

# Unlocking Potential

## Summer Art Pack

2020

Lockdown year!

This belongs to...



## Weekly Art Challenge

We have set you one art challenge a week for the 6 weeks of summer break. We have tried to make them as different as possible to really challenge you!

Follow the prompts below to create a piece of art. You can draw, paint or even make them out of old boxes and glue. Whatever you want to use is cool with us!

**Remember there is no right or wrong – all art is good art. Trust yourself and create!**

**Week 1** - *An important person in your life.*



**Ideas:** If you close your eyes and think of all the people in your life, who makes you feel happy? It could be a person in your family, or maybe someone from school. It could be someone you know from a club or group. It might even be a character from your favourite book or TV show.

**Week 2** - *The biggest animal you know.*

**Ideas:** Perhaps it's a pet you've met, perhaps it's a mythical creature? Maybe you are thinking of something that lives on the land or maybe in the sea? It could even be a creature that lived a long long time ago.



**Week 3** - *Your perfect holiday destination.*

**Ideas:** Even though at the moment it's a bit tricky to go on holiday, it doesn't mean we can't dream! Where would you go if you won a prize to have your dream holiday for free? Who would you take with you?



**Week 4** - *Something that is precious to you.*



**Ideas:** It could be something big, or maybe it's something tiny. Maybe it's a pet or even a person! Take a few moments to think of all the parts of your life, which things make you smile?

**Week 5** - *Your favourite thing to do.*

**Ideas:** Maybe it's your favorite thing to do in Lockdown, or maybe with your friends? Maybe it's something you have never done but know you would love to.



**Week 6** - *A fantasy home.*

**Ideas:** If you could live anywhere in the whole world where would it be? What would your house look like? Just big enough or huge? Would you have a pool or a cinema room, perhaps even a zoo?



**There are so many ways to create something beautiful. With just one pencil, perhaps with felt pens, maybe paint. You can blend or mix colours. You can use tissue paper or even things you might normally throw away like cereal boxes**

## Summer Mindfulness Activities



### Week 1 - Belly Breathing

**Instructions:** Lay on your back and place both hands on your tummy. Take a deep breath in and then a deep breath out. Are your hands moving up and down as you breathe? What does that feel like? Practice 5 breathes and see if you can concentrate on how your hands feel the whole time! If this process feels relaxing for you, keep going!

### Week 2 - Mindfulness of sound



**Instructions:** You can practice mindfulness of sound in silence or while listening to music. Find yourself a quiet space – maybe in your bedroom, or a shady corner of your local park.

If you are listening to music, choose one of your favourite songs. See if you can listen from start to finish while paying attention to the sound of the music the whole time. Are you listening to the lyrics? Are you listening to the beat? How does the music make you feel in your body?

If you are not listening to music, you can listen to all of the sounds happening around you! Take a comfortable seat in your quiet space and set a timer for 3 minutes. Can you pay attention to the sounds around you for the full 3 minutes? Be curious! Maybe you will hear things that you never noticed before!

### Week 3 - Mindful eating



**Instructions:** Mindful eating means paying attention to the taste, feeling and experience of food when we are eating it. During your lunch this week, practice noticing all the different tastes that you are experiencing. You might have to eat more slowly to be able to do this! How does your body feel when you eat certain foods? Do some foods feel crunchy in your mouth and other ones feel smooth?

### Week 4 - Mindful coloring

**Instructions:** Find a piece of paper and a pen/pencil/colored pens/crayons. Draw or colour for 5 minutes and challenge yourself to totally focus on what you are doing. It's hard not to get distracted sometimes!

### Week 5 - Mindful walking

**Instructions:** This week, go for a short walk every day. Maybe it can be a walk in your local area, or a walk around your room! How do your legs feel when walking? How do your hands feel? Can you smell flowers? What does the wind feel like on your face?



### Week 6 - Legs up the wall, body awareness

**Instructions:** Grab a blanket and a pillow. Roll onto your back, climb your legs up the wall, arrange the pillow under your head and drape the blanket over you for comfort. Now let your body flop and relax, the whole length of your legs supported by the wall. There is nothing to be done right now and nowhere else to be. What does this feel like? Notice if your legs start to feel tingly from being upside down!

