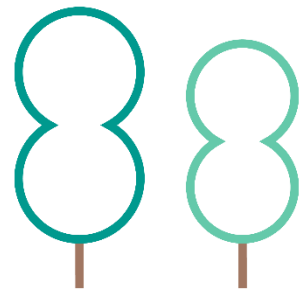


**Holbeck  
Together**



# **Family Activity Pack**





## Activity Pack Contents

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## Spring Mindfulness Colouring



## Spring Mindfulness Colouring



## Spring Mindfulness Colouring



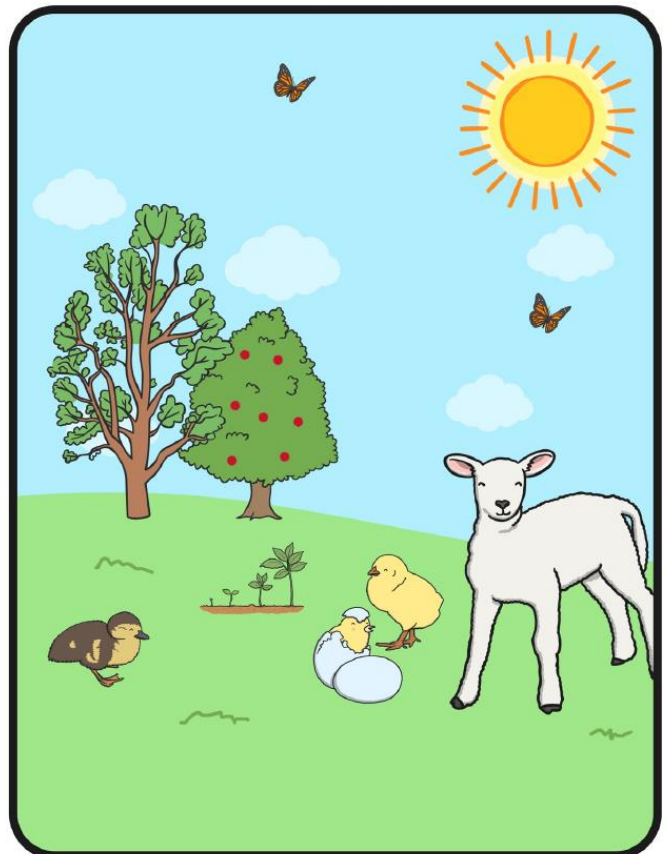
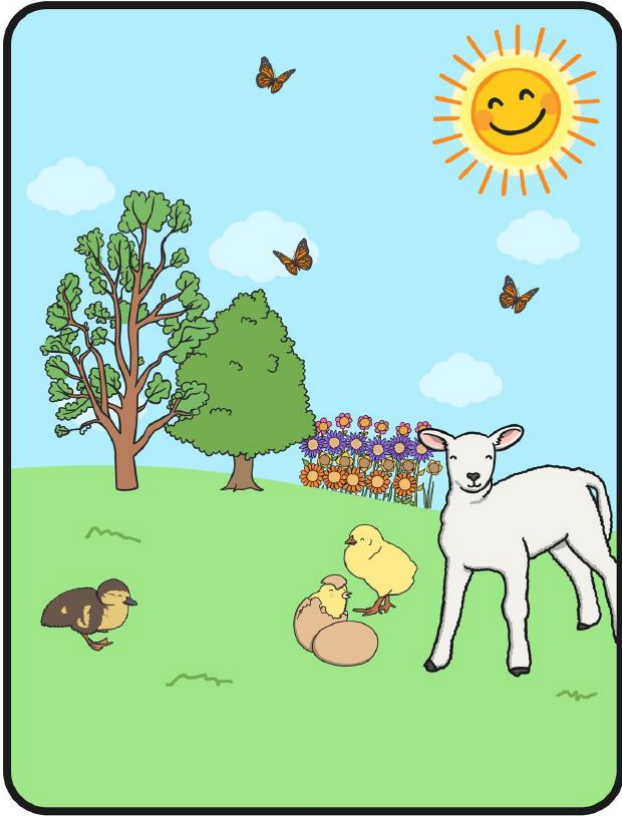


## Spring Mindfulness Colouring



## Spot the difference

There are 6 differences in the pictures below, can you find them?



