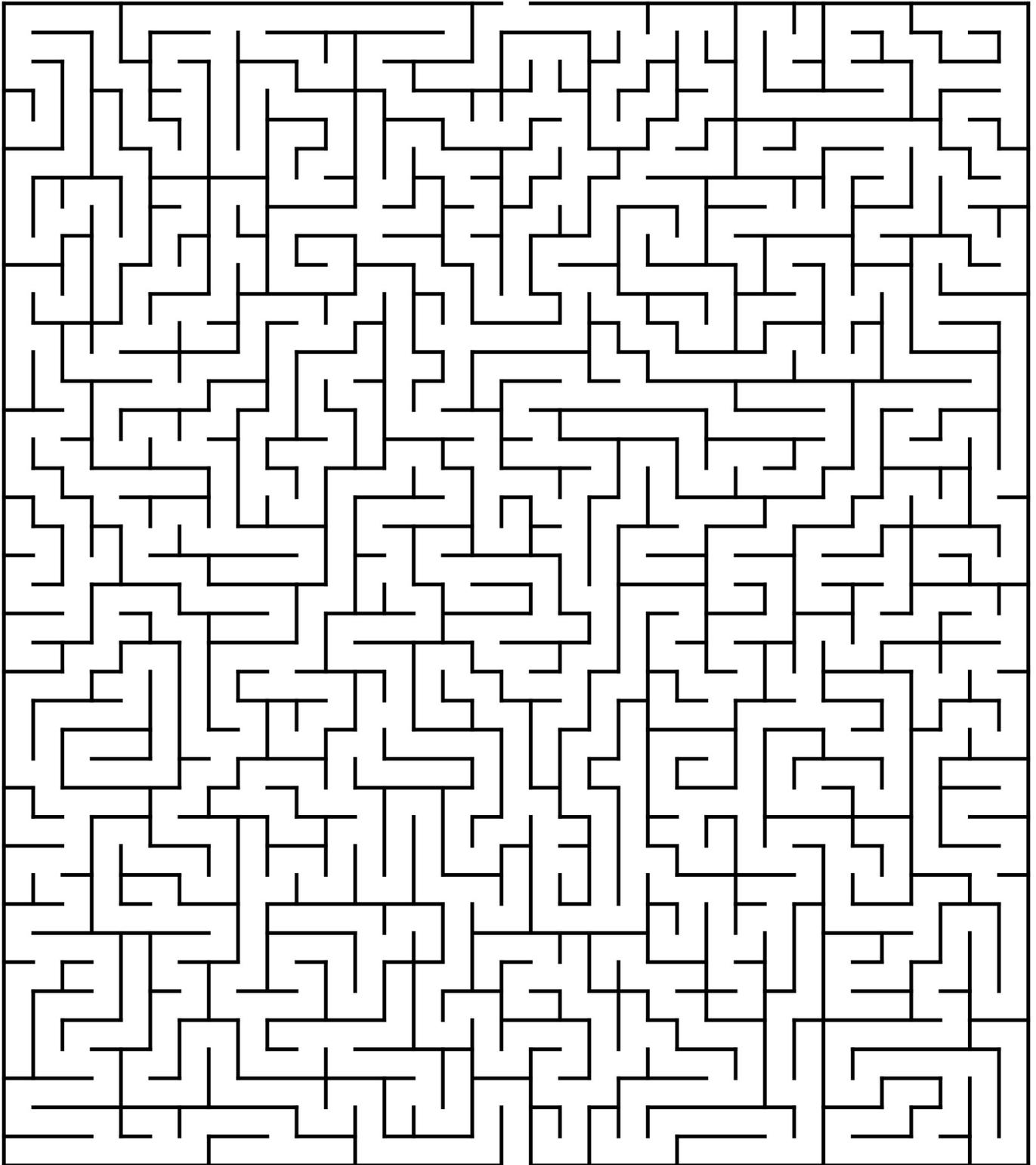


Answers on back page.



