

Essex ACTIVate

Essex ActivAte activity booklet

This pack belongs to:

★ Suitable for children ages 9-11

Figure of



How many times can you pass a ball through both your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.

Do you believe in yourself and keep trying if you drop the ball?



S

Use a clear, open and safe space.

T

Move the ball in both directions through the figure of 8.

E

A ball.

P

Challenge yourself or encourage a partner.

Achieve Gold

35 times through your legs.



Achieve Silver

25 times through your legs.



Achieve Bronze

15 times through your legs.



Star Gazing

We love long, warm summer days, but when the evenings are so light there isn't much chance to look up at the night's sky! If you miss seeing the stars, follow the steps below to build your own telescope so you can view constellations whenever you like...

You will need:

Kitchen foil
2 cardboard tubes
Some black card
A tiny bit of sticky tack

1. Find two cardboard tubes of slightly different sizes. One should be able to slide inside the other. If you have two tubes the same size, you can cut down the length of one and tape it back together a little smaller.
2. Draw around the end of your wider tube on some black card and cut it out. The black card should completely cover the end of your larger tube.
3. Now draw a constellation on your card. Our version features the Gemini constellation, but you can choose a different one or make up your own! Draw out the stars and then link them up like a dot-to-dot. You can make as many different cards as you like with different star patterns, as these will be detachable.
4. Now use a pencil and some sticky tack to carefully poke a small hole through each star.
5. Next, wrap each of your cardboard tubes tightly in foil to make it look like metal. Use tape to stick the edges down. If you don't have any foil then decorate them with pens or paint.
6. Slot the smaller tube into the larger one. You should be able to slide the tubes back and forth as if you are focusing your telescope.
7. Now use a little bit of sticky tack to attach your constellation card. Look into your telescope. What can you see?



5 things to do at the Park

Don't forget to put on sun cream!



Next time you're at the park, try out some of these fun activities!



1

Do a park bench workout!

1. Run around the bench
2. Step ups onto the bench
3. Plank hold on the bench

2

Add a new twist to the game of **Pictionary** by drawing pictures with sticks, and see if your friends and family can guess what it is.



3

Some parks have an **outdoor gym** – see if yours has one and try out some of the equipment. Be sure to ask an adult for help.



4

Run around an area of the park and see **how many trees** you can tag in one minute!



5

Make some nature faces! Gather up

some leaves or twigs from the ground and arrange them in the shape of your face. Then why not see if you can do a nature portrait of one of your friends or family?



FIND

YOUR

ACTIVE

There are so many ways you can get active outdoors and the park is a great place to go and get started. Whether you go for a walk, run or bike ride, or even use an outdoor gym or play area – every bit of movement is great for your mind and body!

Let's cook!

Don't forget to colour in all the yummy food around the edge!

What could be more fun than Breakfast Boats? Fill them with lots of your favourite flavour combinations to bring a tasty twist to your morning meal!



Breakfast Boats

! Always ask an adult to help you cook or prepare food!



Ingredients:

- 2 taco boats
- 2 eggs per boat
- ½ tin baked beans
- 1 rasher bacon per boat



Other combos of ingredients could be tomato, onion, peppers

Recipe:

1. Ask an adult to help you preheat oven to 180 degrees
2. Place the taco boats on a baking tray
3. Split the beans and bacon between the taco boat, then crack 2 eggs into each taco
4. Bake for 20-25 mins (if the tacos start to brown, ask an adult to cover the boats with foil)
5. These boats are best eaten straight away, but be careful, they'll be hot!

These yummy Frozen Yoghurt Bites taste just like ice cream, making them perfect for summer! There are many different flavour combinations you could try like vanilla, strawberry or tropical yoghurt!

Ingredients:

- 2 peeled bananas
- 200g Yoghurt (any flavour)
- 100g berries

Recipe:

1. Place the bananas and yoghurt into a blender and blitz until smooth (if you don't have a blender simply mash the banana using a fork) Place 9 muffin cases into a baking tray
2. Then spoon around 2tbsp of mixture into each case
3. Top with berries and freeze for at least 3 hours. Once frozen and ready to serve remove from freezer and set aside for 5 mins before eating



Frozen Yoghurt Bites

Enjoy!



We'd love to see photos of your creations! Ask an adult to share photos with us on Facebook or Twitter - @EssexActivAte.



Commonwealth Activity Passport

with the Multi Schools Council



Join us this school holiday in travelling around the world and getting active.

As chosen by the Multi School Council pupils, visit the 5 selected Commonwealth destinations and see how many exciting activities you can complete, whilst discovering some fun facts on the way!



Can you successfully return with a fully stamped passport?