## Spot the difference

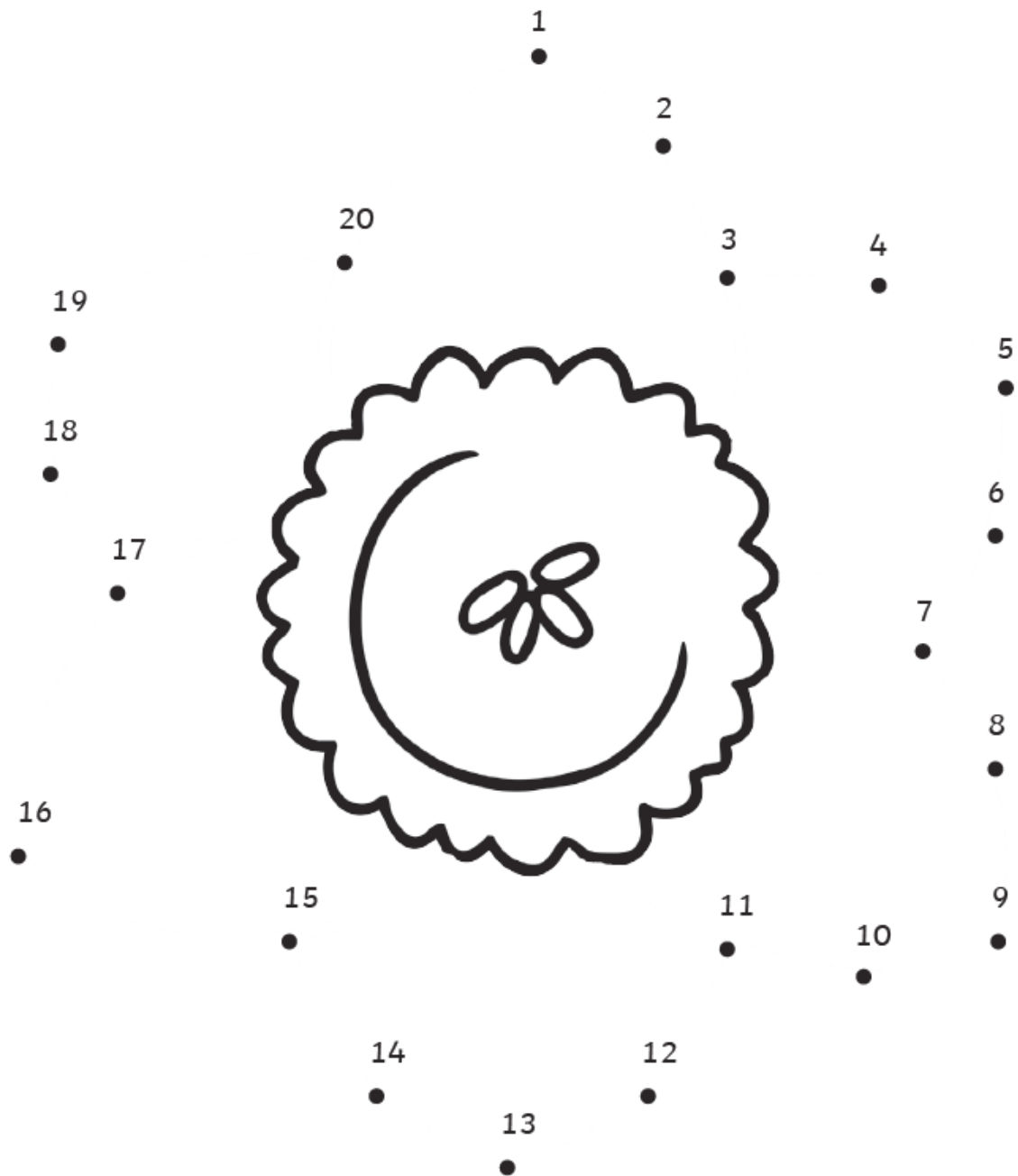
There are 6 differences in the pictures below, can you find them?





## Dot to Dot

Connect the numbers from 1 to 20 to create a spring picture.