# Can you find your way through this Maze?

Start



Finish

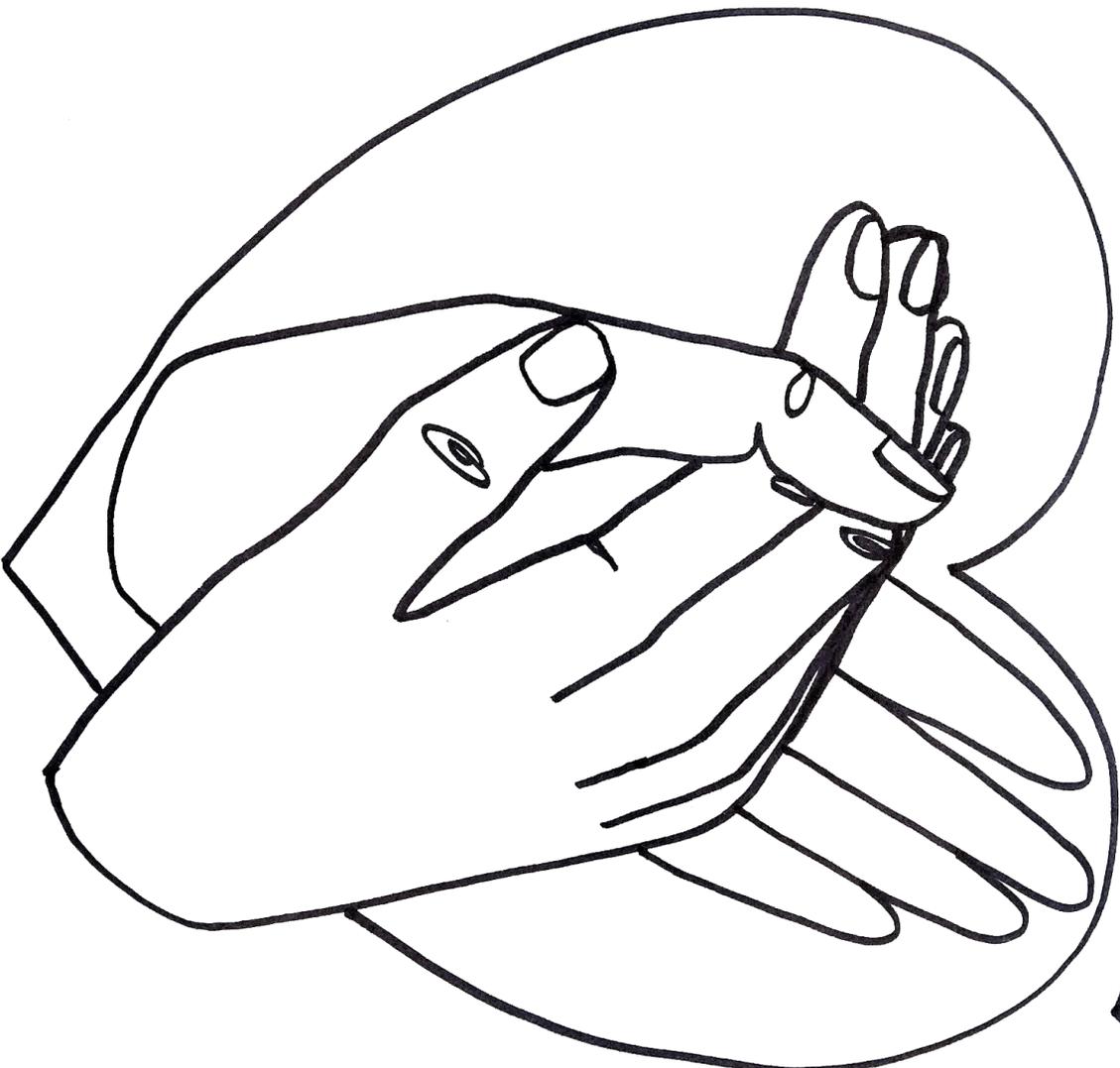
answers in the back of the activity book



