

Essex

ACTIVate

How Many Shells Can You Spot?



This activity booklet belongs to:

A Day at *The Park*

Our local green spaces are full of nature, wildlife, walking trails and wide open spaces. Take a trip down your local park, and discover the many sounds, senses and sights this summer!



Name 5 different types of wildlife you can see!

What can you hear, see, smell, taste and touch?

Create your own nature olympics and see who can run from tree to tree the fastest, or how many high jumps can you do in one minute? Challenge a friend, parent or carer!

Grab a frisbee or football, or even play hide and seek!

Walk the park then draw a nature map of it - including all of your favourite things you see along the way!

Pack up your lunch and take a picnic to the park! Enjoy your delicious snacks and sandwiches, whilst taking in the glorious sunshine and fresh air.

Colour Me In

Explore a local park or green space near you:

www.activeessex.org/essex-parks-and-open-spaces



A Day at *The Beach*

A day out to the beach can seem like a dream come true - sand, sea, sun and fun! With over 350 miles of coastline in Essex, take a day trip with the family and discover your local blue space!

Create a scavenger hunt of what you might find by the sea - a seagull, a kite, a sand castle, a lifeguard? Keep your eyes peeled!

Collect shells, driftwood, stones, and sea glass. Once you have enough supplies, create a picture in the sand or take them home to create a scrapbook.

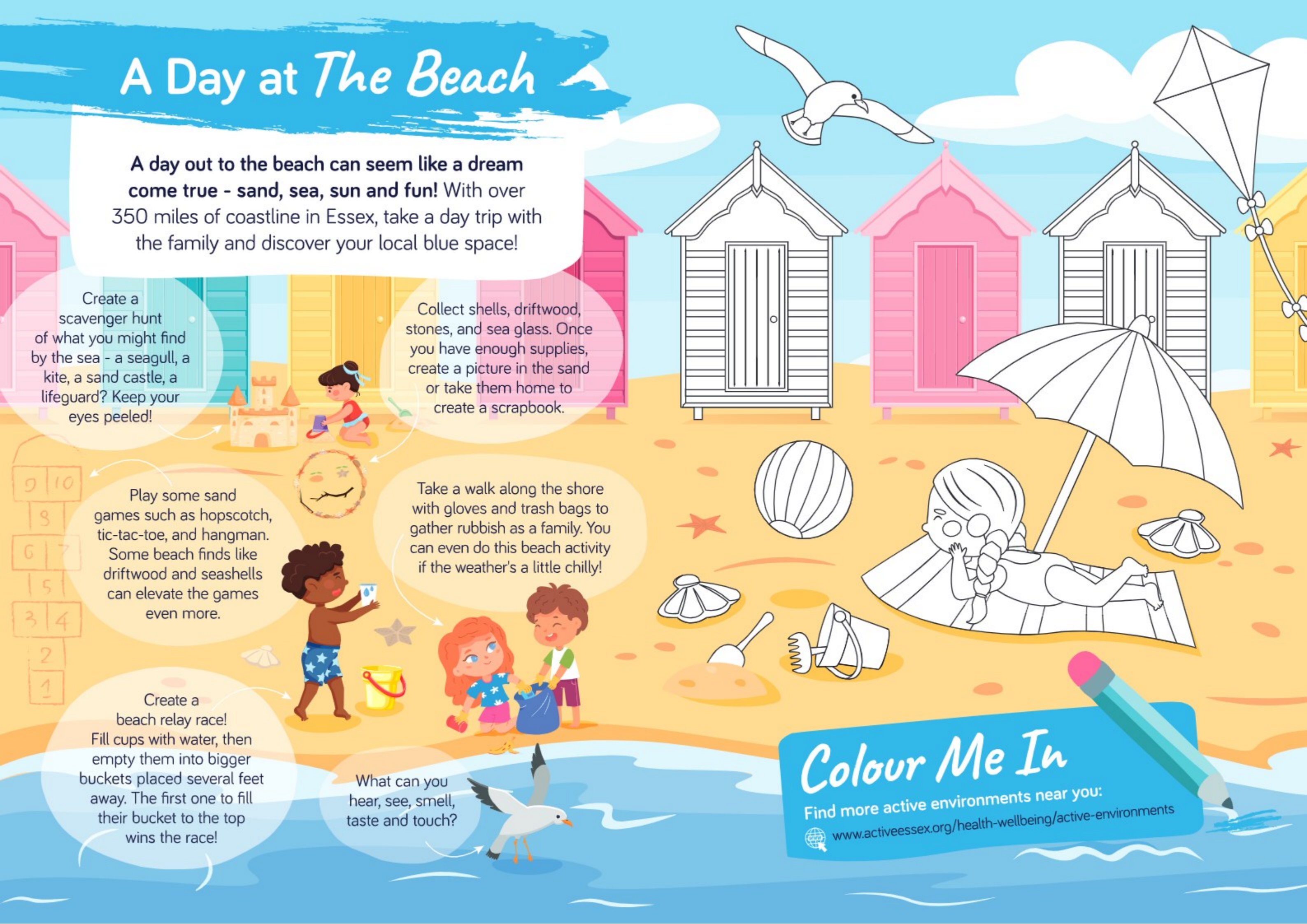
Play some sand games such as hopscotch, tic-tac-toe, and hangman. Some beach finds like driftwood and seashells can elevate the games even more.