If you're attending a Essex ActivAte club, then ask an adult for a sticker once you've completed one of the workouts for each destination. If not, try designing your own stamp in each circle!

As you work your way around the world over the next few pages of this pack, make sure you warm up and stretch before you do the exercises. Try some of these movements...



Africa

Maasai Mara National Park

In each destination over the next 5 pages, there are two choices of workouts – one standing and one seated. To earn your first stamp, try completing one of the jungle workouts below!



Bronze:
1 set



Silver:
2 sets



Gold:
3 sets

Jungle Workout



Elephant Stomps
10 secs



Monkey Squats
3x



Giraffe Stretch
5 secs on each side



Frog Jumps
3x



Flamingo Balance
5 secs on each leg



Cheetah Sprint
10 secs

Did you know...

- The Maasai Mara is one of the most **famous and important** wildlife protection areas in Africa
- It has over **450** animal species
- It's made up of **jungles, plains and woodland**



Did you know that exercise...

- Helps strengthen your bones
- Can make you happier
- Helps to improve fitness and stamina
- Increases concentration levels

Seated Challenges



Elephant Trunks
6 raised arm circles
3 clockwise & 3 anti clockwise



Monkey Smash
Move arms up & down for 10 secs



Giraffe Stretch
Reach for 5 secs on each side



Frog Arms
Make your arms into frog legs with 5 wide arm claps



Flamingo Balance
Push yourself up and hold for 5 secs



Cheetah Arm Sprints
One arm at a time, reach up as fast as you can for 10 secs

Asia Singapore

Go through the life cycle of a tree with these Tree Yoga exercises to earn your next passport stamp. Once you're comfortable in each position, try closing your eyes and see how it feels!



Bronze:
1 set



Silver:
2 sets



Gold:
3 sets

Tree Yoga



Seed stretch
Hold for 10 secs

Roots Pose
Hold for 10 secs

Tree Balance
Hold for 5 secs on each foot

Branch Reach
Hold for 10 secs on each side

Flower/Leaf Pose
Hold for 10 secs

Falling leaf
Hold for 5 secs on each foot



Did you know...

- The Gardens by the Bay, in Singapore, feature giant tree structures the height of **11 double decker buses**
- Singapore is also famous for its **beautiful blossom trees**

Tree Yoga Seated Exercises



Seed stretch
Hold for 5 secs



Roots Pose
Hold for 10 secs



Tree Balance
Hold for 15 secs



Branch Reach
Hold for 10 secs on each side



Flower/Leaf Pose
Hold for 10 secs



Falling leaf
Hold for 5 secs

Did you know that yoga...

- Can make you feel calmer and reduce stress levels
- Enhances strength and flexibility
- Improves balance

Europe

London, England



This next challenge is inspired by RideLondon – the world's most exciting cycling festival! It took place across London and Essex in May.

For each of the activities below, you can choose to cycle, skate, wheel, scoot, rollerblade, run or walk. Once you've finished, don't forget to collect your stamp!

Slow Bike Race

Have you ever tried a slow bike race? It's just like it sounds... a race on wheels, but instead of going as fast as you can you go as slow as you can!

Gather your friends or family and mark a start and finish line in the garden, park or another safe outside space – who will be the LAST to cross the line?



Did you know...

- The RideLondon route is over **100 miles** long
- That's equal to over **400 laps** around an athletic sports track!
- Over the last weekend of May, **25,000 cyclists** pedalled through the Essex countryside

Did you know that exercising outdoors is...

- A great way to get fresh air and explore your local area
- It's also good for your mental wellbeing



Bronze: 10 minute ride



Silver: 20 minute ride



Gold: 30 minute ride

Ask your family and friends to go for a ride, run or walk. Can you spot the following sights...



☐ A post box



☐ A bird



☐ A lamppost



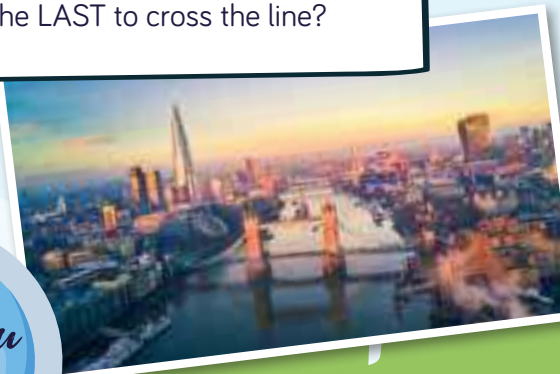
☐ A bench



☐ A dog



☐ A car



Caribbean & Americas

Belize

Can you believe that there is a big deep hole in the Earth's surface, in the ocean near Belize? It's known as the 'Great Blue Hole'. For this next activity let's imagine we're jumping and diving into the hole!