HAPPY

BIRTHDAY

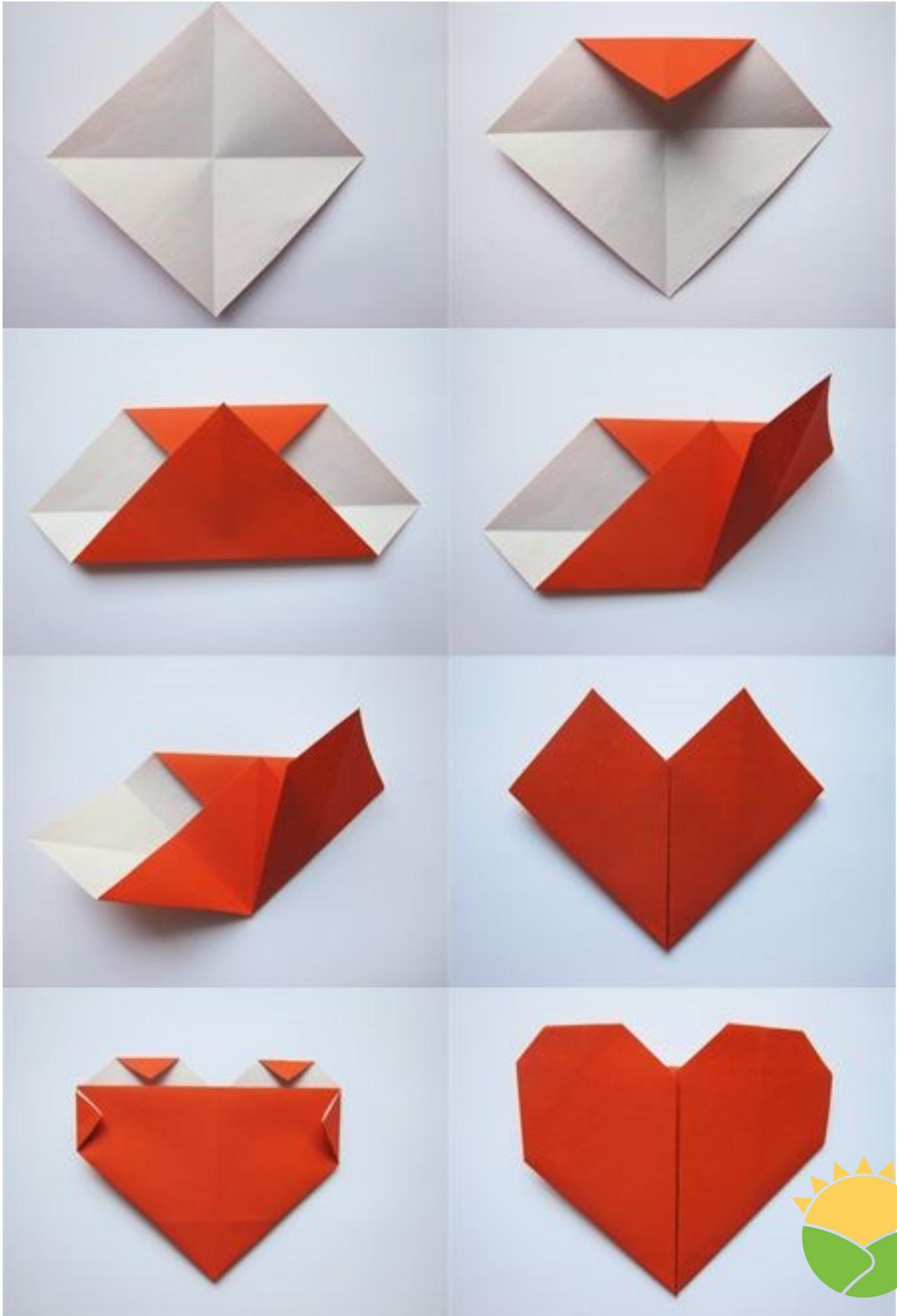
MISS!



