



Make and create

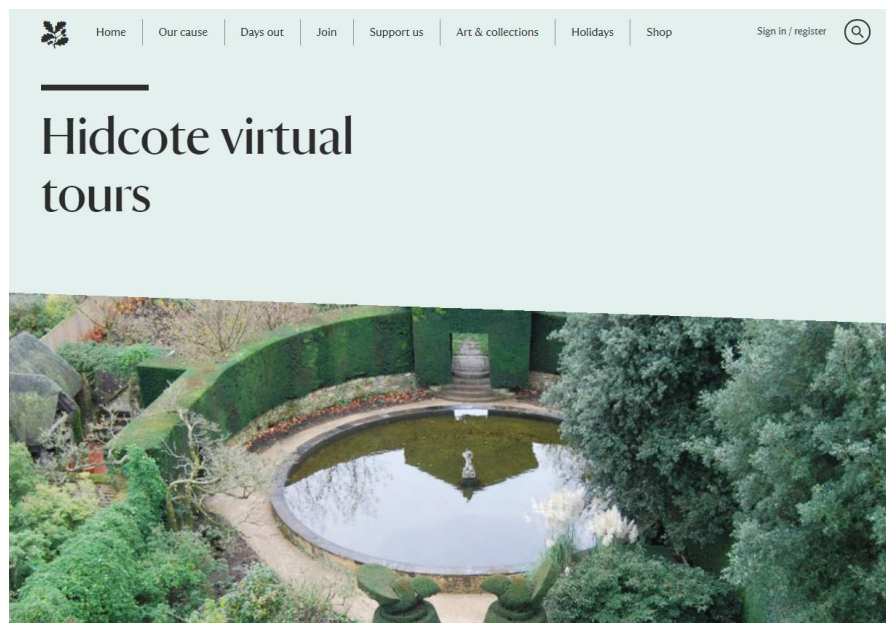
Art & Craft and Music

You will need:

- Drinking glasses, a jug of water and a wooden / metal spoon
- Painting or drawing materials

Task 1:

Share with your child an [online visit to Hidcote Gardens and explore the Old Gardens here](#)



You might want to discuss:

- What can you see and hear – look at the size, shape and colour of the plants.
- Where do they think the paths go?
- What might be behind the gates and the walls?

Task 2:

Now, [visit Claude Monet's paintings of gardens and look at his images of gardens here.](#)

Look closely at how Monet has painted the size, shape and colour of the plants. Discuss with your child where the paths might lead and what might be behind the gates and the walls – can you see any similarities between the images at Hidcote and by Monet?

Top tip:
Remember to select the audio and try the auto rotate feature

Did you know:
Monet's style of painting is known as 'Impressionism'





Could you use your painting and drawing materials to create a picture of Hidcote Gardens or your own garden?
Could you try and create your picture in the same style as Monet?

Whilst you are creating your picture, you [could listen to Vaughan Williams' music called Lark Ascending here.](#)
You might also like listening to the music and taking the tour of Hidcote Gardens, with the audio switched off.

Task 3:

Now, let's make some music!

Begin by pouring different amounts of water into drinking glasses.

Gently tap them with a wooden spoon – can you play them slowly, quickly and try to create the sound of a stream running through your garden picture?

What happens if you use a metal spoon?

Remember – tap them gently! Can you record your ideas – or play as you watch the video of the Hidcote Gardens?



Top tip: Why not try adding different food colouring to each glass?

We would love to see and hear your ideas – find us on Twitter and Facebook @EdsentialUK

And if you are looking for some more Make and Create ideas;

You can [take a tour of the Tate and stop off at Edwina Sandy's Daffodils here](#) whilst listening to one of the most famous poetic references to this spring flower, found in Wordsworth's poem, [I Wandered Lonely as a Cloud...](#) before creating your own images and models of the sight and sounds of the season:

1. Draw daffodils [here](#)
2. Make paper daffodils [here](#)
3. Create a Spring collage [here](#)

You could do this whilst listening to Lark Ascending (above) or [Vivaldi's response to the re-awakening of the world after winter here](#)

Task 4:

And now, let's sing – Out of the Ark '[Spring Chicken' song](#). You can sing along with the words on screen – encourage your family to sing along as well, and [why not try the dance moves too?!](#)

Did you know:

The term 'Spring Chicken' is often used to refer to someone who is young and full of life?



