

Heathlands Activity Book No.14

Be Safe Be Healthy Be Kind!



Hello!!!! And welcome to another 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, Nick's workout and sign of the day, Helen T's How to make an Origami Dragonfly and Hummus recipe, plus our Remembrance day live stream we made on Facebook for our friends at home. Enjoy.







Hummus Recipe

This recipe is vegan, gluten and lactose free!



Hummus is a delicious dip from the Middle East, traditionally it is eaten as part of a "meze" or selection of dishes to make a whole meal. You could eat this with carrot sticks as a great snack, with bread sticks or even in a wrap with olives, tomatoes and rocket.

We've also included some ideas for how you can flavour your hummus.

*** You will need a food processor, smoothie maker [nutribullet] or stick blender with a tub and blade attachment to make this recipe.

Ingredients:

1 can of chickpeas 4tbsp tahini OR 3tbsp smooth peanut 2. butter Juice 1 lemon 3. 1 large clove of garlic 4. 2tbsp olive oil 1/2tsp salt 5. 65ml lukewarm water

Method:

- 1. Juice your lemon and peel the garlic.
- 2. Add all of your ingredients into the machine you are using.
- 3. Blend together until smooth.
- 4. If your hummus is a little thick, add 1tbsp of water and a time.
- 5. Enjoy!

You can add lots of lovely flavours to hummus. We tried dill with extra lemon, sweet chilli sauce and olives.



Instructional video by Helen T available on the DVD and YouTube



what is National Tree Week?

National Tree Week is the biggest celebration of trees in the UK at the start of the winter tree planting season (November to March).

why are trees

they can give food and medicine

can you think of anything else?

write below your answers!

they give us shade

they give us wood to make things with

they are home for animals

important?

they look after the earth

they can help clean water

they clean and cool down our air



Trees give us lots of great things, but they need our help to keep them safe and healthy !

5 senses tree walk



Go for a walk in a park or on the way home from school and use your five senses to think about trees, write down your answers below.

look
what colours are the leaves?
what shape is the tree from a distance?
smell
what can you smell near the tree?
listen
can you hear any animals or birds?
touch
what does the bark (the tree's skin) feel like?
taste
what does the air taste like near the tree?



Leaf Rubbing Art Activity

You will need: a wax crayon, a piece of paper and some leaves you found on the ground on your walk

Directions:

- 1. Put a leaf upside down on the table.
- 2. Place a piece of paper over the leaf.

3. While holding the paper and leaf in place, use the side of a crayon to rub across the leaf.

4. Make sure that you color over the entire leaf. Rubbing firmly all over the leaf will show the veins and the outline of the leaf.

5. Do different leaves with different colour crayons, get creative!





how to look after trees

plant a tree!

Ask whoever is at home or your teacher if you can plant a tree together.

You can visit with your teacher the website www.treetoolsforschools.org.uk for information about getting trees for your school and lots of fun activities to do!

Or you can try looking for your own tree seeds to plant at home. Here are some examples to look for...



= oak trees



conker = horse chestnut trees



pine cone = confier trees



helicopter seeds = sycamore and maple trees

You will need

- A tree seed, see the pictures above for some seeds you can find
- A plant pot with holes, this will let water go through easily
- Some small stones
- Soil

- Wire mesh, ask a grown up when handling wire mesh as it can sometimes have sharp bits

What to do

1. Put some stones at the bottom of the pot and fill it almost to the top with soil.

2. Plant the seeds 2cm deep into the soil, then press down the compost and give it a good water.

3. Put the pot outside in a shady corner. Cover the top with wire mesh to stop birds and animals eating the seeds.

4. Check it every week to make sure the soil hasn't dried out but be careful not to over-water it and make it too soggy!

5. Watch as the seeds start to pop their green shoots (the start of the tree) out in spring. Put the shoots into bigger pots as it grows bigger.6. When it is 40cm, find a place in the ground and put them apart from each other into the ground.

7. As your seeds start to grow into bigger plants, keep them sheltered during winter to protect them from frost.

~ Look on the Woodland Trust website: www.woodlandtrust.org.uk for more help on tree planting!

being kind to the earth, trees and animals top tips

- \sim always put your rubbish in the bin or in your pocket until you find a bin
- ~ help your family, friends or school with looking after a garden
- ~ try growing your own fruit or vegetables
- ~ save electricity, for example turn off lights in empty rooms
- ~ save water, for example do not leave the tap running when brushing your teeth
- ~ use less plastic, for example use a re-useable water bottle
- ~ don't waste paper and put used paper in the paper recyling bin

flower, animal or bird below!
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### (the bit for grown ups)

Sustainable Carlisle are a network of people and projects in Carlisle, that want to make our city more sustainable for ourselves and for following generations. We wish to help create a peaceful, vibrant, resilient future based on common sense, ecological wisdom and social justice.

www.sustainablecarlisle.org / activity pack created by Katie Lock / contact: katie@sustainablecarlisle.org

