

Activities for young people between 11 – 14 years old



Virtual Tours

Natural History Museum, London

<https://www.nhm.ac.uk/visit/virtual-museum.html>

British Museum, London

<https://britishmuseum.withgoogle.com/>



The Louvre, Paris

<https://www.louvre.fr/en/visites-en-ligne>

The Smithsonian National Museum of Natural History, Washington DC

<https://naturalhistory.si.edu/visit/virtual-tour>

NASA

<https://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality>



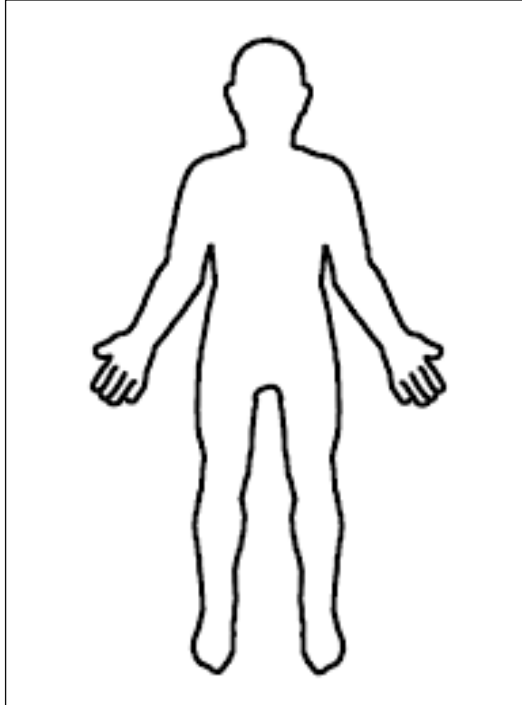
Chester Zoo

<https://www.chesterzoo.org/virtual-zoo/>

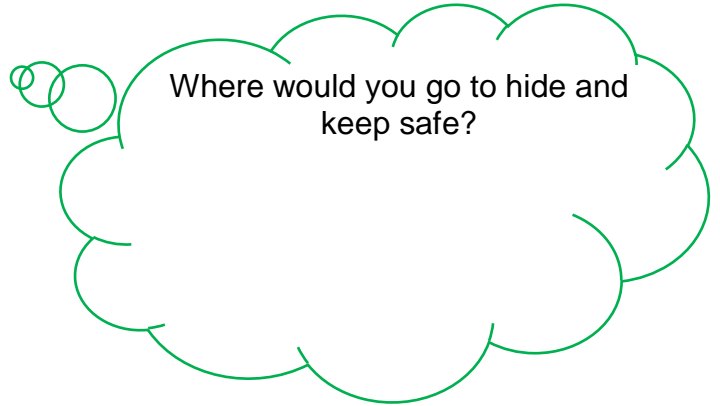


1. Zombie Apocalypse!

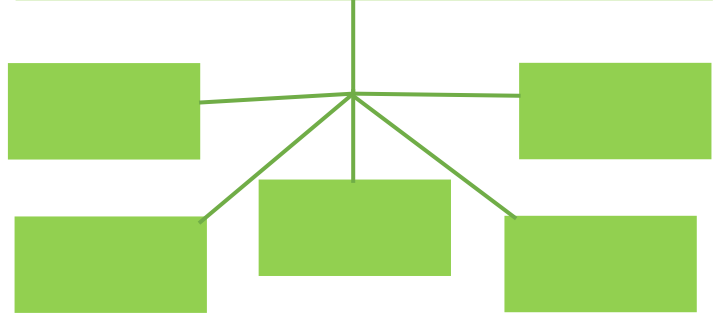
The year is 2095 and Zombies are quickly taking over the planet. The only way to survive is to plan what you will do and how you will escape if and when they arrive in your neighbourhood.