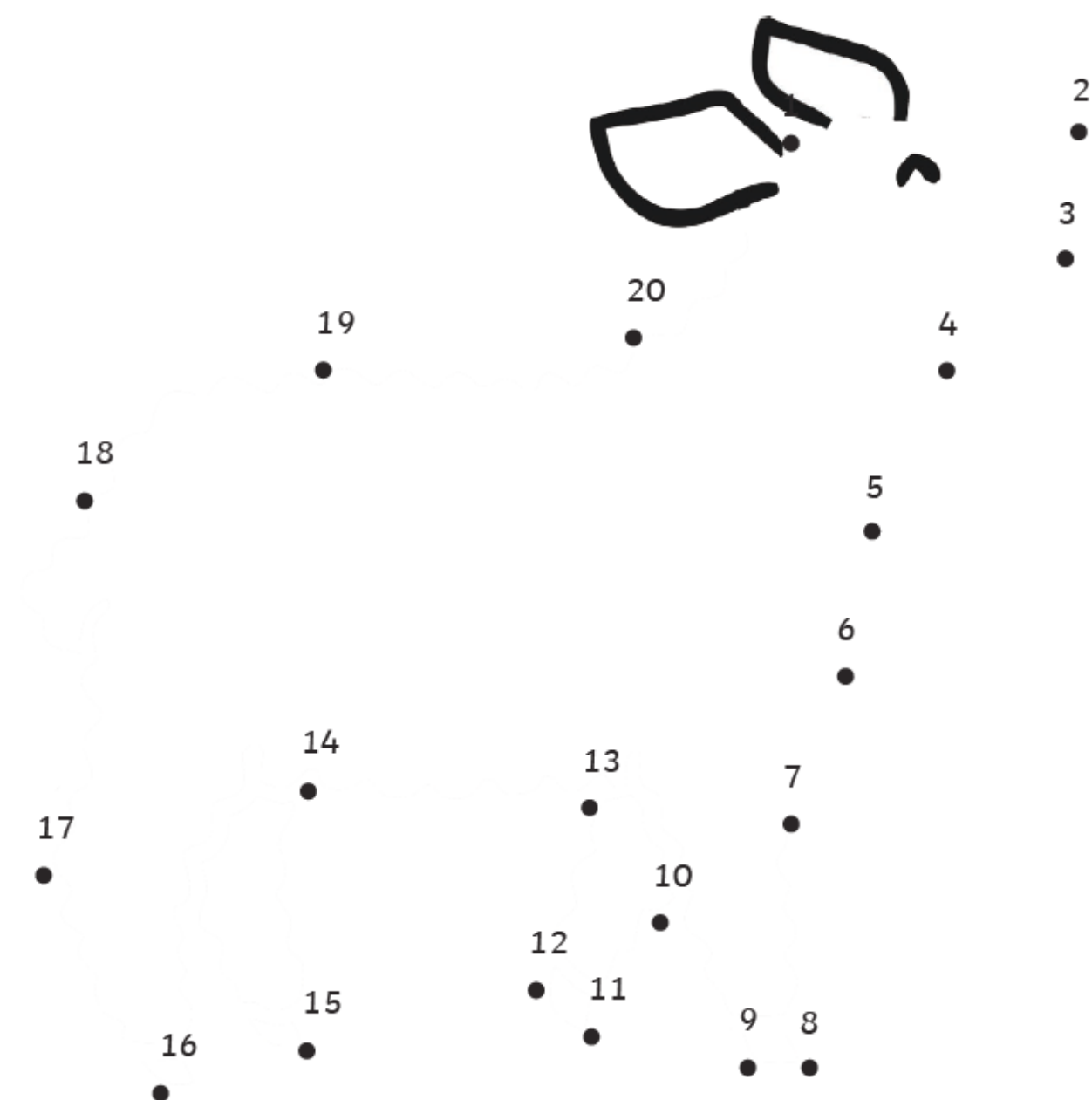
## Dot to Dot

Connect the numbers from 1 to 20 to create a spring picture.



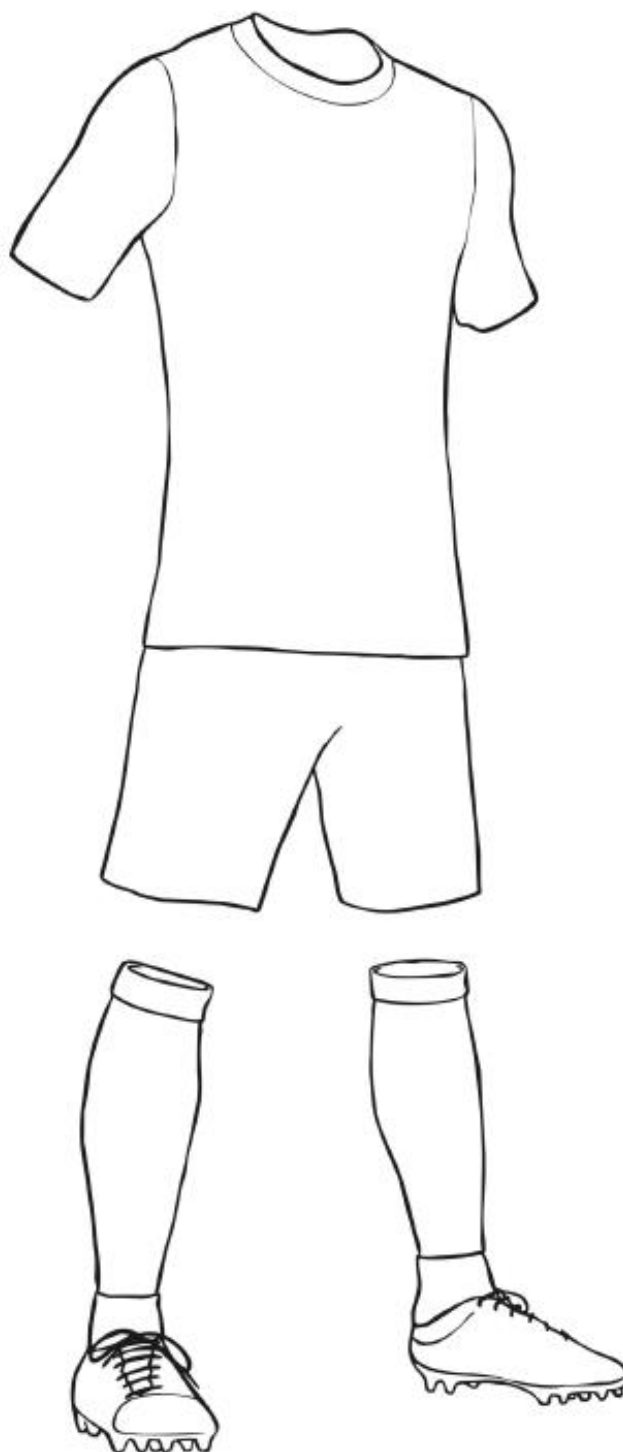
## Dot to Dot

Connect the numbers from 1 to 20 to create a spring picture.