	3	1	
2		3	
1	2		3
3	4		1

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

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

Sudoku



# Chocolate Word Match



io. Nailleu tike a bus, o, o	10 Named like a trog	8. Take it easy, 8, 7	7. Speaking quietly	6. Opposite to armadillos! 4, 3	5. The taste of paradise	4. Eaten around Easter, 5, 3	3. Comes in a 99	2. Formally Marathon	1. Lunch Outdoors	
J. DOUDIE DECKEI	I. Manhle Derker	H. Cadburys Caramel	G. Whisper	F. Bounty	E. Flake	D. Snickers	C. Diam Bar	B. Freddo	A. Cream Egg	

# Weather Crossword 10

## Across

- 3. ---- Caesar! An icy greeting? (4)
- 4. Fluffy object in the sky
- 6. Indian rainy season
- 8. Clap following a flash
- 9. Needed to fly a kite

## Down

- 1. Bolt from the blue?
- 2. Severe winter storm
- 5. You are my ..., my only ...
- 7. Winter's Jack
- 10. X-Men character who can control the weather

# Crisps Word Scramble



10. ESLWARK	9. TILWEGTS	8. RSTTIALOL	7. PCEAS AVINSERD	6. SSIKP	5. GLSPRINE	4. RAPNW CSKARCRE	3. OETSMRN NUHCM	2. AULH POOHS	1. IDSSCO

	4r	nir	n	al	V	Vc	or	d	S	ea	ar	ch	1
S	n	а	k	е	b	i	j	b	X	h	е	u	С
S	i	n	у	j	b	h	S	С	а	n	0	0	V
q	Ι	у	t	h	р	а	х	g	i	h	а	а	r
W	0	0	S	g	С	Ι	f	r	W	е	W	0	h
t	g	р	t	h	р	i	g	у	g	d	W	е	i
r	n	а	h	h	k	е	r	а	У	g	n	V	n
u	а	r	Ι	r	r	Ι	0	t	f	е	u	р	0
S	р	i	d	е	r	n	j	k	S	h	р	W	С
b	е	i	р	е	j	i	Ι	r	k	0	b	Х	е
V	Х	d	m	0	V	h	d	е	r	g	g	q	r
W	h	а	Ι	е	i	р	i	g	р	k	S	С	0
j	j	0	r	q	k	I	u	d	n	t	Х	С	S
t	у	I	t	0	I	0	Х	а	С	W	Х	У	р
i	f	t	Х	Ι	а	d	У	b	i	r	d	u	а
		axo	olotl			bad	ger		C	dolp	hin		
	h	edg	jehc	bg		he	en		la	adyl	oird		
		ost	rich		p	ang	golir	۱	pe	ereg	grine	9	
	ostrich pangolin peregrine pig rhinoceros sloth												
		sn	ake			spie	der			wha	ale		
-			in.		EA					1			
2	J'es	Ar	nswe	ers	in tł	ne b	ack	of	this	bod	ok	NE	and the

The leaves have fallen and we need to clean them up! Can you find the rake at the centre of this maze so you can help?

Start •

Answer in the back of this book

Finish

# How to make an Origami Dragonfly



plain side facing up. Crease and unfold both diagonals. 1. Start with the



5. Fold the narrow flaps straight horizontal line. outwards to create a

Turn the paper over.

carefully squashing flat.

to the vertical centre,

7. Fold the right edge

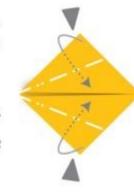
6. This is the result.



left and right corners to the bottom point.



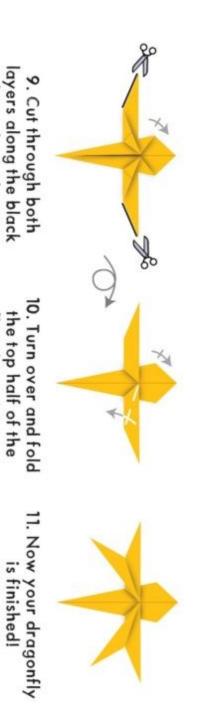
3. Fold the lower edges to the vertical centre. Crease and unfold.







8. This is the result. Repeat on the left side.



lines shown here.

flap down. Repeat

on the other side.

## How to make - Paper Snowflakes



Paper snowflakes are quick and easy to make and look beautiful in a wintery window. Here's how to make your own!

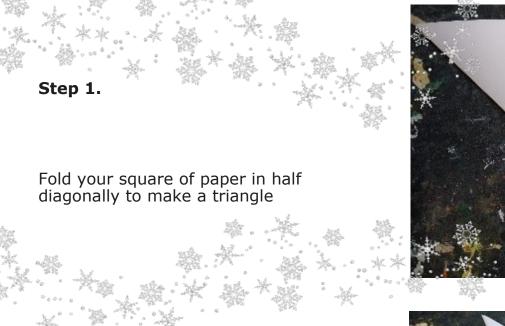
## You will need:

Squares of paper

(you can use any size, the bigger your square of paper the bigger your snowflake will be.)