Create a beach relay race! Fill cups with water, then empty them into bigger buckets placed several feet away. The first one to fill their bucket to the top wins the race!

What can you hear, see, smell, taste and touch?

Take a walk along the shore with gloves and trash bags to gather rubbish as a family. You can even do this beach activity if the weather's a little chilly!

Colour Me In
Find more active environments near you:
www.activeessex.org/health-wellbeing/active-environments



Sun & Water Safety

When you're outside this summer, remember to **stay safe and alert when having fun in the sun!**



Slip on a t-shirt



Slop on sun cream with a protection factor of 30 or more



Shade from the sun wherever possible



Slide on some quality sunglasses



Slap on a wide brimmed hat

The Five S's

Get Creative

Design your own hat, sunglasses and t-shirt to wear when outside to **protect you from the sun!**



Water Safety



When near or around water, make sure to be aware of your surroundings, always keep an adult in sight and follow the safety rules!

Top tips to follow:



It's stronger than it looks



Don't go too far



Bring a friend or adult



Look out for lifeguards



It's colder than it looks

Enjoy Water Safety



NHS

Women's World Cup 2023

The 2023 FIFA Women's World Cup is set to be the biggest women's football tournament yet! Held in Australia and New Zealand, the competition will run from 20 July 2023 through to the final exactly a month later on 20 August 2023.

★ TRAIN LIKE A ★

FOOTBALL SUPERSTAR!

Get moving and practise your football skills for the FIFA World Cup!

Reach for the sky then touch your toes 5 times

Jog on the spot for 15 seconds

Practise high knees for 10 seconds

Hop on one leg 10 times, then repeat on the other leg

Jump side to side 8 times

Try 8 air squats

Make large circles with both arms for 15 seconds

Pretend to dribble a ball for 10 seconds

Name the football item!













Design your own football kit!

My team name is:



How to support wildlife this summer

As temperatures soar throughout summer, our local wildlife can find it hard to cope! Animals can struggle from a lack of access to water or limited food sources during a heatwave, but you can help the visitors to your garden with the following tips!

DIY Bird Feeder



A plastic bottle with cap, preferably one you have recycled!



String



Two sticks



Scissors



A pin

You will need

Top Tip:

You can save your seeds from fruit and vegetables for birds to snack on!

Instructions:

- 1 Remove the cap from the clean plastic bottle and use the pin to puncture several small drainage holes in the base of the bottle.
- 2 Use the pin to make two level holes on opposite sides of the bottle, near to the base. Use the scissors to widen them slightly.
- 3 Push a stick through the holes. There should be around 5 centimetres of stick left outside the bottle on each side for the perches.
- 4 Slightly above each perch, use the scissors to cut a feeding hole the size of a 5p coin.
- 5 Create a second set of perches and feeding holes: repeat steps 2 to 4 further up the sides of the bottle and offset by 90° from the original.
- 6 Use the pin to make two holes in the neck of the bottle on opposite sides and level with each other. Widen these with scissors.
- 7 Thread the string through the holes, then fill the bottle with bird feed and replace the bottle cap. You may need to make a funnel with a sheet of paper to make filling the bottle easier.
- 8 Find a sheltered location outside to hang your feeder - tying it onto a tree branch or washing line would work well - and watch birds feed throughout the summer!



Top Tip:

If you don't have any pins, use a screwdriver to pierce holes in the bottle!



Top Tip:

Get an adult to help you with scissors!

Make a butterfly puddling station

Most butterflies feed on nectar, but did you know they also need water and minerals to stay hydrated and healthy?