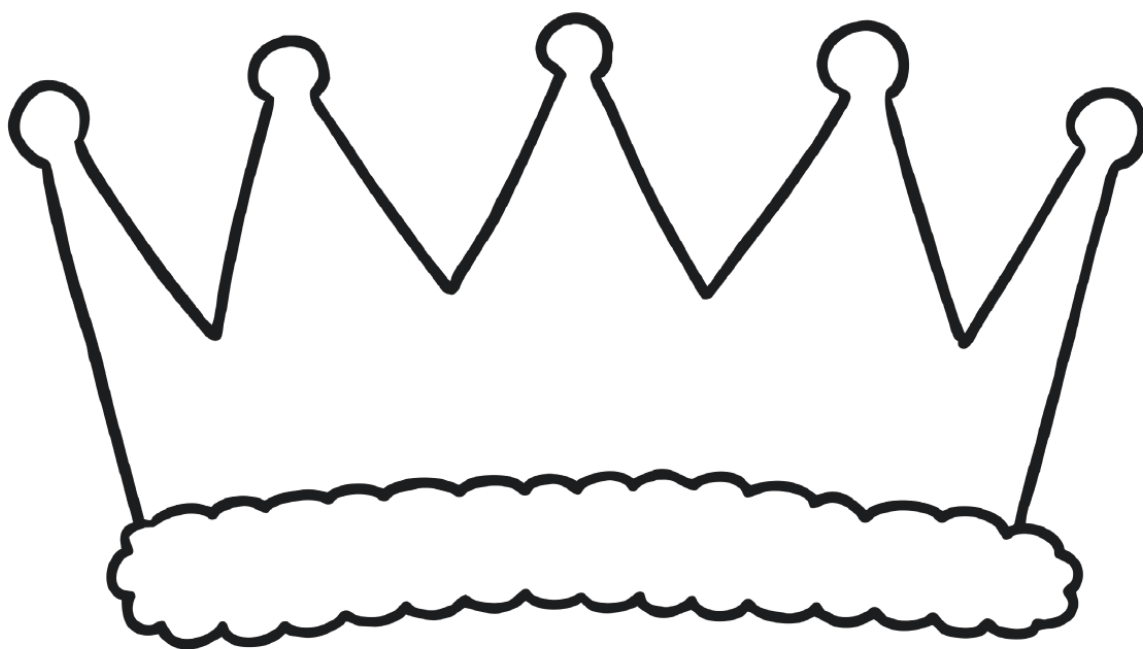
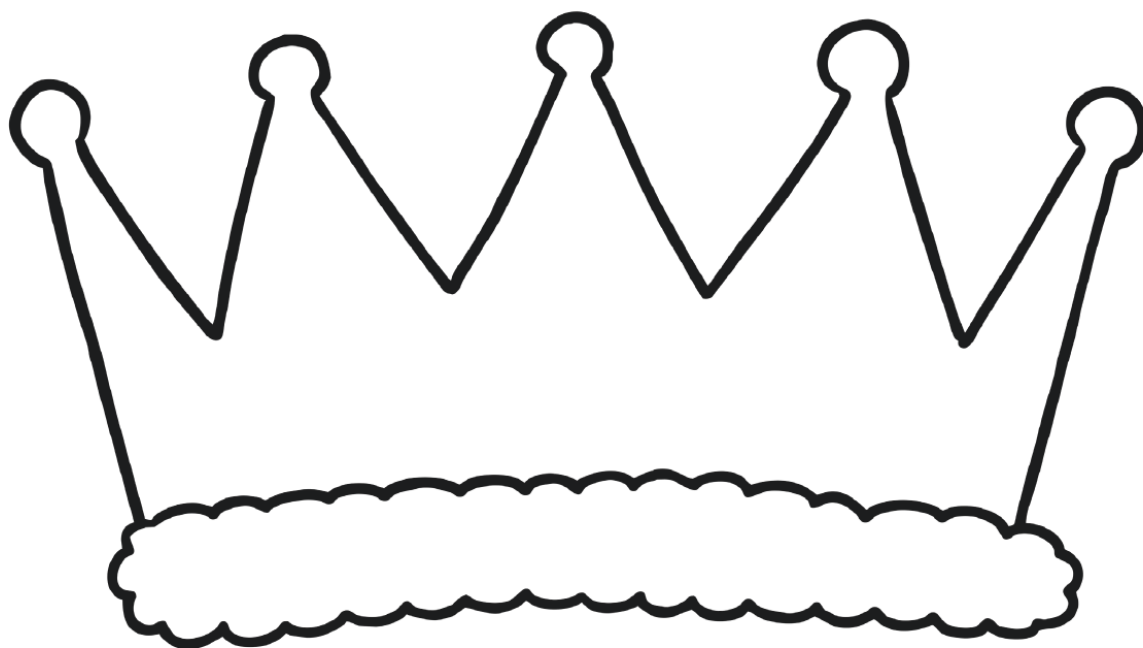
## Design your own football kit

Use the template to design your own football kit or even draw your favourite team's kit.



## Design your own crown

Use the templates to design your own crown. You could draw jewels or patterns on your crown and then colour it in.