Scissors









Step 2.

Fold the triangle in half again to make a smaller triangle

## Step 3.

### Fold it in half again! To make an even smaller triangle.







Start cutting into the folded triangle, you can cut any shapes you like but be sure to leave at least some of the folded edges intact or you will end up with a pile of confetti rather than a snowflake!









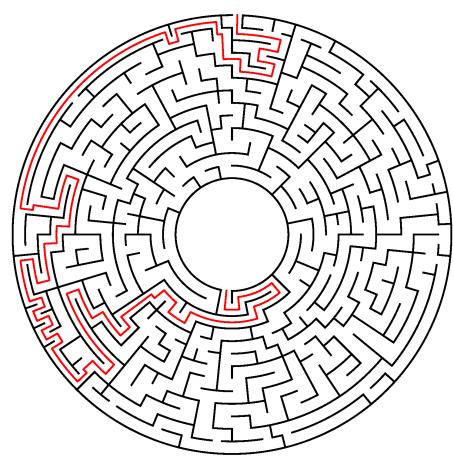
Open up your snowflake and marvel at its beauty!

×



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

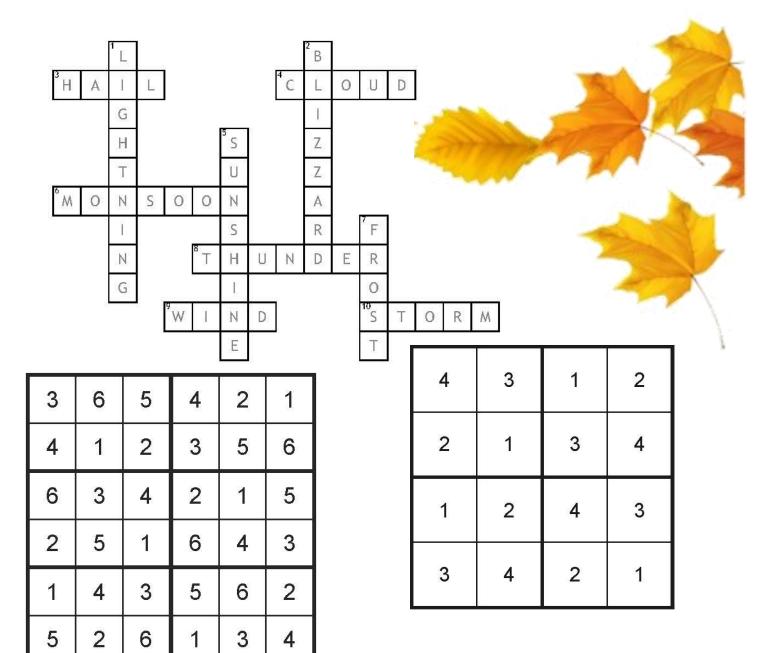
## Answers



- 1. Lunch Outdoors I
- 2. Formally Marathon D
- 3. Comes in a 99 E
- 4. Eaten around Easter, 5, 3A
- 5. The taste of paradise F
- 6. Opposite to armadillos! 4, 3C
- 7. Speaking quietly G
- 8. Take it easy, 8, 7 H
- 9. Shaped like a frog **B**
- 10. Named like a bus, 6, 6J

S	n	а	k	е	b	i	j	b	Х	h	е	u	С
s	i	n	У	j	b	h	S	С	а	n	0	0	V
q		У	t	h	р	а	Х	g	i	h	а	а	r
W	0	0	S	g	с	T	f	r	W	е	W	0	h
t	g	р	t	h	р	i	g	У	g	d	W	е	i
r	n	а	h	h	k	е	r	а	У	g	n	V	n
u	а	r	Ι	r	r	T	0	t	f	е	u	р	о
s	р	i	d	е	r	n	j	k	s	h	р	W	с
b	е	i	р	е	j	i	I	r	k	ο	b	Х	е
V	Х	d	m	0	V	h	d	е	r	g	g	q	r
w	h	а	Т	е	i	р	i	g	р	k	S	С	о
j	j	0	r	q	k	I	u	d	n	t	Х	С	s
t	У	T	t	0	Ι	0	х	а	С	W	Х	У	р
i	f	t	Х	I	а	d	у	b	i	r	d	u	а





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

- 1. IDSSCO Discos
- 2. AULH POOHS Hula Hoops
- 3. OETSMRN NUHCM Monster Munch
- 4. RAPNW CSKARCRE Prawn Crackers
- 5. GLSPRINE Pringles
- 6. SSIKP Skips
- 7. PCEAS AVINSERD Space Invaders
- 8. RSTTIALOL Tortillas
- 9. TILWEGTS Twiglets
- 10. ESLWARK Walkers



# 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