## Time to Colour!

Can you finish our drawings for us? Maybe you want to use colour or perhaps do some shading with a pencil? If you want, you can add to them. How about a jungle background or a bright pattern? Will you make them realistic or will you pick different colours to make it unique?

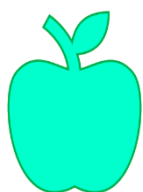


## Fantastic Fun Facts

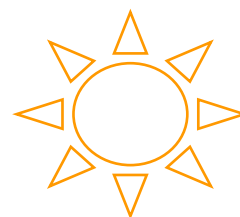
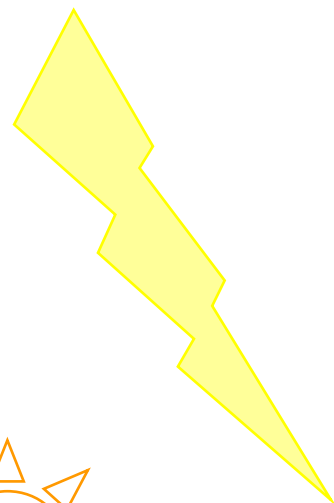
- It is impossible for most people to lick their own elbow....can you?
- As well as having unique finger prints, we all have unique tongue prints!
- Talking of prints, a dog's nose is like a human's fingerprint, unique to its owner!
- Pigs cannot look up at the sky! They can lie down to see the sky, but they cannot see it from standing position as the anatomy of their neck muscles won't let them look totally upwards. But they could get a reflection in a muddy puddle!



- An Ostrich's eye is bigger than its brain!
- The opposite side of dice always add up to seven. Go check!
- An average yawn lasts six seconds. Did that make you yawn?
- No words in the dictionary rhyme with Orange



- A bolt of lightning is 5 times hotter than the sun.
  - Apples float because they are a  $\frac{1}{4}$  air!
  - One million earths could fit inside the sun.
- Your nose and ears never stop growing!! Uh oh!
- Tigers have striped skin, not just fur!
- Strawberries are the only fruit that bear seeds on the outside.
- One quarter of your bones are in your feet!



- The shark is the only known fish that can blink with both eyes.
  - It is illegal to stand within 90 metres of the Queen without socks on.



- It would take only one hour to drive to space.
- Frogs drink water through their skin.











## Spotting Challenge

This is a great activity to help you notice your environment and the amazing things all around you. Taking time to really notice what is around you can help you appreciate all the brilliant little things and not worry too much about the big stuff.

You can do this anywhere and anytime, just find a few moments each week to stop and look around. Perhaps you want to always do it at 10am on Mondays, or maybe you will pick a different day each week. Maybe you will do your spotting from a window in your home or maybe you will do it when you are out and about. We've made a chart that you can use, but you could even just do it on a scrap of paper.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Where are you?						
What time is it?						
Can you spot?						
Pigeon 						
Bike 						
Traffic cone 						
Black and white dog 						
Scooter 						
Birds feather 						
Yellow Car 						
Rainbow 						
Woodlouse 						

## Writing Challenges!

Get your teeth into these six juicy writing projects...

### Week 1 - Write a magazine article

\*Think of a topic that you're interested in. Is there something you've talked about with friends or family that you'd like to find out more about? Magazine articles do more than tell the facts, they tell in-depth and often personal stories. Your topic might be something serious such as 'The truth about social media' or 'How lockdown has affected primary school children'. Or you might want to write about something fun, such as your favourite place and why you like it so much.

\*Make sure your first sentence is really interesting, so that people want to read the rest!

\*To make the article interesting you should use lots of adjectives.

\*Use the internet for research and then find people to interview about your subject.

\*Another type of article you might want to try writing is a review. For this one, write down your opinion on a book, TV show, film or computer game. Discuss the best and worst parts and let the reader know whether you would recommend it.

### Week 2 - Write an argument for or against...

\*Think of a subject you feel strongly about. For example: Are zoos good for animals? Is it good to be famous? Are books better than television?

\*Decide if you're for or against and then draw a table and write all the arguments for in one column and all the arguments against in the other column. Now write your argument using all the points you've listed in one of the columns and see if you can come up with some ways to counter the arguments in the other column.

\*Try and find someone to take the other point of view and have a debate!

