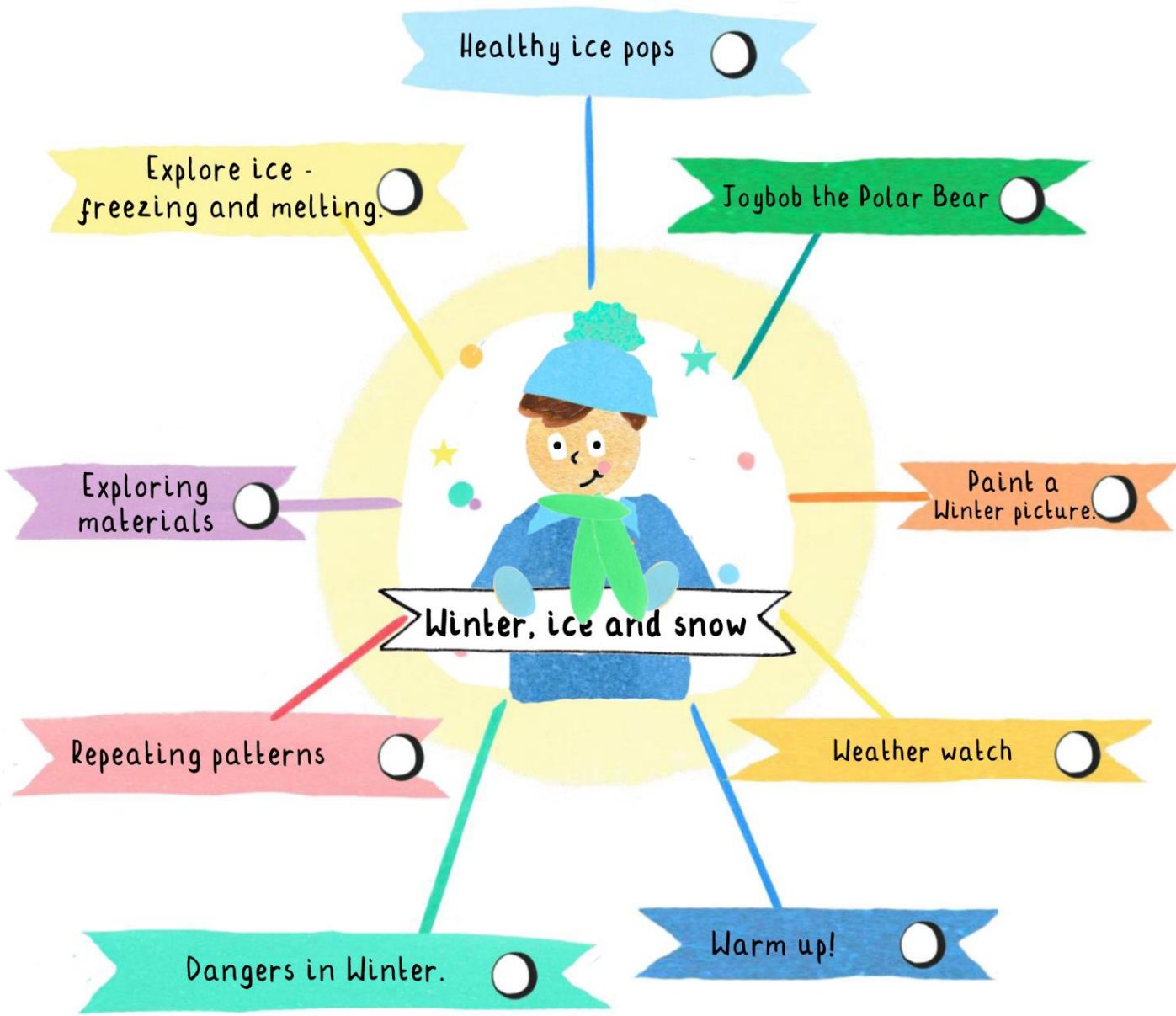


Free Choice Activities





What day is it today?

Take a look outside your window. Is there any frost or ice on the ground?
Can you use this sheet and the next, to keep a weather watch diary each day
this week?

What is the weather like outside?



Snowy



Sunny



Stormy



Windy



Rainy



Cloudy

Can you think of other words to describe the weather outside e.g. frosty, freezing, white?

What can you see outside or in the garden?







What will you need to wear to go outside today?