## Spring Word search

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

flowers  
blossom  
daffodil  
rain

buds  
spring  
butterfly  
chick

lamb  
grow

## Pirate Word search

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



pirate  
hook  
eye patch



map  
treasure  
compass  
flag



ship  
parrot  
sea

## Friendship Word search

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

fun  
laughter  
adventures  
trust

kindness  
caring  
reassurance  
support

invitations  
happiness  
journey  
helpful

## Jungle Word search

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

jungle

tiger

gorilla

panda

sloth

crocodile

anteater

tapir

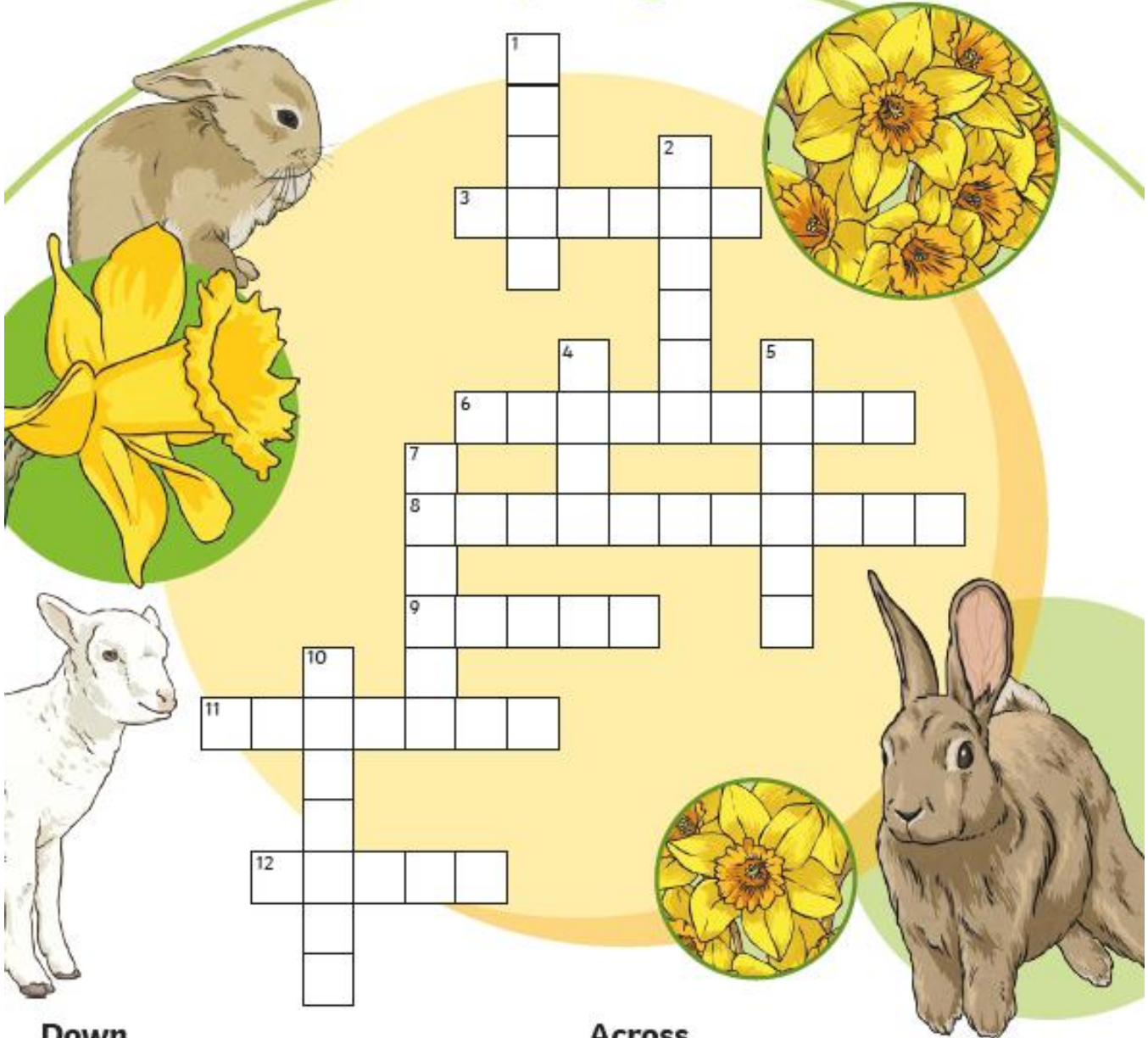
jaguar





# Spring Crossword Puzzle

Spring



## Down

1. The patron Saint of Wales.
2. Trees grow new \_\_\_\_\_.
4. There are \_\_\_\_\_ daylight hours.
5. A Christian festival that occurs in spring.
7. These hatch from eggs.
10. Clocks go \_\_\_\_\_ one hour.

## Across

3. Spring comes after this season.
6. Frogs lay this.
8. Hedgehogs come out of this.
9. People like to spring \_\_\_\_\_ their houses.
11. This blooms on trees.
12. Spring starts in this month.





# Balloon Cake Pop Recipe

Makes around 30 cake pops

## Ingredients

1 large cake (approximately 350g-400g) or around 15-20 small cakes (any flavour, store-bought or homemade)

1 tub of frosting (store-bought or mix icing sugar and butter together)

200g icing or melted chocolate

## Equipment

Large bowls

Wooden spoons

Small spoons

Small plates or boards

Fridge or freezer

Baking tray or large plate

Baking paper

Polystyrene block

Lollipop sticks (round candy sticks work best)

## Method

1. First, wash your hands and put on an apron.
2. Next, crumble the cake into a large bowl.
3. Then, add 1 or 2 spoonfuls of frosting at a time to the cake crumbs and mix together to form a dough.
4. Scoop a small spoonful of the mixture onto a board or plate.
5. Roll the dough into a ball shape and then pinch one end to make into a balloon shape. Repeat until all the dough is used.
6. Place the dough balloon onto a baking tray or large plate and place into the fridge or freezer for around 5 minutes to enable the dough to harden.
7. Remove from the fridge and carefully insert a lollipop stick into the pinched end of each cake pop.
8. Place back into the fridge for around 1 hour or a freezer for around 30 minutes.
9. Mix some icing or melted chocolate in some small bowls.
10. Once the cake pops have cooled, dip them into the icing or chocolate. Use a small spoon to cover the cake pop with the icing or chocolate.
11. Gently tap the stick on the side of the bowl to remove any drips and then push the stick into the polystyrene block to enable the cake pop to dry.
12. The cake pops are then ready to eat.

Always a classic, chocolate rice krispie cakes are easy to make and always a favourite.