### Week 3 - Write a poem

\*A haiku is a three-lined poem with five syllables in the first line, seven syllables in the second line and five syllables in the third line. Haikus are often (but not always) about nature and they should paint a picture. Here's an example:

*The girl's ice cream drips,  
She watches her friend swing high,  
It is her turn next*

### Week 4 - Write a biography

\*Choose a real person or a famous person.

\*If you're going to write about a real person, arrange a time to interview them about their life. Start with the main events: Where were they born? Do they have siblings? What do they do for work? Then find out the more interesting facts by asking less obvious questions and seeing what stories they tell you. For example: What is the best meal they've ever eaten and where did they eat it? What's the best birthday they can remember? What was their saddest moment? What was their happiest moment? Who do they most admire? Think of 10 more questions you could ask.

\*If your person is famous, use the internet to do some research. Think of all the questions you would like to ask them in real life and then try to find the answers online.

### Week 5 - Write a newspaper article

\*Choose something interesting that has happened recently in your local community or something that has happened in the news.

\*Newspaper articles focus on the facts. Start your story by concisely setting the scene: What happened? Who did it? When did it happen? Where did it happen?

\*In a newspaper article, the author doesn't usually give their own opinion on the event. This means you should write in the third person (avoid the use of 'I' and use 'he' 'she' and 'they' instead). To make the article interesting, you'll need to interview people and include their opinions on the event. Let your audience know whose opinion you are reporting by using quotation marks and including the name of your source.

### Week 6 - Write about your hopes and dreams

\*For this one, don't think too much, just start writing. What would you most like to happen? What sort of person would you like to be? Don't worry if what you're writing doesn't make sense, just get your thoughts onto paper.

## 6 things you can grow

**Week 1 - Spring onion** – This is super simple. Next time you are having some spring onions in your meal all you need to do is leave about an inch and a half at the bottom by the root. Take this bit and just pop it into a small glass of water. Make sure the top is out of the water by a few cm and that's it! It will start re-growing quickly and after a couple of weeks you will have a whole new spring onion. Make sure to change the water every couple of days to keep it fresh.

**Week 2 - Strawberries** – Next time you are having strawberries at home, see if you can spare one for this. You will need a knife that's sharp enough to cut through the strawberry, a pot for it to grow in and some soil or compost. Take your strawberry and slice off the outside. You will spot that it is covered in tiny seeds, these will become your strawberry plant! Once you have cut off all seeds you need to fill your pot  $\frac{3}{4}$  full of compost. Then simply place your strawberry slices (seeds facing up to you) on top of the soil. Once they are all on cover them with a couple of cm more of soil and then give them a good water. It may take several weeks for the seedling to pop through the soil so be patient. Make sure to water them a little bit each day and keep them inside in the sunlight. When they are bigger you can put them in a bigger pot if you want, or even outside if you have a space.

**Week 3 - Potatoes** – Have you ever reached into the bag of potatoes only to discover some are sprouting roots?! These guys are exactly the ones you want! If they have some good roots, and preferably ones that have a purplish colour then you are ready to plant! You will need a deep pot and some soil. Fill the pot up about  $\frac{1}{3}$  and then pop a few sprouting potatoes on top. Try to ensure the sprouts are facing up towards the sky. Then cover them over with an inch or so more soil. They should grow in a couple of weeks and when they reach the top of the pot you then can fill the pot up to  $\frac{2}{3}$  full. This will create even more potatoes! When the plant gets big purple flowers its almost time to harvest. Soon as the flowers wilt you can pull the plants up and get roasting.

**Week 4 - Dried beans** - You can use dried Pinto beans or Kidney beans from your cupboard. Find an old jar or a glass you don't need and swirl some water around in it, then tip it out. The seed will need that little bit of water to begin to grow. Roll up a piece of kitchen roll or tissue and put it inside the jar, pressing it against the glass. Then, slip your bean between the paper and the glass. Put the jar on a windowsill where it will get plenty of light. Use a water sprayer or a spoon to sprinkle a little water on it every day. After a few days your bean should start to sprout roots. Then, the bean will start to grow a stem which will grow upwards, as it looks for the light. After about ten days your bean seed should have grown a bigger stem and some leaves. It is now a little bean plant and its time to pop it in some soil. You can keep you pot inside during the winter, or outside during the summer.