Instructions:

- 1 Fill your shallow dish/saucer with a mixture of gravel and small stones, sand and/or soil.
- 2 Add enough water to saturate the soil/sand but ensure that not all of the gravel/stones are underwater.
- 3 Leave near butterfly food plants such as lavender!
- 4 Top up the water regularly during prolonged hot weather.
- 5 Keep track of how many butterflies you see, as well as the colours of their wings!



Larger stones



Sand or soil

You will need

Shallow dish/saucer

Gravel or small stones



Top Tip:

Your puddling station might also attract other insects, frogs and newts - so keep your eyes peeled!



Move like some of your favourite summer wildlife!



Hover like a dragonfly over water

Stand up tall and spread your arms out wide either side, flap your arms up and down, run as fast as you can and hunt for food!

Slither like a grass snake

Lie on your tummy with legs stretched out behind you and your arms in front, and move your hips and arms side to side, like your slithering through the grass!

Waddle like a badger

Crouch down on all fours, and scuffle around foraging for food like a badger!

Hop through grass like a grasshopper

Bend down on your knees slowly, then take a huge leap into the air as high as you can!



To find more ways to support local wildlife, visit:



www.wildlifetrusts.org



Summer Scavenger Hunt

The summer months are a great time of year to get outside, explore your local green and blue spaces, soak up the sunshine and discover new nature! What will you spot on your walk with the family?



Sunshine

Dragonfly

Seagull

Kite

Caterpillar

Sunglasses

Bike

Sun Cream

Dog



Discover nature-filled walking routes and enjoy fun, new walking challenges and more with GoJauntly here: www.gojauntly.com



Essex Library Services and The Reading Agency are teaming up with the Youth Sport Trust for a very special sports, play and creativity themed challenge this summer!

You will be able to join a superstar team and their marvellous mascots as they navigate an obstacle course to collect some golden books, all brought to life with illustrations by children's illustrator Loretta Schauer.

The challenge runs from Saturday 15 July to Saturday 2 September in all Essex and Thurrock libraries and mobile libraries.

You will need to read 6 books, and as you read your library books, you will collect stickers for your folder. After reading 6 books, you earn a certificate and medal!

You can read any library book of your choice; fiction, non-fiction, picture books or books you share with your parents and carers - they all count! The under fours are not forgotten, with a special version of Ready, Set, Read! just for them.

The Summer Reading Challenge is delivered by libraries and produced by The Reading Agency. It is open to all children - free of charge!



Keep up to date with this year's **Summer Reading Challenge** by following Essex Library Services on:



Let's Get Cooking!

With the weather warming up, the best way to cool down is enjoying delicious, cool, home-made treats! These recipes are great to make with all the family, and are perfect for those scorching, summer days!

BANANA ICE CREAM

Ingredients:

- 4 Ripe Bananas
- 3-4 Tablespoons Milk
- Any toppings or sprinkles you require!

Top Tip:

Always get an adult to assist you with electrical appliances!

Directions:

- 1 Cut the bananas into slices
- 2 Place the banana slices in the freezer until frozen (minimum of 1 hour)
- 3 Put the frozen banana in a food processor or use a hand blender and whizz/blend until smooth
- 4 Add the milk slowly, until the texture is creamy
- 5 Serve with toppings of your choice - almonds or chocolate chips are good!

FROZEN YOGHURT FRUIT BARK

Ingredients:

- 500g Greek Yoghurt - or any yoghurt of choice!
- 150g Frozen Mixed Berries
- 1 Tablespoon Honey/Syrup

Top Tip:

This light snack is great to pack up in your family picnic!

Directions:

- 1 Line a large baking tray with greaseproof paper
- 2 Spread the yoghurt over the greaseproof paper evenly
- 3 Add the fruit evenly over the yoghurt of choice
- 4 Drizzle the honey or golden syrup over the greek yoghurt and frozen berries
- 5 Pop the baking tray in the freezer for a couple of hours until frozen solid
- 6 Break into pieces and store in a freezer bag - enjoy!

FROZEN LEMONADE LOLLIES

Ingredients:

- Low Sugar Lemonade
- Raspberries or Mixed Berries

Top Tip:

A perfect cold treat to cool you down on a hot, summer's day!

Directions:

- 1 Fill a muffin tin with paper or plastic cups
- 2 Place a couple of raspberries or mixed berries in the cups
- 3 Half fill the cups with lemonade
- 4 Cover the top of the cup with foil and poke a lolly stick through the foil lid
- 5 Freeze for at least 4 hours until solid

ICE CREAM IN A BAG!