Preparation time 15 – 20 minutes

#### What you'll need

- 60g/ 2oz unsalted butter
- 3 table spoons golden syrup
- 1 x 100g bar milk or dark chocolate
  - 90g/ 3oz Rice Krispies

#### How to make them

- Melt the chocolate in small bursts in the microwave 10 seconds at a time or over a Bain Marie (in a bowl over a saucepan of simmering water)
- Add the butter, cut into small pieces, stir in till melted
- Add the syrup, stir
- Add the Rice Krispies and stir into the chocolate mix, gently
- Spoon in to 12 bun cases
- Decorate as desired, take photos and send to [admin@holbecktogether.org](mailto:admin@holbecktogether.org)
- One lucky design will be chosen to receive a prize

#### A few ideas to play with!!



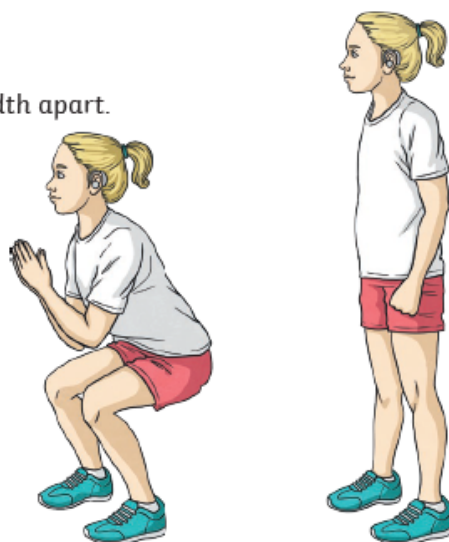
## 8 minute home workout created by Joe Wicks

Complete each of the eight exercises for 35 seconds with a 25 second rest in between. You can adjust the timings to suit your ability.

### Joe Wicks: Active 8-Minute Workout 1

#### Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



### Joe Wicks: Active 8-Minute Workout 1

#### Running on the Spot

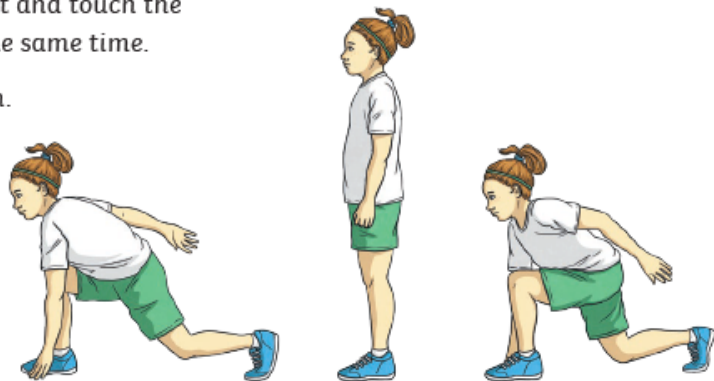
1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.
3. Try facing different compass directions, such as north, south, east and west.



## Joe Wicks: Active 8-Minute Workout 1

### Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



## Joe Wicks: Active 8-Minute Workout 1

### Climb the Rope

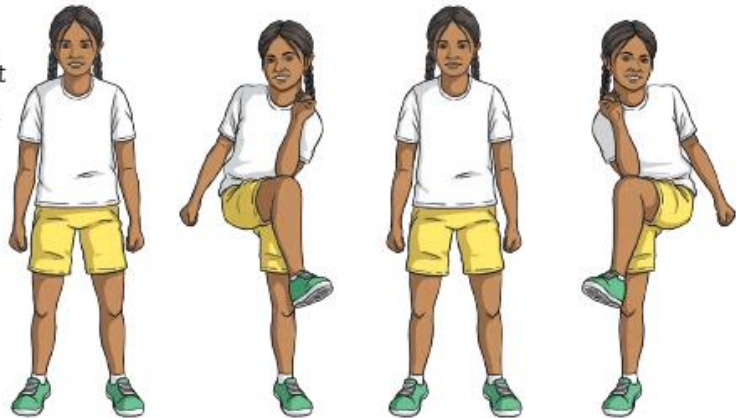
1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



## Joe Wicks: Active 8-Minute Workout 1

### Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.

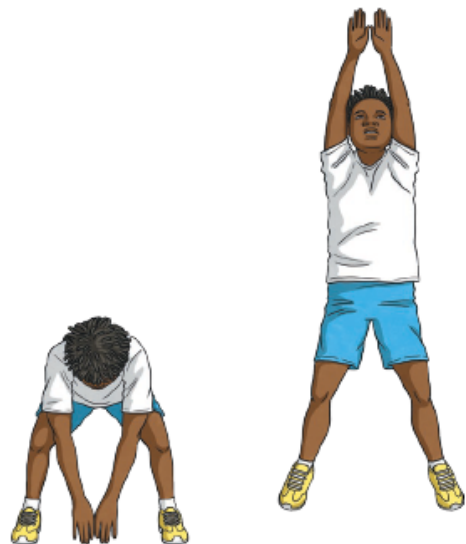


## Joe Wicks: Active 8-Minute Workout 1

### Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands – bend from the knees not from the back.
3. Jump up high with your hands in the air.

**Can you jump like a frog?**





## Joe Wicks: Active 8-Minute Workout 1

### Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.



**How many can you do in 35 seconds? It's you against the clock!**



## Joe Wicks: Active 8-Minute Workout 1

### Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

**Can you feel it in your legs?**



## Spring flowers to look out for on your daily walk:

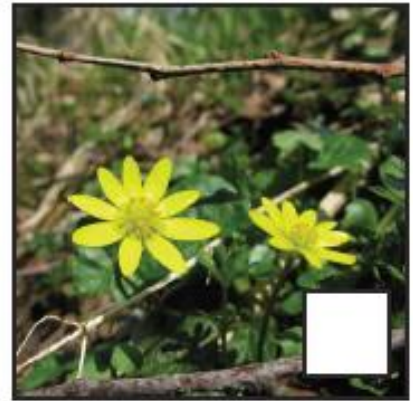
Remember to stay 2metres apart from those who don't live in your household.



primrose



snowdrop



lesser celandine



wood anemone



cow parsley



bluebell



yellow archangel



common dog-violet



wood sorrel

## Minibeasts to look out for on your daily walk:

Remember to stay 2metres apart from those who don't live in your household.



spider

☐

woodlouse

☐

slug

☐

butterfly

☐

beetle

☐

wasp

☐

crane fly  
(daddy-long-legs)

☐

ladybird

☐

earwig

☐

dragonfly

☐

snail

☐

ant

☐

millipede

☐

worm

☐

fly

☐

caterpillar

☐

bee

☐

## Snakes and Ladders

You will find out a net to make a dice and counters on the next page should you need them.