**Week 5 – Celery** – If you would like to re-grow your celery then all you need to do is leave the bottom 2 inches when you are chopping it up for dinner. Pop the root into a glass with about 1 inch of water in and find a place inside that gets lots of lovely natural light. Be sure to change water every couple of days. After around a week you will start to see little leaves growing in the center, then hopefully little roots. When the roots are about an inch long you can re-pot it into some nice soil. This can be in a pot or in your garden if you are lucky enough to have one. Make sure the roots and some of the base are in the soil but the leaves are out. Keep the soil moist but not wet and in time you will have a brand-new celery. When its big enough you can take off the bits you need and leave the rest to keep growing.

**Week 6 - Pineapple** - This one takes a long time, so you really have to commit to it. It can take up to 2 years to grow your pineapple plant and maybe even have your own pineapples, so if you are in a rush this isn't the one for you! Make sure your pineapple is ripe, if it's not it may not work. You will need a grown up to help you get the right bit of the pineapple as it's a bit tricky and a bit spikey! They will need to hold the spikey bit at the top and twist it till it pops off, but make sure it has the little stalk still attached. Make sure to take off any of the fruits flesh that's still on there and take off some of the leaves around to stalk. Next step is to put it in a glass or jar filled with water and in around 3 weeks you will start to see some roots coming. When they are a few inches long you can re-pot in a nice big pot and watch it grow! Just remember to water it often.



Try these easy-peasy recipes to make tasty summer snacks. Ask for an adult's help to do the chopping and cooking!

### Strawberry and banana ice pops

#### Serves 4

You'll need:

2 bananas

8 strawberries

Yoghurt (any flavour)

Sprinkles or rice krispies

4 wooden kebab sticks



1. Cut the bananas into large pieces and leave the strawberries whole. Push the pieces of fruit onto the sticks, making sure there's an even number on each. Put them on a baking tray in the freezer for one hour.
2. Bring the fruit sticks out of the freezer and dip or roll them in the yoghurt. Lie them back on the baking tray and decorate with sprinkles or rice krispies.
3. Put them back into the freezer for at least another hour before eating them!

### Jamaican potato salad

#### Serves 4

You'll need:

4 large potatoes – pre-cooked (boiled) and cooled

1 small onion or 4 spring onions

½ teaspoon ground paprika

Pinch of salt

Pinch of black pepper

Dessert spoon mustard

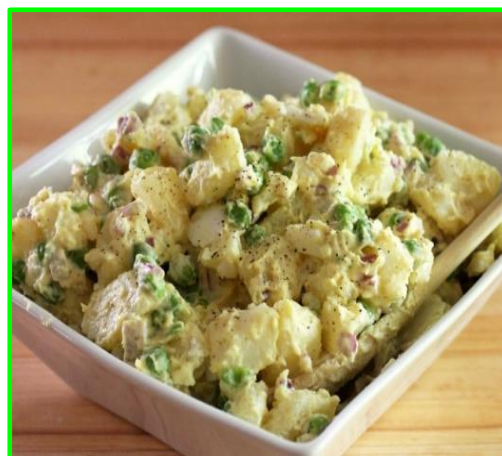
6 tablespoons mayonnaise

3 hard-boiled eggs

2 tablespoons sweetcorn

2 tablespoons peas

1 yellow or orange pepper



1. Cut the potatoes into large chunks. Chop the onion and pepper into small pieces and put into a bowl with the other vegetables.
2. Separate the egg yolks from the whites. Mash the yolks with a fork and chop the white into very small pieces. Mix the egg with the mayonnaise, mustard, paprika, salt and pepper; you can also add some hot pepper sauce if you like it spicy.
3. Mix the vegetables and the dressing together and serve in a large bowl.

## Mini vegetable frittatas

### Makes 12

You'll need:

250g potatoes  
125g mixed frozen vegetables  
75g grated cheese  
6 eggs  
150ml milk



1. Set the oven to 190C/ gas mark 5
2. Scrub the potatoes and chop into small squares (about the size of dice).
3. You'll need an adult to help with this step. Put the potato pieces into a pan with the frozen vegetables, cover with cold water and bring to the boil. Cook for 5 minutes. Drain the vegetables in a colander.
4. Brush the cups of a muffin tin with vegetable oil.
5. Divide the vegetables and grated cheese between each of the cups of the muffin tray (there should be 12 in total)
6. Beat the eggs, milk and a pinch of salt and pepper in a large jug. Pour the milk mixture over the vegetables and cheese.
7. Bake in the oven for 10 minutes until golden and cooked through

