





# Humas as

## things to do outside



FLY A KITE



ROLL DOWN A HILL



GO ON A BIDE RIDE



MAKE A DAISY CHAIN



RACE SNAILS



CREATE WILD ART



HUNT FOR BUGS



DISCOVER WHAT'S IN A POND



MAKE A HOME FOR A WILD ANIMAL



PLANT IT, GROW IT, EAT IT



GO BIRD WATCHING



FIND YOUR WAY WITH A MAP





### wordsearch

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L	Н	S	S	В	Ν	А	Н	Е	C
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V	Р	Ν	Q	J	Е	0	А	W	F

BEACH CRAB DEVON FISH OCEAN PICNIC SAND SANDCASTLE SHELL SUN SUNGLASSES
SWIMMING
TIDE
TOWEL
WAVES





# strawberry milk pops

#### INGREDIENTS

- 400g ripe strawberry
- 200ml semi-skimmed milk
- 405g can light condensed milk

#### YOU WILL NEED

- 12 ice-lolly moulds
- Food processor/blender
  - Freezer

#### METHOD

- 1. Cut the tops off the strawberries.
- 2. Blitz in a food processor until smooth.
  - 3. Mix in milk and condensed milk.
- 4. Pour the mixture into 12 ice-lolly moulds and attach the tops.
  - 5. Freeze for a minimum of 4 hours until solid.
- 6. Warm the moulds with your hands or under warm water to release the pops.

  Please note the milk pops will keep in the freezer for up to 2 months.









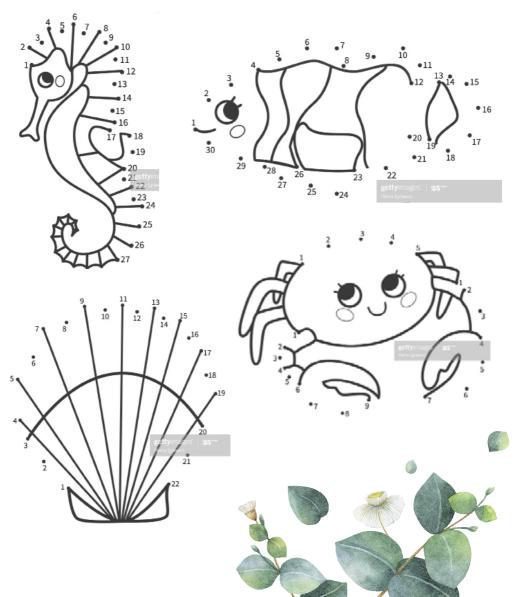


# my thoughts

HOW DO I FEEL TODAY?	
A POSITIVE THOUGHT	
A NEGATIVE THOUGHT	
THINGS I ACHIEVED TODAY	
CREATIVE THINGS I DID TODA	. Y
THINGS I NO LONGER TAKE FO	OR GRANTED



## connect the dots







## self-isolation bucket list

- HAVE FUN!
  - FRISBEE
  - DANCE
- MAKE AN ICE LOLLY
  - PLAY VOLLEY BALL
- BUILD A SANDCASTLE (IN YOUR SANDPIT)
  - ☐ WATCH THE SUNSET

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