

Activities for young people between 11 – 14 years old



Wellbeing apps. and websites

All apps. available on Android and iOS

Childline Toolbox

Games, advice and videos to help take your mind off things, however you are feeling.

<https://www.childline.org.uk/toolbox/>

MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.

WorryTree

The WorryTree app aims to help you take control of worry, wherever you are.

Mindshift

Helps the user to identify and plan for situations that cause anxiety.

Wellmind

An NHS app. Advice and tips on how to improve mental health and wellbeing.

Bright Sky

This app provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.



1. Simple Science – Density Tower

You will need:

- Tall glass or small vase
- Water
- Food colouring
- Cooking oil
- Sugar (or honey/syrup)
- Small items from around the house such as peas, coins a ping pong ball, pumpkin seeds, a bottle cap, a rubber, a dice or some beads.



1. Prepare your liquids. The measurements will vary depending on the size of your glass – don't forget to leave a bit of space at the top so it doesn't overflow.
 - Mix food colouring into water.
 - Dissolve a teaspoon of sugar (honey or syrup work too) into hot water and allow it to cool.
 - Measure out 50-75ml of oil.
2. Pour all three liquids into your tall glass, starting with the sugar syrup, then the water and finally the oil. Pour slowly to avoid the liquids mixing and you should see three clear layers.
3. Try dropping items in one by one. You should see that different items stay in different layers of the liquid.
4. The taller your glass, the more liquids you could try adding. You could experiment with washing up liquid, milk or undiluted honey.



Why does it work?

If an item is less dense than a liquid, it will float. However, liquids have density too. Here, some of the liquids are more dense than the others, creating the layers. The most heavy liquid is on the bottom and the least is on top.

Some of the items are heavier than some of the liquids, but not others. This is why some sink all the way, some sink only part way, and others float on top





2. My ideal holiday

Think about where you would go on your ideal holiday.
Find out about the place you'd like to visit.



My ideal holiday destination:

When is the best time to visit? Why?

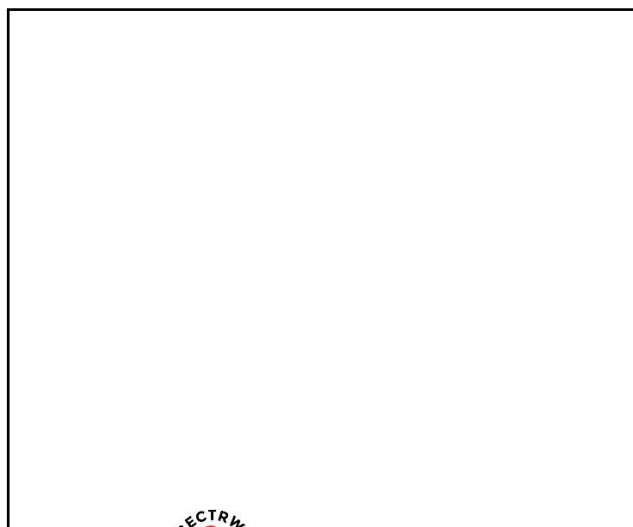
How do you get there and how long does it take?

Currency:

Foods this country is famous for:

Three interesting facts about this country:

Information about and image of the country's most famous tourist attraction:



3. Music Bingo



Think of a song you know which fits with each of the following statements. Write the song title in the space and colour the box.

You could think of one a day and share the song on social media.

A song that represents your life right now	A song that makes you feel happy	A song that you have to sing out loud	A song that reminds you of your friends	The theme song to your favourite movie
Your favourite song to dance to	A song for when you're doing school work	A song that reminds you of good times	A song that helps you to relax	A song for when you're sad
A song for when you're not feeling well	A song that makes you think of summer	A song that everyone should hear	A song that's a guilty pleasure	A song to go for a walk to
A song for when you're feeling stressed	A song that reminds you of the person you'll hug first	A song from your favourite series or game	A song that reflects your mood at the moment	A song that sums up lockdown