## Sweet potato and black bean quesadillas

### Makes 4

You'll need:

1 large or two small sweet potatoes  
1 tablespoon cream cheese  
1 tin black beans  
 $\frac{1}{2}$  teaspoon cayenne pepper  
 $\frac{1}{2}$  teaspoon paprika  
Grated cheese  
8 tortillas



1. Ask an adult to help with this step. Cut the sweet potato into thick slices and bake in the oven at 180C for 25 minutes. When cool, peel off the skin and mash with the cream cheese, cayenne pepper and paprika.
2. Drain the black beans and mix with the sweet potato mixture
3. Line a baking tray with tin foil and lie four of the tortillas (or however many will fit) flat on the tray.
4. Put a dollop of the sweet potato and bean mixture on each tortilla and spread it into a thick layer. Sprinkle generously with cheese. Put another tortilla on top of each to make a sandwich and press lightly.
5. Ask an adult to help with this step. Bake in the oven at 180C for five minutes or until the edges start to go crispy.
6. Cut into triangles and eat with your fingers!

## Colour Challenge

This challenge is all about creating your own rainbows. We have 6 colours, one for each week of the summer holiday. See if you can find 6 or more things which are that colour and create your own colour collage. It can be things in your house or things you see when out and about. Perhaps it's part of something else so you need to take a close-up picture or maybe it's something far away. What ever you spot that looks good to you is good for us! Ask if you can borrow a camera or phone and get snapping.



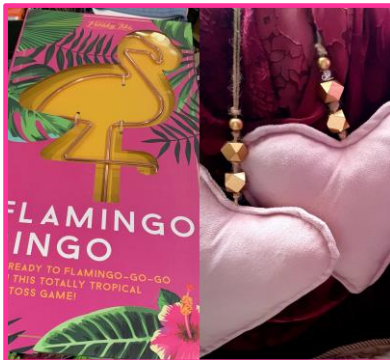
**Week 1 - Blue**



**Week 2 - Green**



**Week 3 - Orange**



**Week 4 - Pink**



**Week 5 - Red**



**Week 6 - Yellow**

We would LOVE to see some or ALL of the activities you do over the summer, please share them with us at our art email: [UPartchallenge@up.org.uk](mailto:UPartchallenge@up.org.uk)

## Bullet Journal

I went to  
bed at:

I woke up  
at:



I've been feeling:



Things I have learnt,  
new skills I have  
gained:

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What I am reading:

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Tasks I have  
completed:

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What's made me smile:

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I've been to:



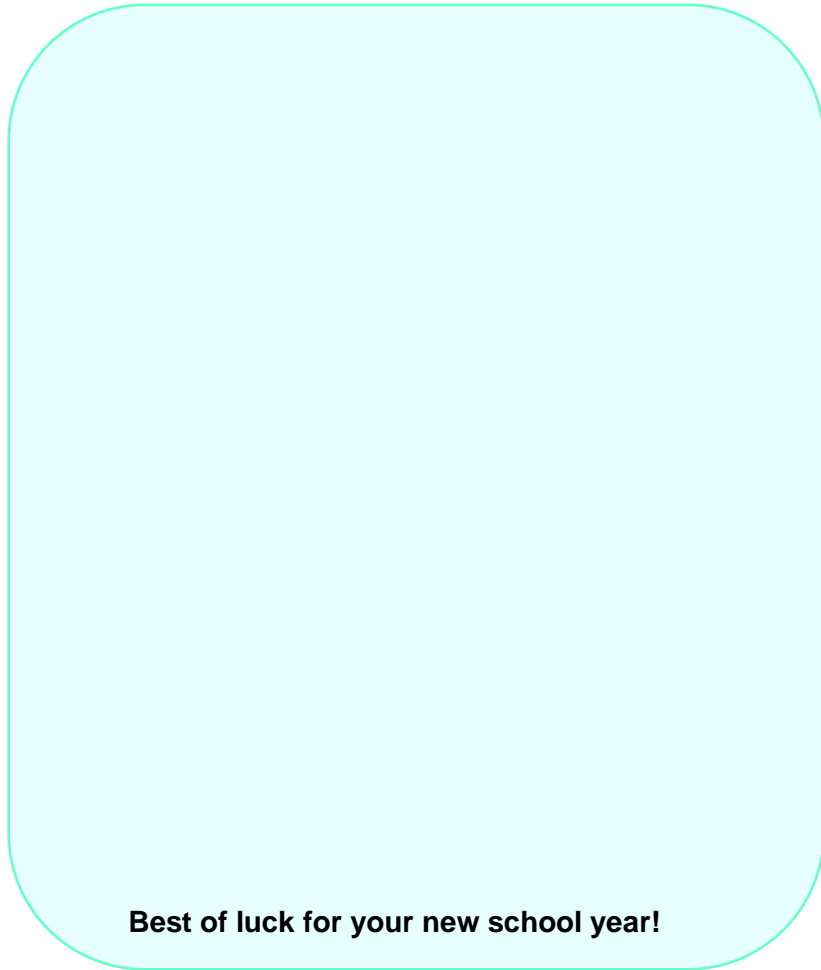
I made.....