Sunday the 5th of July was the NHS's 1st Birthday!!!! Our members enjoyed colouring in this poster Helen made too celebrate, we have included it her too for you to colour in

# Origami Heart Instructions

We have also included an instructional video on the DVD by Helen T



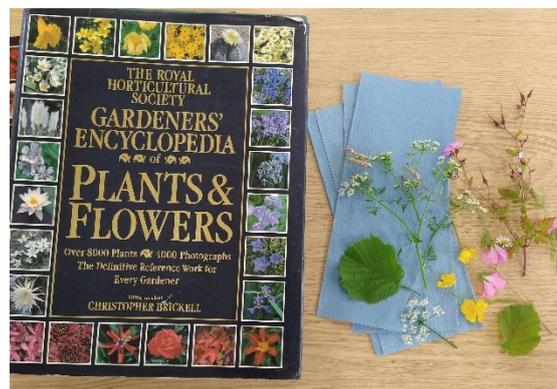
# Pressed Flower Pictures



There's so many beautiful flowers around at the moment but they don't last forever! Here's an activity to help you preserve some of your favourites.

## You will need:

- Flowers and leaves\*
- A couple of heavy books (not really precious ones)
- Paper towels/sheets of kitchen roll
- A picture frame, an old one is fine
- Card cut to the size of your picture frame
- Glue stick



\*Remember to be very careful when collecting flowers; it's best not to pick wildflowers unless you are certain it is a common one and there's lots of it. Also, watch out for nettles! Thinner flowers work best for this, anything too thick won't fit between the pages of your book.

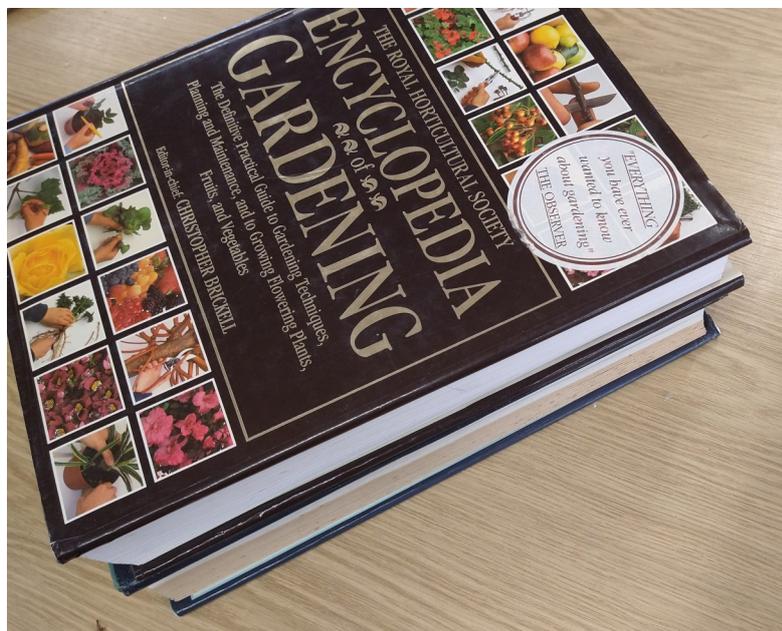


## Step 1. Dry your flowers



Open your heavy book somewhere near the middle and lay your chosen flowers and leaves between layers of paper towels. The paper towels help the flowers dry out and also protect the pages of your book. Space them out and try not to let them overlap. You can put several sheets of towels and flowers in one book, just remember to space them out.