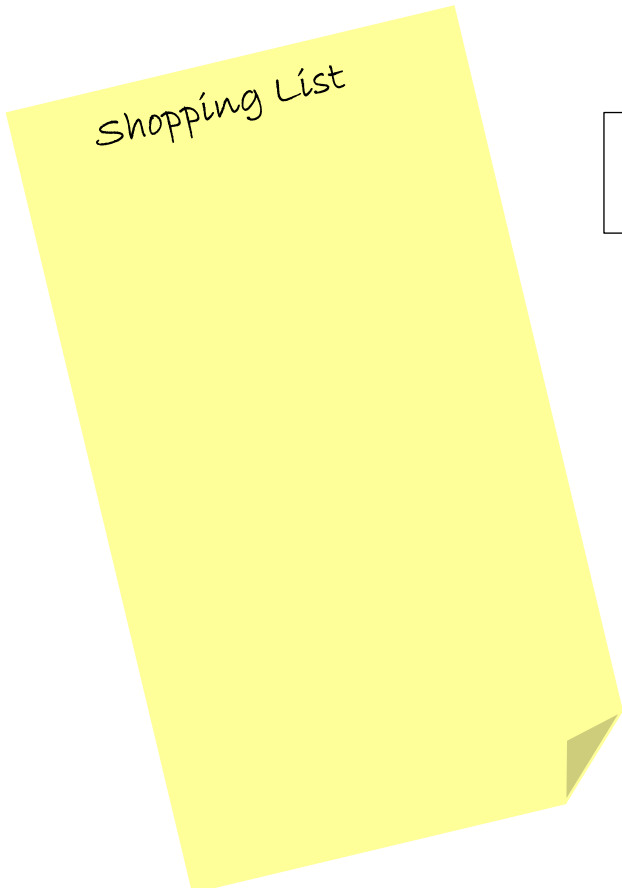
Draw and label what you would wear and carry to protect yourself



Who would be in your support network?
What would their role be?



♪♪ What would be your theme tune? ♪♪



If day one of the Zombie apocalypse started with just two Zombies and every day a Zombie can turn two more people how many Zombies would there be on the following days?

Day 1: 2	Day 10:
Day 2:	Day 15:
Day 3:	Day 20:
Day 4:	Day 25:
Day 5:	Day 30:

2. Wartime Recipes

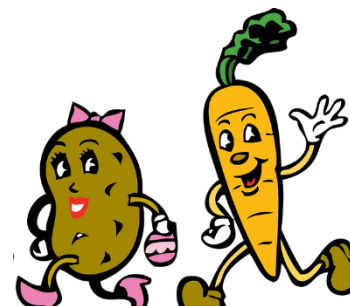


During WWII rationing was introduced due to low levels of supplies of certain foods. Vegetables were not rationed and people were encouraged to grow their own veg to help in the war effort. As a result people became more inventive with recipes and the government released guides and recipes from the Ministry of Food. Here are two simple recipes you could try:

Woolton Pie

Ingredients:

Ready-made shortcrust pastry (not authentic but much easier)
1lb peeled and diced potatoes
1lb cauliflower
1lb peeled and diced carrots
1lb peeled and diced swede
3 spring onions
1 teaspoon vegetable extract or marmite
1 tablespoon oatmeal



1. Preheat oven to 180°/160° Fan/ Gas mark 4
2. Cook everything (other than the pastry) together with just enough water to cover. Make sure you stir it often.
3. Let the mixture cool. Spoon into a pie dish.
4. Cover with the pastry. Bake in the oven until golden brown (about 30 minutes). Serve hot with gravy.

Bread and Butter Pudding

Serves 2

Ingredients:

- 3oz. Bread
- 1½oz. Margarine or butter
- 1½oz. Fruit (dried fruit such as raisins work best)
- ¾ pint Custard

1. Preheat oven to 180°/160° Fan/ Gas mark 4
2. Spread the margarine or butter on the bread and cut into cubes
3. In a small pie-dish, arrange a layer of bread cubes (butter side up) then a layer of fruit until you run out of ingredients
4. Pour the custard over the top
5. Bake in the oven until brown (about 30mins.)



3. Lovely Languages

Find out what hello and goodbye are in the following languages and how to pronounce them correctly.

Language	Hello	Goodbye
German 		
Spanish 		
Portuguese 		
Hindi (India) 		
Swedish 		
Italian 		
Breton (Brittany, France) 		
Manx (Isle of Man) 		

How about researching more languages yourself?