Take turns to roll the dice and move your counter starting at 1. Remember if you land on a ladder you move up it, if you land on a snake's head you move down it.

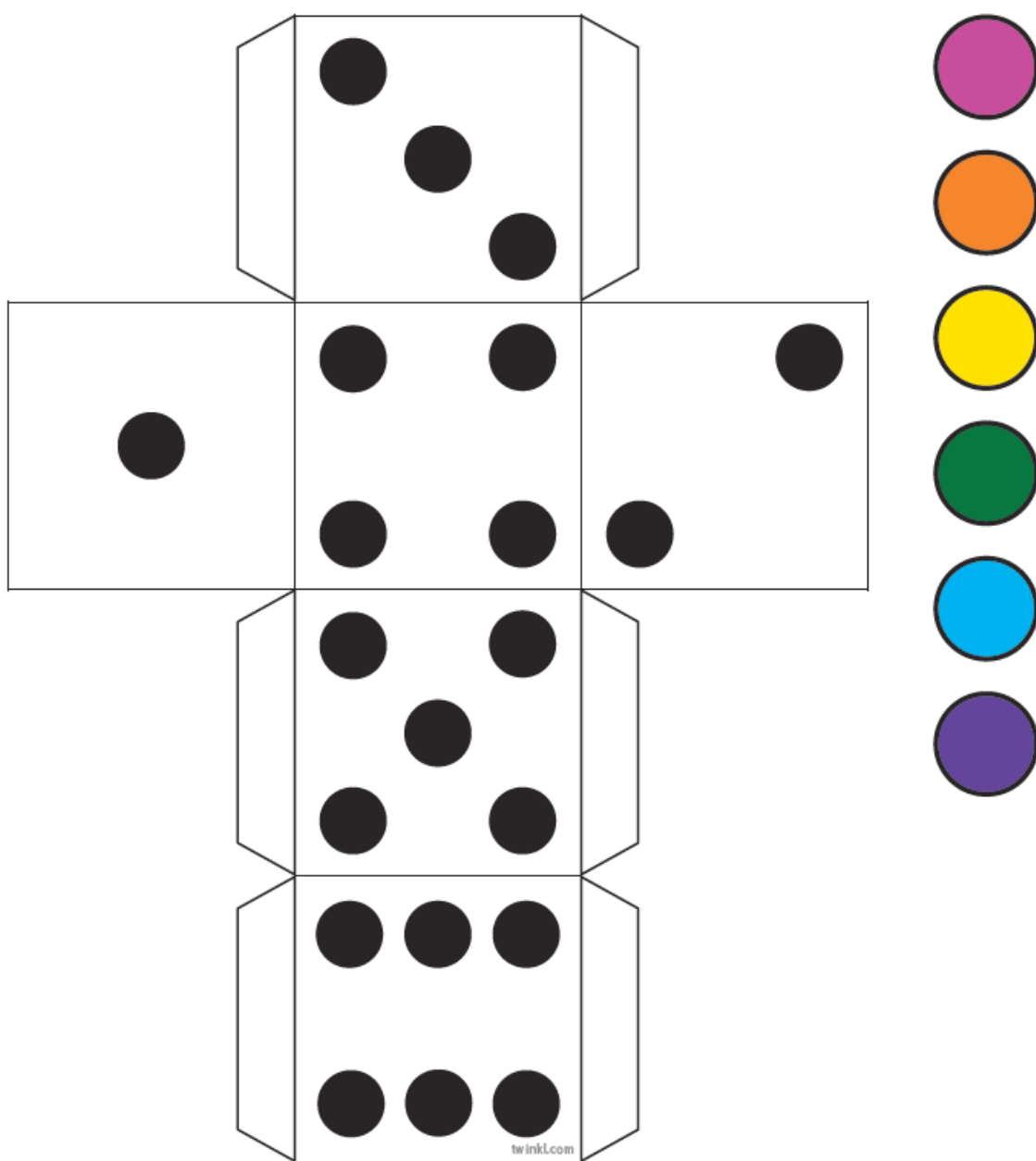
The winner is the first to reach 100!