## Step 2.



Close the book and if you can put another heavy book on top. Leave for a couple of weeks to let the flowers flatten and dry out. When the flowers are dried out you're ready to make your picture.



### Step 3.

#### Make your Picture



On your piece of card arrange your dried flowers. Keep moving them around until you are happy with the arrangement. Use a little bit of glue to secure them in place.

### Step 4.



Carefully put the glass from the picture frame on top of your arrangement and then secure the whole 'sandwich' back into the picture frame.

### Step 5.



Hang your picture up and admire!  
Have fun and don't forget to show us how you get on!



# How to make Paper Beads



Making paper beads is really easy and a good way to use up bits of decorative paper or pretty magazine pages.



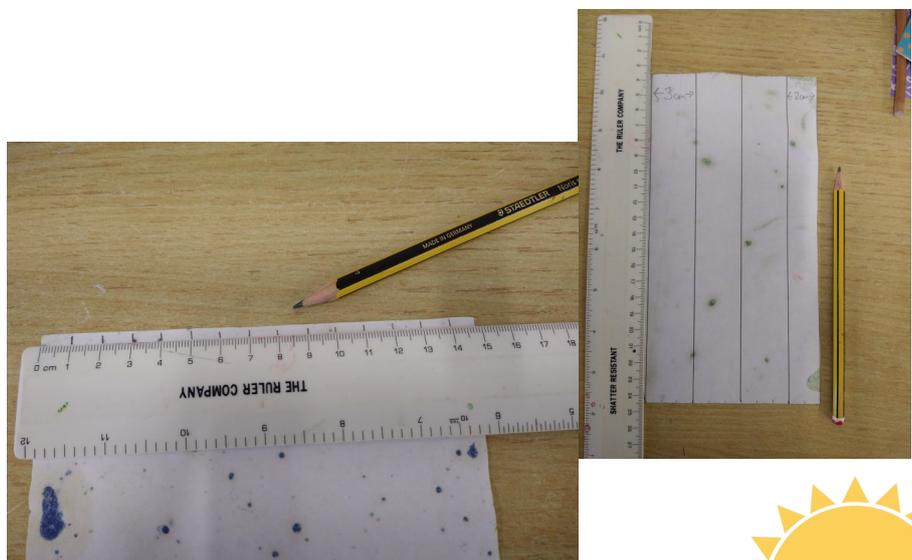
## You will need:

- Paper (magazine pages, patterned paper or anything you want to use up)
- Pencil
- Ruler
- Scissors

## Step 1.

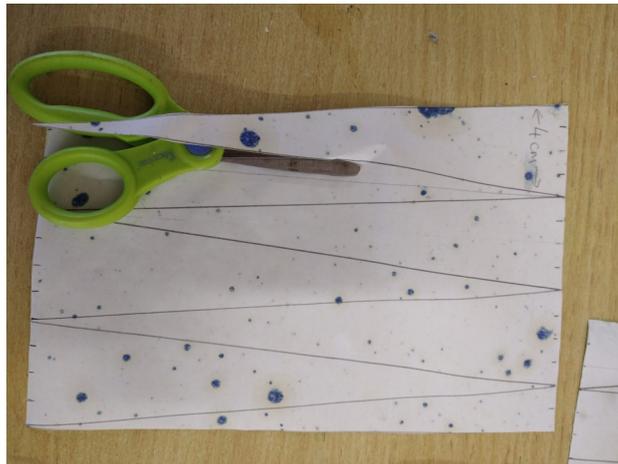
On the back of your paper use the ruler and pencil to mark out strips. The wider the strips you mark out the wider your bead will be.

We made marks along the top and bottom of our paper and then joined them up with the ruler and pencil to make our strips.



## Step 2.

Cut out your strips.



## Step 3.



Place a strip of paper face down in front of you and cover it in glue, leaving a small section (about 1-2 cm) at the top un-glued. Place your stick on this un-glued section and then begin rolling the strip of paper around the stick. Keep rolling till the end of the strip then slide the roll off the stick. You've made your first bead! Keep going and make some more.