Ingredients:

- 150g Single Cream or Semi Skimmed Milk
- 15g Sugar
- 1.5 Teaspoon Vanilla Flavouring
- Ice
- 20g Salt
- 2 Ziplock Bags (1 x Small and 1 x Large)

Top Tip:

Get an adult to help you when shaking the bag!

Directions:

- 1 Pour the cream or milk into the smaller ziplock bag
- 2 Add the sugar and vanilla flavouring, then seal the bag firmly removing any excess air
- 3 Fill the larger ziplock bag halfway with ice
- 4 Add the salt to the ice
- 5 Place the smaller ziplock bag with the creamy mixture into the larger bag and top with more ice
- 6 Seal the large ziplock bag
- 7 Wearing gloves or using a tea towel to wrap the bag, shake the bag for 10 minutes, you need to keep the cream moving to freeze the mixture!
- 8 Take the small bag out and rinse the outside of the bag thoroughly to remove any salt
- 9 If the mixture is a little too icy, use a spoon to mix it to soften it up before serving
- 10 Scoop into bowls, serve and enjoy!

Get Creative With Summer Crafts!

These quick and easy summer crafts can be made with items that you probably already have around the house! No special tools or skills are required, so anyone can have fun and get crafty - make them in the house, out in the garden or even down the park!

Paper Fan Craft

The simple but fun craft to help you cool off in the hot summer months!

You Will Need:

1 x A4 Piece Of Paper or Card
Markers, Crayons or Coloured Pens/Pencils
Cellotape

Top Tip:

You can even add sequins or glitter on your fan to make it stand out!

Directions:

- 1 Decorate your piece of paper/card with colours, patterns and designs! You can even draw a landscape or your favourite animal!
- 2 Start at one end of the paper and fold a 1 inch crease across, then follow that by another 1 inch crease in the opposite direction. Repeat this until the entire paper is folded.
- 3 Take one end of the folded paper and pinch it together. This will leave the other end open which can be opened out wider.
- 4 Tape the pinched end together to hold together your fan. You can also just staple this section or tie a string around it - whichever you have available!

Painted Treasure Rocks

Collect some smooth rocks and pebbles ready to be painted with your favourite colours and designs!

You Will Need:

Smooth Rocks/Pebbles
Craft Acrylic Paints
Sealer or Varnish (Optional)

Directions:

- 1 Collect or purchase some smooth rocks or stones to paint.
- 2 Wash the rocks and allow them to dry in the sun.
- 3 Set up an area to paint the rocks and down some newspaper or cardboard to protect the surface that you will be painting.
- 4 We recommend painting a single-colour acrylic base layer on each rock that you want to paint, and allow the paint to dry before moving on to the next step - although this isn't a must!
- 5 Next, paint the rocks in any way that you like! Paint your favourite animal, a rainbow, or even the sun!
- 6 Allow the paint on the rocks to dry - overnight is best.
- 7 Use a foam brush to paint a layer of acrylic sealant, outdoor acrylic sealant, or an acrylic spray varnish to help protect the paint - this is optional.
- 8 Pop your rocks outside in the garden or on a windowsill to decorate the house!

Lollystick Containers

Save your lollysticks and create containers and pots for storing items, use as a desk organiser, or even an easy DIY vase!

You Will Need:

Recycled Lollysticks/Craft Sticks
White Glue
Craft Paint/Coloured Pens
Optional Embellishments - Glitter, Sequins

Directions:

- 1 Start by painting your wooden craft sticks or lollysticks and allow them to dry overnight.
- 2 Lay out the base of your box - depending on the size of the sticks, you will need 10-11 to make a square-ish base.
- 3 Glue two sticks on top of the base along the perpendicular edges - this will hold the base sticks together.
- 4 Add dots of glue at each corner as you build your box up layer by layer, then continue layering until you reach the desired height.
- 5 Leave it to dry overnight, then pop your favourite coloured pencils in, small toys, or even add a jar into the box and add some flowers!

Jellyfish Suncatcher

Create a colourful jellyfish to display in your bedroom window and watch the colours glisten in the sun!