Weather watch



..... 's WEATHER WATCH Diary

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
 Sunny							
 Windy							
 Cloudy							
 Rainy							
 Snowy							
 Stormy							

Weather watch

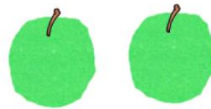
Healthy Ice Pops!

Can you make your own healthy ice pops?

You will need:



2 handfuls of spinach



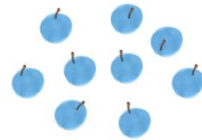
2 small apples



1 frozen banana



1 kiwi



1 small handful of blueberries.

Whizz them together.

Spoon into ice lolly holders.



Freeze overnight.

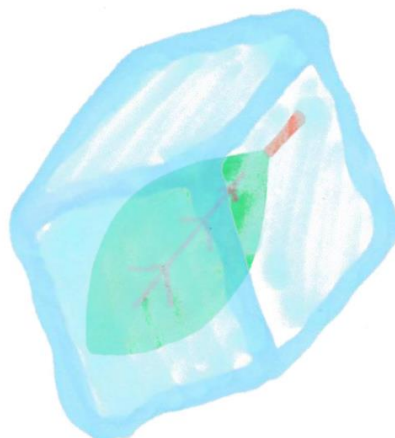
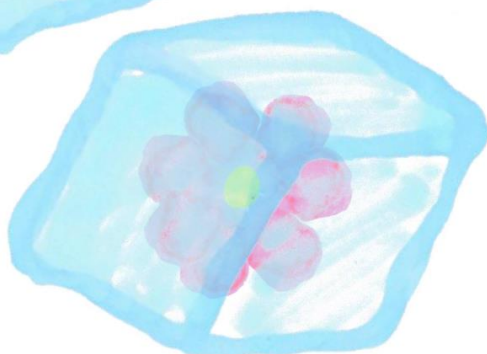
ENJOY!

Y U M !

Explore ice - freezing and melting.

Freeze cubes of ice with small objects inside e.g. a small dinosaur toy, a petal or a leaf.

Explore what happens — how will you get the objects out?



See the link below to give you some ideas as to what else you could freeze! Brrrr.

<https://picklebums.com/twenty-fun-things-to-freeze-in-ice-blocks/>

Can you write some words to describe the ice and how it feels?

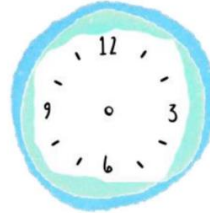


Explore ice - freezing and melting.

What did you use to get the objects out of the ice? Can you draw a picture of how you did it?

How long did it take to get the objects out of the ice?

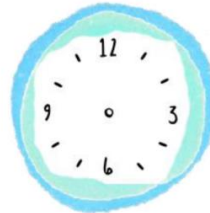
START TIME



FINISH TIME

How long does it take for the ice to melt on its own?

START TIME



FINISH TIME

Do you have any ideas about how the ice could melt more quickly?



Joybob The Polar Bear -
Cosmic Yoga

Can you join in with Joybob the Polar
Bear's cosmic yoga?

<https://www.youtube.com/watch?v=DP9jd1Ug2y4>

Can you stretch and make lots of different shapes with your body?
Have a go - enjoy!

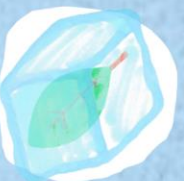


Can you draw some clothes
on Joybob to keep him
warm?

Joybob is all about joy!
What makes you happy?