Time to move

PE, Dance and Healthy Eating

Daily

Take part in #EdsentialAtHome Daily Challenge against a member of the Health and Wellbeing Team. Challenges are posted daily on Twitter @EdsentialUKH_WB and Edsential Facebook. [View all Daily Challenges here](#)

Weekly Skills

“Balance is the ability to stay upright or stay in control of body movement”. Can you use our activities to help improve your balance this week? Balance is really important in most sports, especially gymnastics and martial arts. Balance can be static (staying still) or dynamic (moving). [Balance Video 1](#) and [Balance Video 2](#)

Working Together

Work with a sibling or parents to count the number of throws and catches you can complete together without dropping the ball. Get a little further apart each day. Can you double your best score from Monday by Friday? Watch out for next week’s Coordination skills which will definitely help you with this.

Health and Fitness

Continue with last week’s Marathon Challenge. You might have already done 5 miles. Only 21.2 to go!!

[Follow the Triple Workout Challenge video](#) of Matt from our Health and Wellbeing Team. Can you do 20 seconds of each move? Try doing the complete set of 3 more than once with only a short break in between.

Resources

Play the activities and complete the challenges [Energy Club Cards Sessions 4 and 5](#)

Eat well to stay active

If possible, try a piece of fruit or a vegetable that you have not had before. Upload your reactions to the new tastes!

Did you know:

Missing breakfast means you can get very frustrated as you can’t concentrate at school and don’t have the energy to play your favourite games. If you want to have loads of energy make sure you always have breakfast before school.





Let's go outside

Using the natural world to learn and play together

You could...

- Plant and tend flower seeds, make sure you remember to water them – check out our Adventures at Home section below!
- Walk through your local park or listen in your garden, what different sounds can you hear? [Listen to different bird sounds here](#) and see if you recognise any of them
- Collect as many different shades of green as you can, line them up lightest to darkest. Why not [create the hungry caterpillar](#)- or you could thread leaves on string, your child may have a better idea. Can you give the shades your own name?



- Make a magic potion with natural material, petals, leaves, grasses and soils – give them a magic rub and a good sniff before adding to your potion. Add a bit of water and a good stir.
- [Create a piece of art](#) by leaf and bark rubbing using crayons. Place the leaf vein side up.



Curriculum

Link: "find out and describe how plants need water, light and a suitable temperature to grow and stay healthy"

Did you know:

The colours and smells in their magic potion present the perfect open-ended sensory experience





Adventures at home

Build resilience, confidence and curiosity with our Residential team

The #ConwayAdventuresAtHome focus this week is **Patience** – “The ability to endure a long wait calmly or deal with annoying problems without frustration”.

Can you identify times this week when you have had to practise using patience? Did you do well? Have other members of your household been patient? Have a look at our Adventure Films to feed your inspiration for practising your skills of patience.

Adventurer of the Week – Captain Robert Falcon Scott

The first British man to explore Antarctica and reach the South Pole. The journey and adventure that he and his crew undertook in the early 1900's required an immense amount of **patience**, dedication and commitment. [Can you find out more about his adventures](#) and identify why he had to be so **patient**?

Adventure Films:

Treat yourself to [watching these epic films](#). How do the adventurers use their **patience** skills?

Activities

This week we challenge you to practise your **patience** whilst connecting with nature and growing your own plants. Growing plants from seeds takes time, careful planning and dedication. Once complete you could enjoy home grown tomatoes or a beautiful sunflower to brighten your day.

1. Practise your **patience** by creatively [growing Sunflowers](#). How creative can you be? Can you use items from your house to help grow and care for your sunflowers?
2. Believe it or not you can grow tomatoes without leaving your home, as long as you have some tomatoes in the house! [Have a go at growing tomatoes](#) and enjoy the scrummy sweet taste of homegrown tomatoes.
3. If you have limited garden space you could [create a spring garden adventure of your own](#) inside. Using bits and pieces collected from your recycling can you **patiently** create a spring adventure scene? We would love to see your creations!
4. Whilst you are waiting **patiently** for your plants to grow you could [build your own Spring Mini Pond](#). Have a look at the link to find out how to create your own pond.



Knot of the Week – Alpine Butterfly



In keeping with the spring theme, the knot this week is an Alpine Butterfly, which will require **patience** learning the knot. This knot puts a loop in the middle of a rope. It's very useful for people who go climbing, boating and caving as you can tie loops in the rope to attach to and keep you safe.



Amazon Audible

Our top literary picks to extend their learning even further
<https://stories.audible.com/start-listen>

You might enjoy:

- [Peter Rabbit](#)
- [Ruskin Bond](#)
- [The Secret Garden](#)



Keep in Touch

We would love to see your activities and you can upload images, sound and video recordings of your creative responses to our Twitter [@EdsentialUK](#) and Edsential Facebook – please ask an adult to do this for you.