You Will Need:

Tissue Paper (Any Colours)
Scissors
Contact Paper
Black Construction Paper or Card
Ribbons
Cellotape

Directions:

- 1 Fold your black construction paper in half width ways and cut out your jellyfish shape.
- 2 After you have the jellyfish shape, you will cut out the centre leaving a 1 inch outline. Set this piece aside for now - you will need 2 matching pieces.
- 3 Choose the colour tissue paper you wish to use and then cut them into 1 inch squares and set aside.
- 4 Cut 2 pieces of contact paper just an inch or two larger than your outline. Take 1 piece and expose the sticky side, lay one of your black outlines onto the paper and fill in the inside of the outline with the tissue paper pieces. It's to do some overlapping, but you want to minimise uncovered spaces!
- 5 Once the inside of the black outline is filled, set this aside. Now take your second outline and contact paper. Stick the outline in the centre of the paper. Match the two outlines up and seal the contact paper together. Once sealed, trim the excess contact paper off leaving a 1/4 inch edge from the black outline.
- 6 Contact paper can easily be pulled apart, so lift the bottom edge just enough to tape your ribbons down so it looks like jellyfish tentacles and reseal.
- 7 Hang up against a window or gift to a parent, carer or friend!

For more crafts inspiration, head over to the activity village:

www.activityvillage.co.uk/crafts



Wheel of Emotions

This activity is designed to understand that if we work together to deal with emotions, we can feel better within ourselves. The important words are 'to not break the circle, to not break emotions'.

Stand in a big circle and walk around the circle, not allowing the circle to have gaps – do this with high energy!



Then ask the inner circle to re-join the outer circle, whilst the outer circle is still moving, talking all the time about how it's making you feel (are they happy, scared, excited?), whilst still shouting "change direction", or "inner circle four people", "inner circle join outer circle".



Get a parent, carer or friend to shout out "Change!" and you have to change directions within the circle. Make sure you keep the motions moving at all times!

Get a parent, carer or friend to shout out a number randomly, and while the circle is still turning, that many people have to step into the middle. The outer circle must keep turning at all times (the inner circle must go in the opposite direction). You cannot break the outer circle, otherwise your emotions will crash!



This exercise helps you to deal with different emotions, without direct questions or pressure. You will learn about how you are not the only one who is dealing with emotions, as well as how it's okay to have energy emotions and how to channel them. This is such a fun exercise that's guaranteed to get you moving and help you to express your emotions in a fun way!



Time to Play!



In the new season of summer, there's so much to see and do! From outdoor activities to days out exploring and nature at its finest, see if you can find the summer words in the wordsearch below!



All the words listed are hidden horizontally, vertically or diagonally - in both directions

- 1 BEACH
- 2 WALKING
- 3 SUNCREAM
- 4 SUMMER
- 5 CAMPING
- 6 PICNIC
- 7 SWIMMING
- 8 ICECREAM
- 9 FAMILY
- 10 FOOTBALL

L K B B H M Q B I C B Q P X G L K B B M Q
 O H O E O S U N C R E A M O Q N H O E S U
 V A E A A V N C E E A T V I V V I E A V N
 R R B D R C R I C R G H S Q R R R K D C R
 G A E D Q G H P G N H C U G F G A E L G H
 I B I C N J K I I T C E M I U I B I C A K
 P M B N G N N P C C E A M T N P M B N N W
 I A E G I I M I R I T P E I I N A F G I M
 C E A P A A I C E C W I R G G C E O P A I
 N A N I C A N A A E A P L N N N A O I A N
 I O F Y R O G M N C O L A I I I O T Y O G
 C C S A I M I I S R K A U C M C C B A M I
 M L R E M O M C U E M Y G I M M L A E O M
 A B D M M I A L M A N A H A I A B L M I A
 Z A M I I A L V L M G D T M W Z A L I T L
 D A I L N O A Y A V A C S A S D A I L O A

When out on your daily walks, make note of the items that you see!



What Does Summer Mean to You?

Write down your thoughts and feelings about how summer makes you feel!



Let's Get Creative



Design your own beach ball and picnic blanket!



For more enrichment and creative activities, head to:
www.activityvillage.co.uk



Climate Change

The term 'climate change' describes changes to the Earth's climate – our worldwide weather patterns and long-term average temperatures. **Climate change is causing the whole Earth to heat up**, even really cold places like the polar ice caps! It's also known as global warming and it affects people, wildlife and the future of our planet.

Recycle or Rubbish

Take a look at the items below and sort them into recycling or rubbish – some of the items can be recycled into compost for your gardens too!



Recycle

Rubbish



How can you use less plastic?

Think of ways in which you can use less plastic daily and journal them down!



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



Head over to our website for free, online resources, support and guidance, as well as more recipes and activities to try with all the family!



www.activeessex.org/children-young-people/essex-activate

Essex ACTIVATE

Share your family days out, nature walks and yummy, summer recipes with us by tagging:

  @EssexActivAte