I grew ....

I did .....

This bullet journal is a great way to log what you have been up to over the summer. You can do it daily or weekly. When ever the mood takes!

Use this page to write anything else that comes to mind. You might want to make a note of what information would be important for your new teachers to know about you:



Best of luck for your new school year!

## My New Class Passport

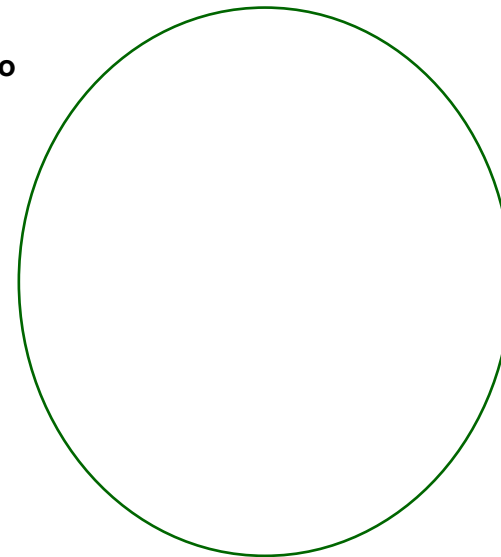
School Name:

School Year:

Name:

Nickname/s:

Passport Photo





**What my friends like about me:**

- 1.
- 2.
- 3.

**When I am not in school, I like to: (colour in those that are you)**

Draw	Play football	Play computer consoles
Watch Films	Go to the cinema	Watch TV
Read	Talk to friends on the phone	Cook or Bake
Help with jobs	Sleep	Cycling
Lego	Visit friends and families	Swimming
Other:		

**Things that pick me up:**

- 1.
- 2.
- 3.

**It is OK, not to be OK**

**Sometimes I do not want to talk. I will show you this most likely by:**

**Clues I am not feeling myself at school and might need some support:**



**Lessons I enjoy best are:**

1.

2.

3.



**Lessons I find hard are:**

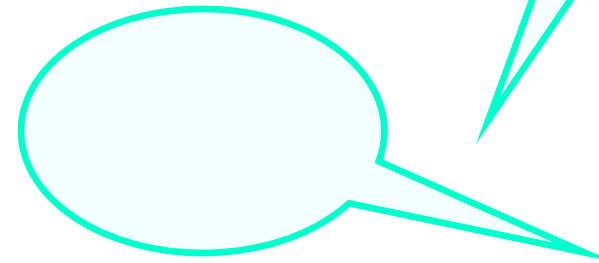
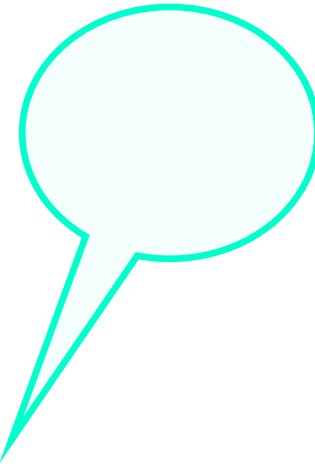
1.

2.

3.



**Things I like about school life:**



**Things I will miss about my old class:**

- 
- 
- 

**What I look forward to about the new school year: (e.g. bigger classroom, seeing friends, new teacher, new lessons)**

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- 
- 



**My Hopes and Aspirations for the new school year**