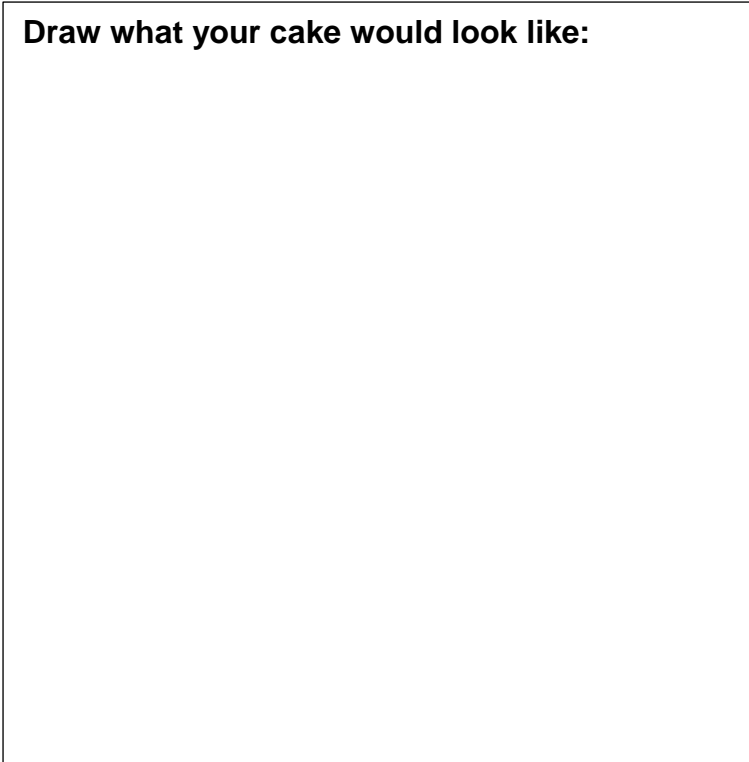


4. Creative Cake

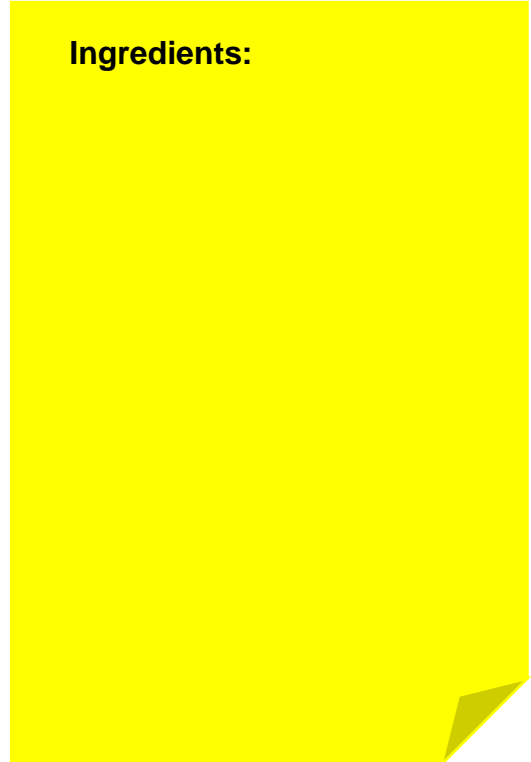
Design a cake based on a book or film that you like.



Draw what your cake would look like:



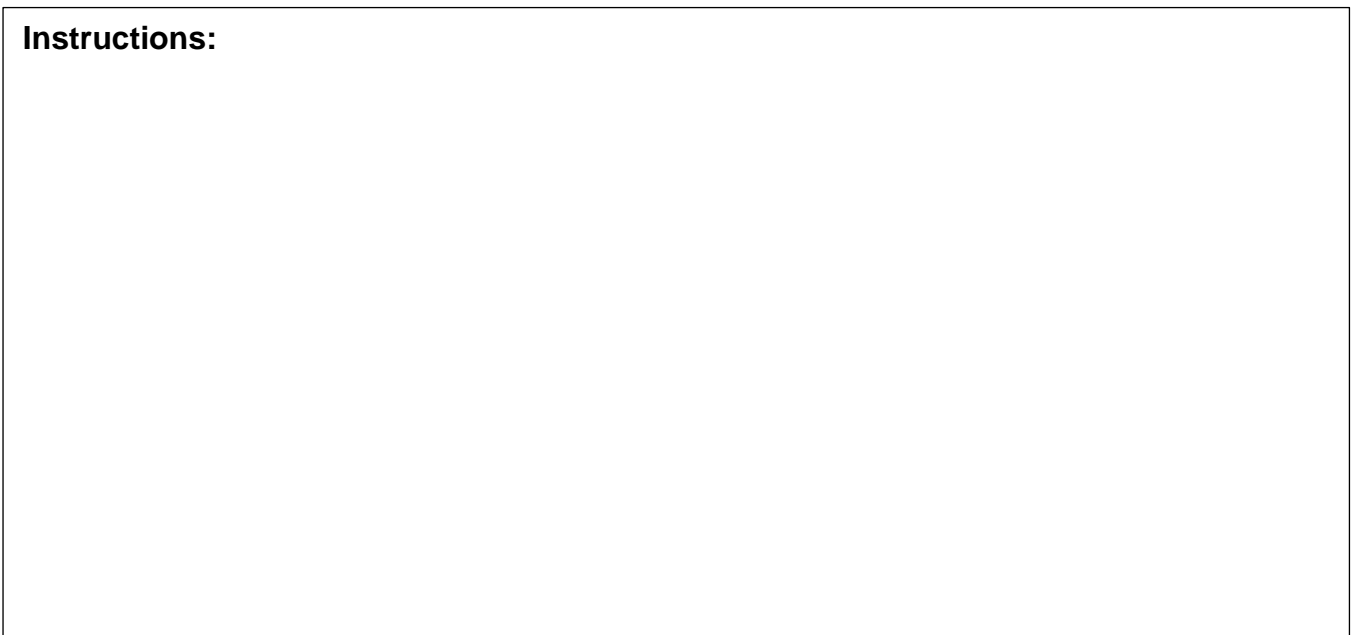
Ingredients:



Inspiration:



Instructions:



5. Dandelion Honey Recipe



Dandelion honey is a good (vegan) substitute for honey which tastes similar. It has a thinner consistency to honey but looks similar. Make sure you only pick dandelions that you know haven't had any chemicals applied to them.

Ingredients

- 4 cups dandelion petals
- 4 cups water
- 3 lemon slices (1/4-inch)
- 2 1/2 cups granulated sugar

You can use any cup to measure the ingredients just make sure that you use the same size cup to measure all of the ingredients.

Instructions:

1. Pick dandelion flowers during the daylight while in full bloom (you will need lots)
2. Soak the flowers in cold water for five minutes to get rid of insects
3. Remove the petals, then measure the petals only. Discard the center of the flower and the stem
4. Place the petals in a heavy saucepan along with the water and lemon slices.
5. Bring it to a boil, reduce the heat, and simmer it for 15 minutes.
6. Remove the pan from the heat and put it in a container. Leave in the fridge over night
7. Strain the dandelion mix through a sieve and get rid of the solids
8. Put a plate in the fridge
9. Place the dandelion liquid in a heavy saucepan and bring it to a low boil

Gradually add sugar to the boiling liquid while stirring until the sugar is dissolved Lower the heat and let it simmer uncovered until it reaches the desired syrupy thickness. This should take about an hour, but could take longer

To test if your honey is done, remove the plate from the fridge and drop some of the honey on the plate. If it is the right consistency when it cools your honey is done. Remove from the heat and pour in to a jar or other suitable container

Keep your honey in the fridge



6. Animals and countries



Some good news during this time is that wildlife has been given the chance to thrive. From Mountain Goats taking over the streets of Llandudno to fish returning to the canals in Venice, animals have benefitted greatly from less people on the streets and cars on the roads. There are some animals that can only be found in one country. Can you find out what country each of these animals is native to? You could also find out an interesting fact about that animal!

Animal	Country	Fun Fact
Marine Iguana		
Thorny Devil		
Manx Cat		
Lemur		
Kiwi		
Giant Land Tortoise		
Platypus		
Tree Kangaroo		
Quokka		
Bongo		

7. My Bunch of 5's

It can be quite difficult to stay smiling through these times so take this opportunity to think of all the things you like and make you happy.

My Top 5 foods:

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

Five people I can't wait to see:

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

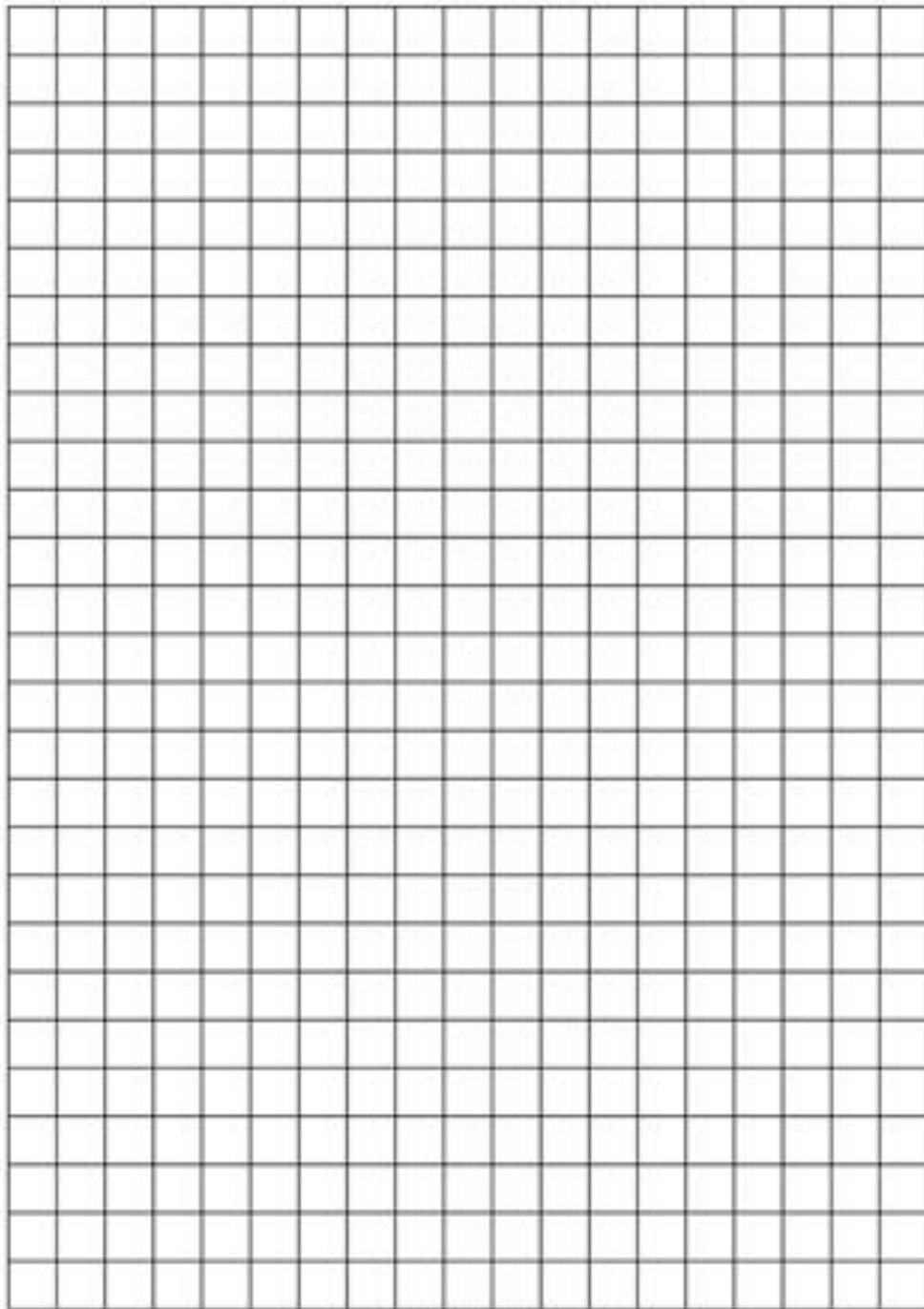
5 places that make me happy:

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

5 things that make me happy

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

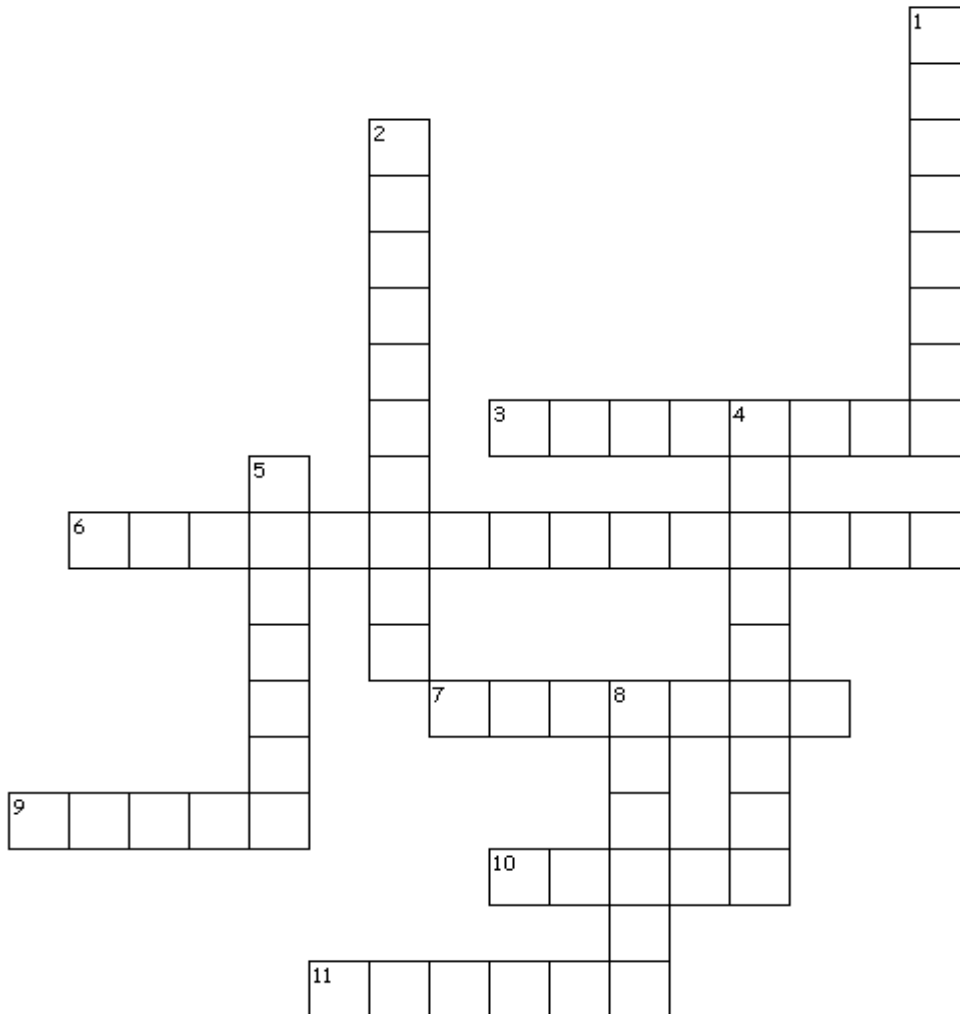
8. Create your own Minecraft Character



Can you work out the area of your character? (One square is 1cm^2)

9. Crossword

Test your general knowledge with this fun crossword!



Across

3. What is the largest planet in our solar system?
6. Who wrote 'The Hunger Games' trilogy?
7. 101 is the number for which emergency service for non-urgent matters?
9. Which Marvel character has an eye patch at the start of Infinity War?
10. Which is the largest of the 7 continents?
11. Who sang the song 'Bohemian Rhapsody'?

Down

1. What is the surname of Hermione in Harry Potter?
2. What is the name of the charity that children can phone if they have worries or concerns?
4. How old do you have to be to have an Instagram account?
5. What is the capital of Spain?
8. In what country is the Taj Mahal?

10. Dingbats

Can you guess the saying from the clues below?

moonceon

→ **Aid** ←
Aid
Aid

BAN ANA

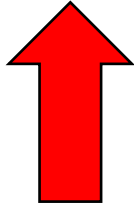
Wish



DAY
DAY

Arrest
You're

School



T
O
W
N

Y
R
R
U
H

pig

pig

pig

Stand



I

Dr. Do

11. Mindfulness Wordsearch

Can you find all the mindfulness words in the word search below?

w r t y j n z h c v b n w e p o
l k j g c f x a w s e d f t l n
p b r e a t h p l t n e t n o c
m j y t l r f p v c d e w s v z
b t r i m o a i h m p v l o e t
p h b r i n m n m e e d i t a t
a l s k d j f e g d a h q u p o
t r i t u y a s z i c l m x n c
i v b w p e o s r t e i t t u y
e f o c u s b e t a r w e h s p
n g t b s h e l s t s s h p y v
c p a t e n t c v e o l h a p p
e n t r e l a x t a i n m x r t
w p e o r i t u s l d k f j g h
c m v n b e l b e l o n g i n g
d k f j c f g x u d f i s u k t

Breath

Calm

Relax

Belonging

healthy

focus

love

content

meditate

happiness

peace

patience



12. Staying Safe Online

Because of the current situation, lots of people are spending more time online. There are many fun things to do online and it's a great way of staying in touch with family and friends. But sometimes things can go wrong. Fill in the following to help you stay safe:

I use the internet for:

On average I
am online for

_____ hours/ minutes

5 risks:	Tips to stay safe:
1.	
2.	
3.	
4.	
5.	

Where to get support if things go wrong:



Answers:

Crossword

Across

3. Jupiter
6. Suzanne Collins
7. Police
9. Thor
10. Asia
11. Queen

Down

1. Granger
2. Childline
4. Thirteen
5. Madrid
8. India

Dingbats

- Once in a blue moon
- First aid
- Banana split
- Wish upon a star
- Today
- You're under arrest
- High School
- Downtown
- Hurry Up
- 3 little pigs
- I understand
- Dr Dolittle