Bronze:
1 set



Silver:
2 sets

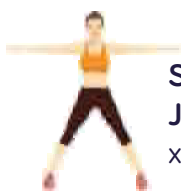


Gold:
3 sets

Did you know...

- The Great Blue Hole is almost **perfectly circular** in shape
- It's the same size as **100 reef sharks**
- And it's visible from **space!**

Jump into the Great Blue Hole



Star Jumps
x5



Pencil Jumps
x5



Hop Jumps
x3
(Each Leg)



Tuck Jumps
x3



Standing Jumps
x3



Half Turn Jumps
x3

Did you know that...

- Swimming is a great form of exercise that uses all the muscles in the body
- Jumping (either in water or on land) is a great way to use lots of energy

Different Exercises



Olympic Seated dive
x5



Breaststroke back to Shore
x5



Pencil Dives Stretch and hold for 5 secs



Front Crawl Back to shore
x5 each arm



Star Jumps
x5



Backstroke back to shore
x3 clockwise/anti

Pacific

Sydney, Australia

The city of Sydney in Australia is famous for its Harbour Bridge! So, to earn your 5th and final passport stamp, we're challenging you to complete the climbing exercises below, just as if you're climbing Sydney Harbour Bridge itself!



Bronze:
1 set



Silver:
2 sets



Gold:
3 sets

Did you know...

- The Sydney Harbour Bridge is 134m tall... that's the same as **67 kangaroos**
- It's the world's **largest** steel arch bridge
- It's nearly **100 years** since the bridge was built

Climb Sydney Harbour Bridge



Climb Stairs
x3



Chair Climb
x3 on each foot



Mountain Climbers
x5 each foot



Bear Crawl
10 secs



Crab crawl
10 secs

Alternative Exercise

Sydney Harbour Bridge is 1,149m long – so as an alternative to the workout moves above, we're challenging you to travel 1149 meters!

Whether you go out for a walk or ride with your family, or do laps of a room or garden – it's completely up to you!

1149 meters is equal to...

A 15 minute walk

A 10 minute bike ride

0.7 of a mile

Did you know that...

- Doctors recommend that everyone should get at least 60 minutes of exercise a day
- Exercise has been proven to help the brain
- Doing exercise each day has also been shown to help you sleep better



Grow Your Own

Have you spent much time thinking about how fruits and vegetables are grown and how they end up on our plates? It's easy to forget how much time and effort has gone into growing the food we eat!

It might surprise you to know that we can actually grow lots of fruits and vegetables at home, using just scraps that would otherwise just end up in the bin. Check out some of the ideas below and keep an eye out for these scraps when your family cook dinner!

If your family buy whole lettuces, you can keep the base to grow new leaves in no time!

Once an adult has chopped off the leaves to use, place the base in a bowl of water with the cut edges facing up. Replace the water every one to two days, and within two weeks you'll have enough fresh new leaves for a sandwich or side salad.

Lovely Lettuce



Grow your own delicious summery snacks, using just the seeds from one old strawberry!

Ask an adult to help you use tweezers or a toothpick to scrape the seeds off a strawberry and lay them out on a piece of kitchen roll. Wait for the seeds to dry slightly so you can carefully pick the seeds up and leave most of the strawberry flesh on the kitchen roll.

Super strawberries



Now they're ready to plant! Put some soil in a container like a cleaned-out yoghurt pot, and gently poke a small 1cm well in the middle. Drop 3-4 seeds into the hole and sprinkle a thin layer of soil on top. Don't press the soil down. Keep the soil slightly moist but not wet and keep an eye out for signs of life within the next 6 weeks. Your plant might not produce strawberries until next year but it will be so worth it!

Glorious Garlic



Garlic is one of the easiest foods to grow from kitchen scraps.

Simply take some left-over cloves and place them pointy-side up in some soil (either in pots or in the garden) 4-6 inches apart. Even if they're a bit old and have green shoots coming out the top, they're ideal for planting.

To grow a full head, plant them in the ground outside in autumn before it gets too cold, and enjoy fresh garlic the following year. You can plant them inside in a container any other time of year to grow edible green shoots, rather than a full garlic head. This Green Garlic can be chopped up and sprinkled on top of salads, soups or other dishes.



Wheely COOL Activities

Don't worry if you don't have a scooter or don't enjoy cycling – you can do both of these activities on foot!

As you may have read within the Commonwealth Activity Passport challenge, a huge cycling festival called RideLondon came to Essex in May!

As such, we've teamed up with British Triathlon to bring you two exciting cycling inspired activities.



Activity 1: Alphabet Explorers

Take on the street scrabble challenge!