4. Design your own Superhero or Villain

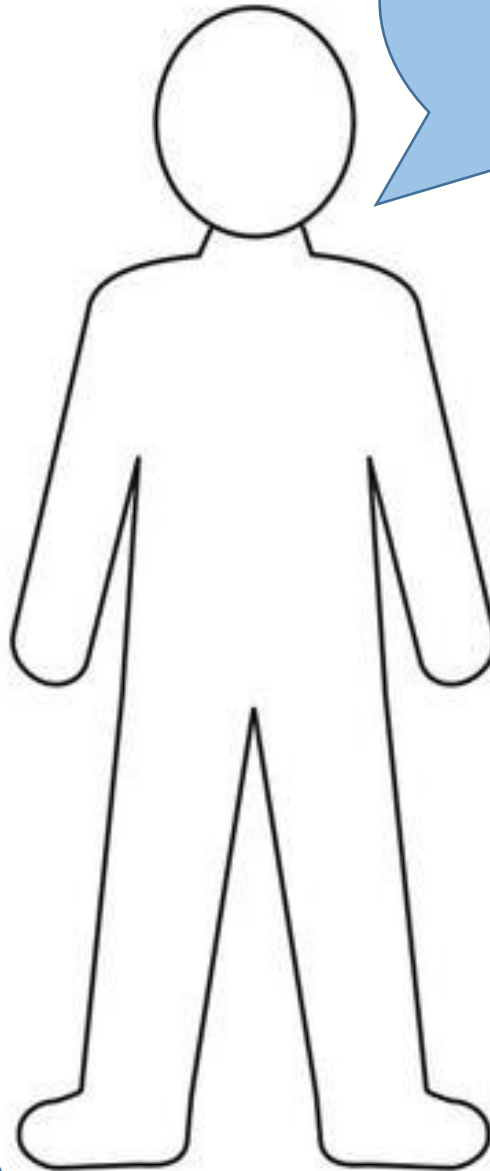
Real name:

Alter ego name:

Catch phrase...

Powers, abilities, and/or skills...

Weapons and other equipment...



Weaknesses...

Backstory - How did they gain their powers? Why do they want to save/destroy the world?

Now that you've created your hero or villain, use the story board below to begin to create their first adventure:



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

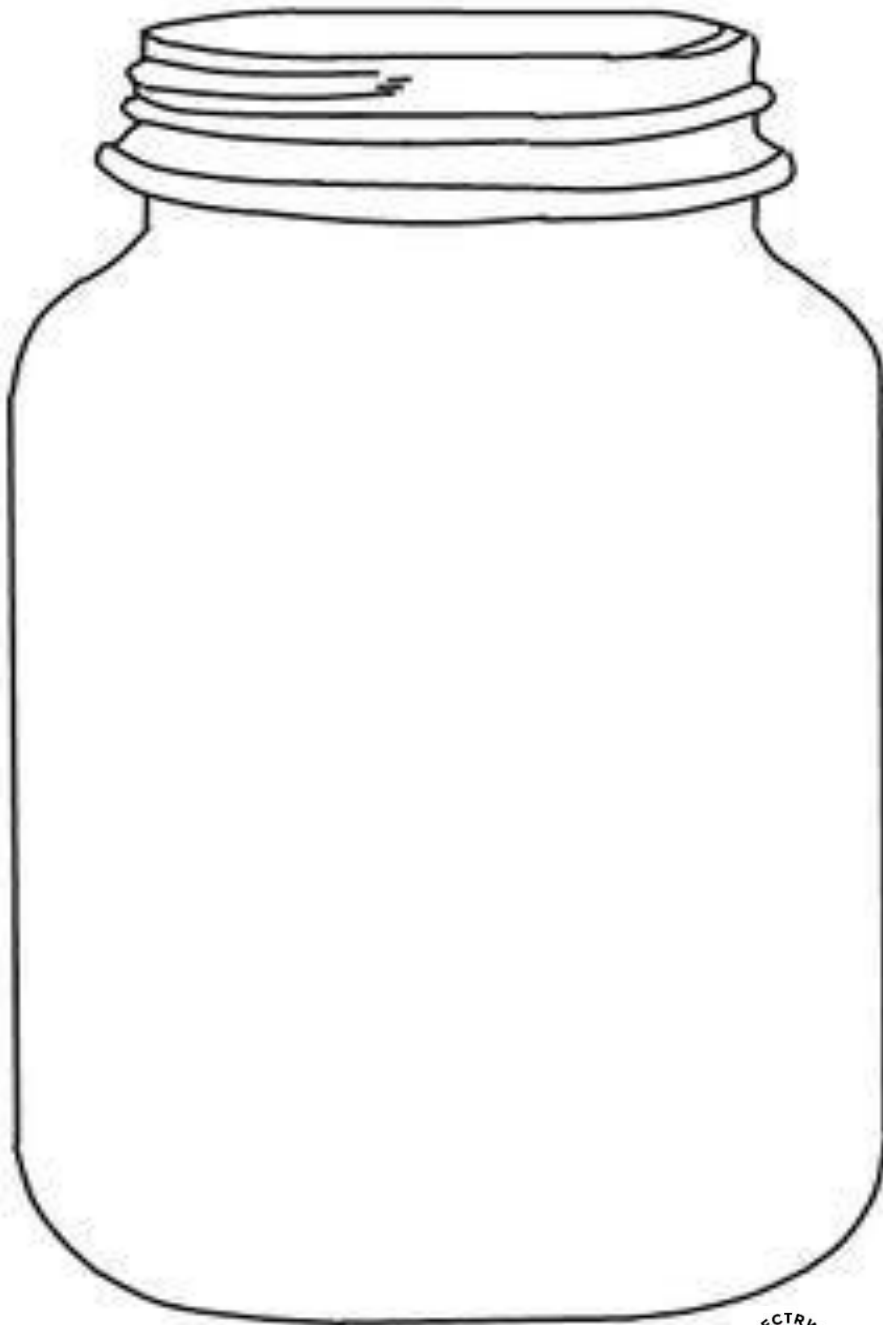
5. Wishing Jar

You will need:

- Post it notes or strips of paper and glue
- Coloured pens

We are living in a strange time where we are really restricted in what we can do. Even simple things like having a McDonalds or even giving a friend a hug are not allowed! Instead of getting upset about these things, every time you think of something that you want to do when Lockdown is over, fill up your wishing jar:

1. Write it on a post it or strip of paper and
2. Add it to the jar below (or a real jar if you can).
3. Once Lockdown is over have fun doing all of these things and remove the piece of paper once it's done.



6. 5 4 3 2 1 Grounding Exercise - Dealing with Stress and Anxiety

During this uncertain time, it's completely normal to get feelings of anxiety and stress; nobody else knows what's going on either!

You are not alone in feeling anxious and stressed about things and it can get too much for us sometimes.

Below is an exercise you can do to help you relieve the effects of your anxiety or stress.



1. Go for a walk / Go outside the house (Take a drink with you)
2. After walking or being outside the house for a few minutes, stop where you are.
3. Take 5 sips of your drink and then do the following:
 - Look around you. What 5 things can you see?
 - Close your eyes. What 4 things can you hear?
 - Stand still. What 3 things can you feel?
 - Take a deep breath. What 2 things can you smell?
 - Open your mouth. What 1 thing can you taste?

It may sound stupid to do, but it will help relieve some of your anxiety and your stress!

Don't forget, if you can't go outside or for a walk, or if your anxiety/stress is too much, then stop wherever you are and do the above exercise. It works anywhere; you don't have to go anywhere!

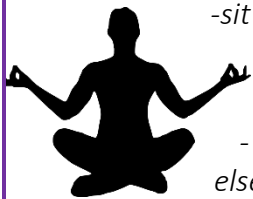


7. Yoga

Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness and can help people deal with their mental health.

Below is a simple yoga routine that you can do in the morning, afternoon, night or any time of the day; and it takes 15 minutes mx!!

5 minute meditation



- sit cross legged on the floor and close your eyes.
- breathe in through the nose for three second and out the mouth for three seconds.
- focus your time on your breathing and ignoring everything else around you.



Child's Pose

- Kneel on the floor and put your face down to your knees.
- Place your arms as far out as you comfortably can and continue to breathe through the nose and out the mouth for 60 seconds.



Cat to Cow pose

- On your hands and knees, arch your back up and down slowly for 60 seconds.
- With each movement, continue breathing in the nose and out the mouth, focusing on each breath.

Down Dog Pose



- Stand with your feet shoulder width apart and bend to the floor.
- Put your hands out in front of you as far as comfortably possible (while keeping your heels on the floor).
- If you can keep your legs straight then you can bend them until you're in a comfortable position and breathe in the nose and out the mouth for 60 seconds.