## Step 4.

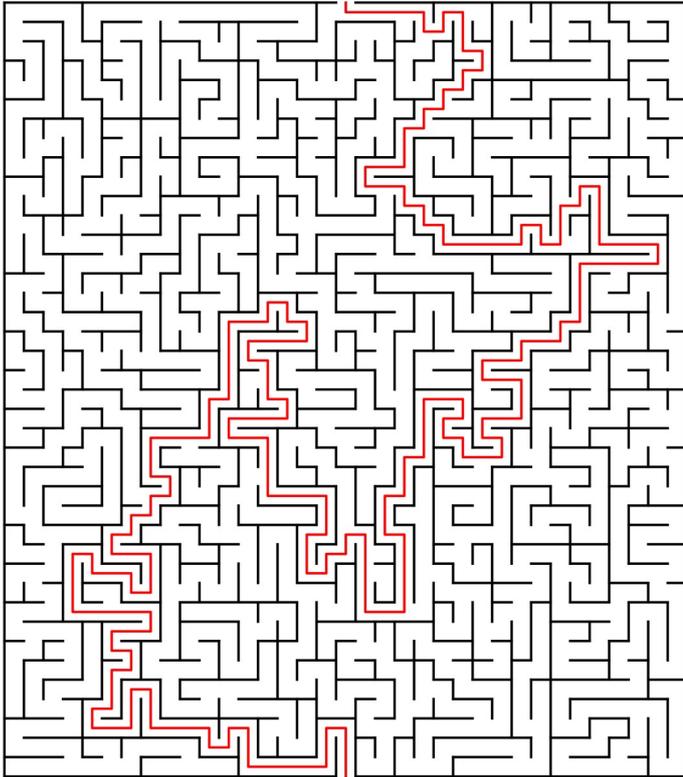
You can try this technique with triangles as well as strips of paper. Why not make a few of each type of bead?



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



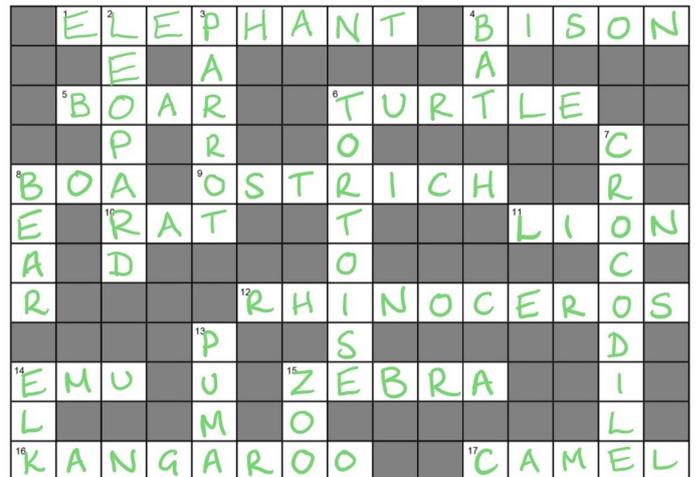
# Answers!!!



## Match the Animals.

Answers

- |                             |   |
|-----------------------------|---|
| 1. I have 8 legs            | F |
| 2. I have spikes all over   | C |
| 3. I have a long neck       | A |
| 4. I'm covered in spots     | H |
| 5. I have a forked tongue   | B |
| 6. I'm very fast            | J |
| 7. I hang from trees        | E |
| 8. I have armour            | G |
| 9. I'm black on white       | I |
| 10. I can regrow body parts | D |



## Flowers Word Scramble

Answers:

1. Daisy
2. Sunflower
3. Rose
4. Petunia
5. Lilac
6. Gerbera
7. Sweet Pea
8. Tulip
9. Daffodil
10. Orchid



**Spot the difference answers! 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>