The idea of the game is to plan a route to walk, run, scooter or cycle around your local area and create a word based on the first letter of the streets or shops you visit. For example, you may visit Tesco followed by Ringwood Road followed by Yelverton Way to spell out TRY. Why not challenge yourself and attempt a word with plenty of letters in it! Can you find a way to spell your name?



Activity 2: Obstacle Dash

Build your own obstacle course and try and complete it as fast as you can!

Raid your toy box, the garden shed and your bedroom - you can use anything you have for your obstacle course. Here's a few things that would be great to involve - a skipping rope, balls, buckets, cones, hula hoops, twigs and even socks! Set up your course and have a practice, then ask someone to time you all the way to the finish line. Can you complete it running between obstacles? Why not try cycling or scooting between obstacles and practice getting on and off as smoothly as you can.





Are you a Tom Gates fan?

Then you'll know he's a huge fan of biscuits. Why not have a go at making your own, then head down to your local library and borrow one of the fabulous Tom Gates books!

Ingredients:

220g softened butter

200g caster sugar

1 tsp vanilla extract

1 large egg

425g plain flour

Icing sugar and sprinkles to decorate (optional)

You will also need a mixing bowl, sieve, wooden spoon, biscuit cutters, baking tray and baking parchment

Recipe:

1. Preheat the oven to 180c (fan) / 200c or Gas Mark 6.
2. Cream together the butter and sugar until it is well mixed.
3. Add the egg and the vanilla extract and mix well.
4. Sieve in the flour and mix the ingredients to form a dough.
5. Divide the dough into 3 portions. Lightly flour the work surface and gently knead one portion of the dough until it is smooth and pliable. If it feels too sticky, add a scattering of flour and knead to work it in until it loses its stickiness.
6. Lightly flour the work surface again and roll out the dough to approx. 3mm thick.
7. Make shapes by hand or using biscuit cutters Repeat with the remaining portions of dough.
8. Line the baking tray with baking parchment and carefully transfer the biscuits onto the tray. Bake in the oven for 8-10 minutes or until the edges are a light golden brown.
9. Cool the biscuits on a wire rack before decorating with your choice of icing and sprinkles.



Brilliant biscuits!



Always ask an adult to help you cook or prepare food!



Happy Crafts



Happiness is a great feeling!

It's wonderful to feel happy yourself and to make other people feel the same. Have a go at the activities below to boost your happiness and bring a smile to other people's faces too!



ActivAte Rox

Spread happiness around Essex by leaving little happy rocks that you have decorated. You'll be surprised how many smiles they will get! Follow these steps to spread some joy...

Don't forget to ask an adult to take a photo and share it on social media with the hashtag #ActivAteRox!

1. Find a medium sized stone or rock and give it a wash to remove any mud and dirt.
2. Dry the stone with some tissue and set yourself up on a table or out in the garden with your paints and paint brushes.
3. Paint your stone in lots of bright colours, write a positive message such as 'Be Happy'.
4. Once your stone is dry paint or write on the bottom #ActivAteRox and leave it in a place for someone to find to brighten their day. Alternatively keep it in your own garden or your bedroom to make you smile.

Happiness Box

A Happiness Box is something you can create and decorate, then add items that make you happy if you are having a sad or angry moment.

You could use an old shoe box or a jar, as long as it is big enough to hold a small number of 'happy' items that you want to store in it.

1. Decorate your box or jar with beads, or pictures, paint or ribbons.
2. Once it is decorated think of some personal items that make you smile. A colouring book, a joke



Music often brings happy thoughts, try adding some songs to a memory stick and add then to your box!

- book, a fidget tool, a photo, a bottle of bubbles, a teddy. Anything that makes you happy and calm.
3. Put the 'happy' things in your box or jar and keep it somewhere safe, maybe in a cupboard or under your bed.

Next time you feel sad or worried, open up your Happiness Box and look through the items you put in there, do some colouring and read some jokes. **This will help your happy thoughts come back to you.**



Be sure to cover the table or surface and ask an adult before making crafts

Thank you to our partners who contributed to this activity pack...



Be Kind to Yourself

Have you heard of Positive Affirmations?

They are sentences that you say to yourself to help bring calm and positive thoughts when you are feeling angry or anxious. These affirmations are personal to you and can be said out loud or in your mind, in front of a mirror or out on a walk.

Have a go at writing your own positive affirmations, we have started them for you to give you an idea.

1. My mind is calm.
2. My body feels relaxed.
- 3.
- 4.
- 5.



Head to www.activeessex.org/children-young-people/essex-activate/support/ to access even more fun activities!

Don't forget to share your thoughts, stories, photos and videos with us on **Facebook or Twitter - @EssexActivAte.**