Lunge Pose

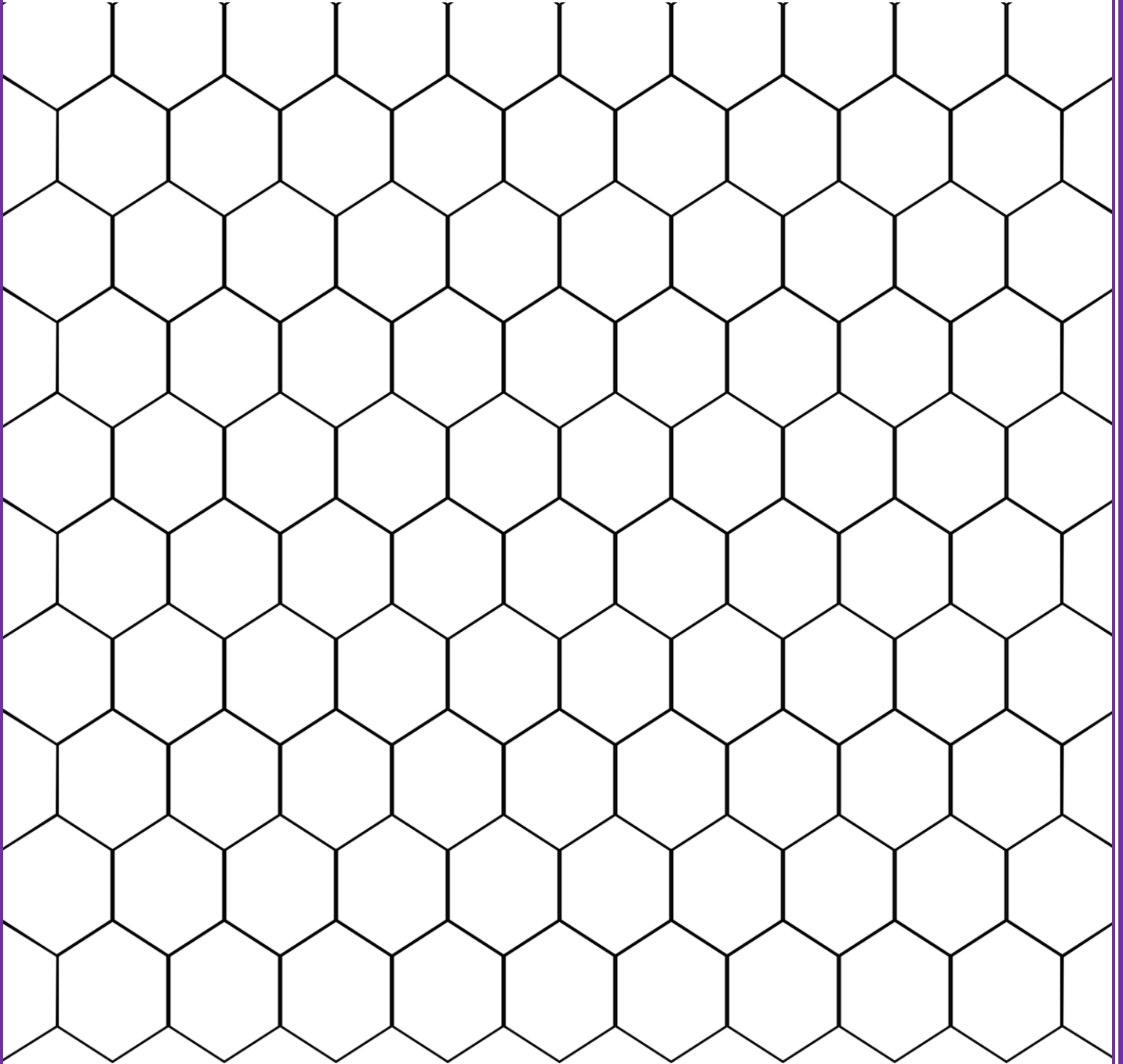


- Stand with your feet shoulder width apart, step forward with your left leg.
- Keep your right leg straight and bend your left leg to a 90 degree angle.
- Maintain this pose for 60 seconds while breathing in the nose and out the mouth.
- After 60 seconds, swap legs and do the pose again. To challenge yourself, try holding both arms straight above the head for the duration of the pose.

8. Mood Tracker

As we all know, our mood can vary many times during the day.

Create your own key and colour the beehive below to track your moods through the day.



9. Colour me calm





Answers:

1. Zombie Apocalypse

If day one of the Zombie apocalypse started with just two Zombies and every day a Zombie can turn two more people how many Zombies would there be on the following days?

Day 1: 2	Day 10: 1,024
Day 2: 4	Day 15: 32,768
Day 3: 8	Day 20: 1,048,576
Day 4: 16	Day 25: 33,554,432
Day 5: 32	Day 30: 1,073,741,824

3. Lovely Languages

These are the most common ways of saying hello and goodbye in these languages. There are also other ways to say hello and goodbye in these languages.

Language	Hello	Goodbye
German 	Hallo	Auf Wiedersehen Tschüss (informal)
Spanish 	Hola	Adiós
Portuguese 	Olá	Tchau
Hindi (India) 	नमस्कार Namaskaar	अलविदा Alavida
Swedish 	Hej	adjö
Italian 	Ciao	Arrivederci Ciao
Breton (Brittany, France) 	Demat	Kenavo
Manx (Isle of Man) 	Moghrey mie (morning) Fastyr mie (afternoon / evening)	Slane lhiat