Repeating Patterns

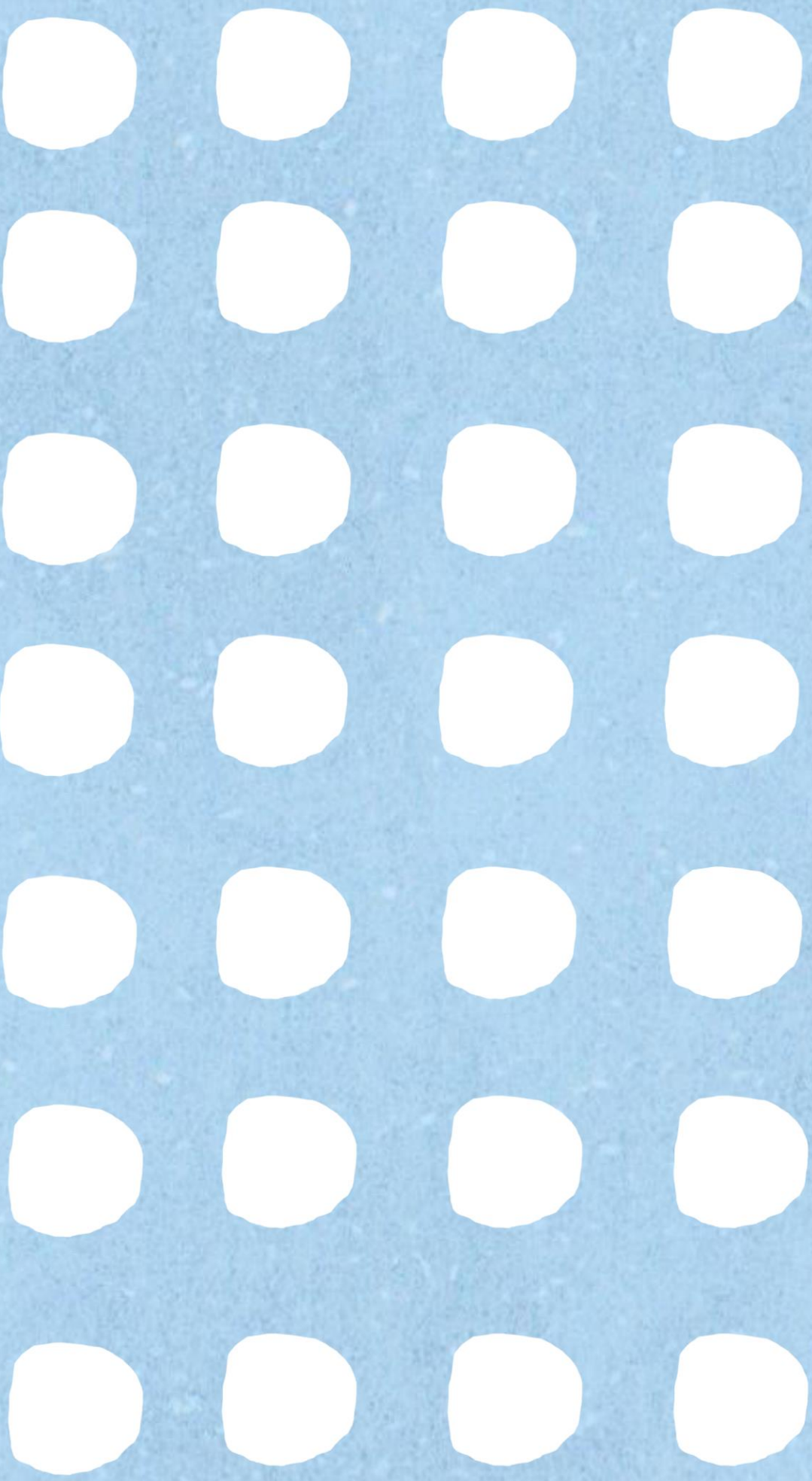
Can you complete these repeating patterns?



What comes next?

Repeating Patterns

Can you make your own patterns using lego blocks, beads or other objects in your house. Can you make different patterns using 3 colours or shapes? Can you print a repeating pattern using an apple or potato?



Exploring materials

Can you make a collection of materials or objects which are see through?

Can you find different objects that are not see through? Look carefully - are there any that you can see through a little bit? Which objects do we need to be able to see through? Sort the objects into groups. Draw and label them.

See through



Not see through



Paint a Winter picture.

Draw a tree with brown and black crayons, or a white snowman, then paint over it with different shades of blue and white to make a frosty scene. Add glitter to your paint to make it look like sparkly ice.



Warm up!

Let's warm up when it is cold outside.

How can we do this?

How does exercise make you feel?

You can try some exercises and see if you warm up!

- 10 star jumps
- Skip around the garden or house.
- Touch your toes 5 times and jump in the air.

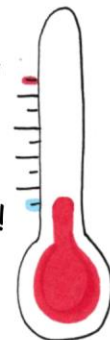


Think of your own actions and count how many you can do. Write the number here..

How does your body feel now?
Can you colour the thermometer to show how warm you feel?

Toasty warm!

Freezing cold!



Dangers in Winter.

Can you talk about the dangers in Winter?

How can you stay safe?

Can you make a danger poster below and label it?