100	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

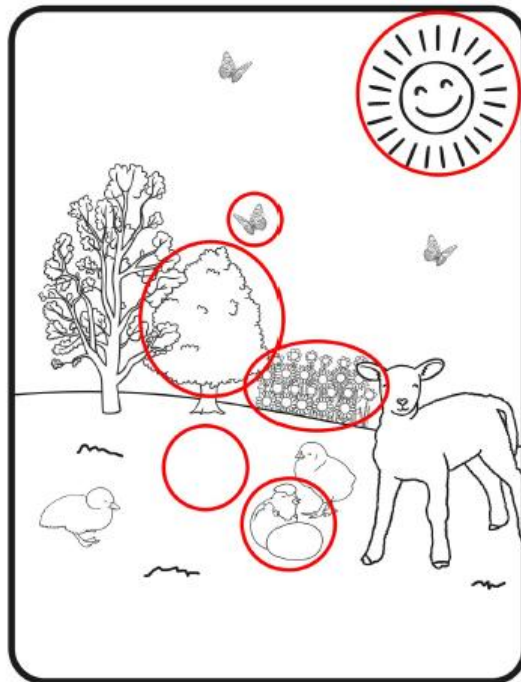




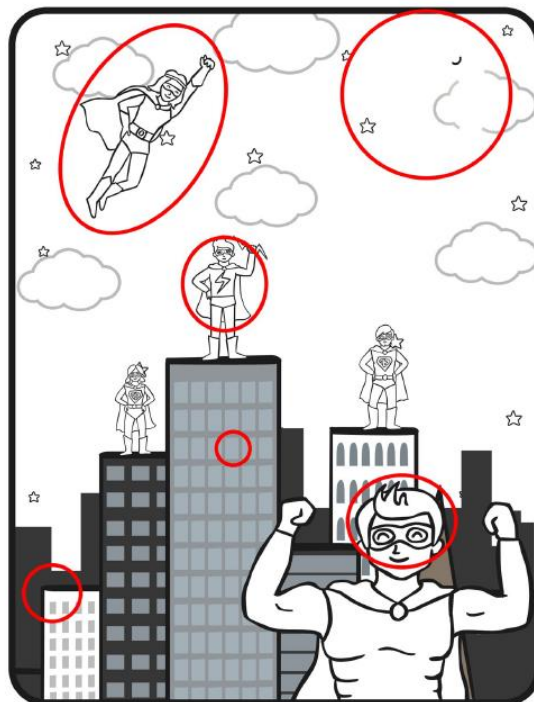
## Dice and counters



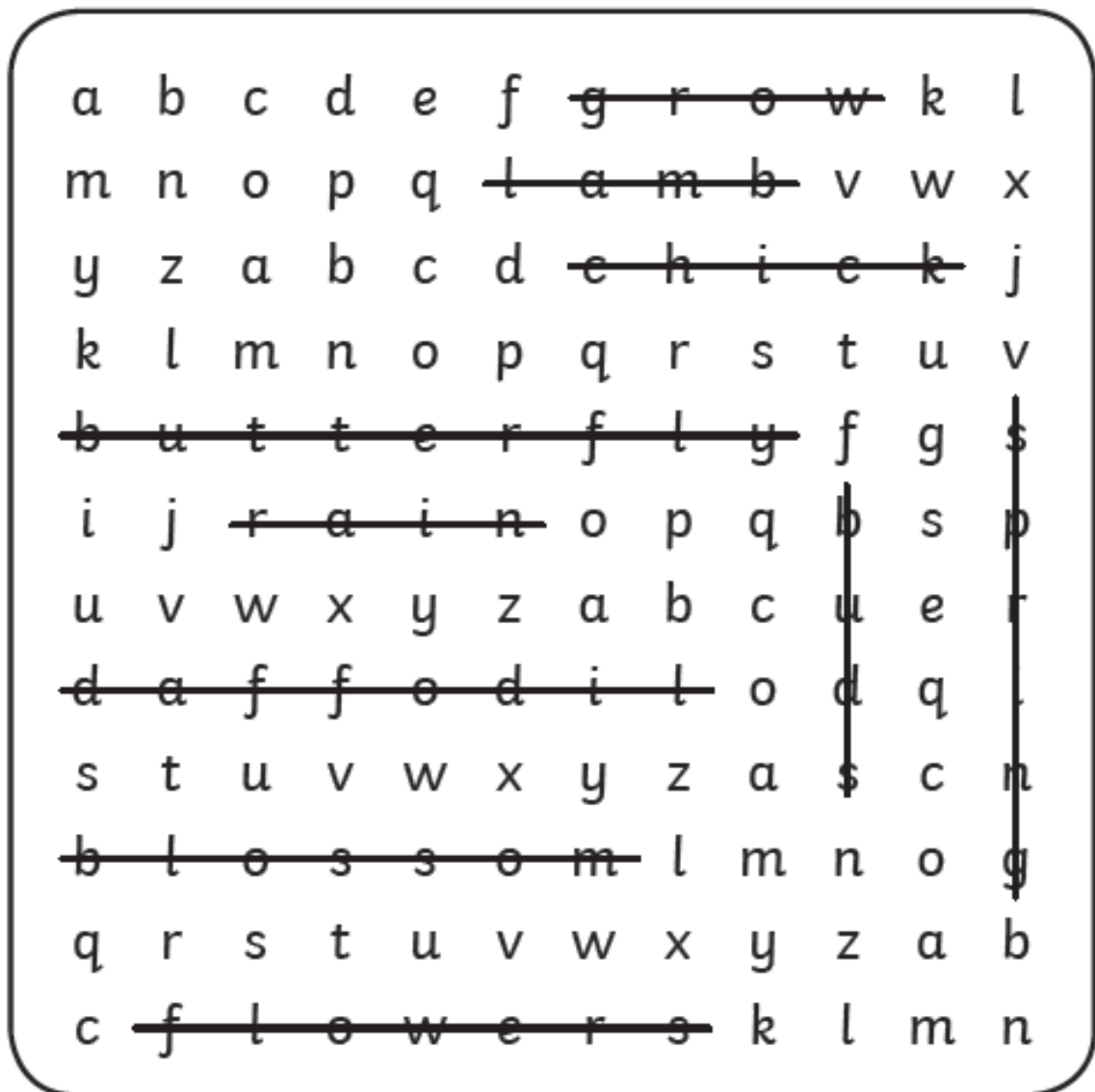
## Answers – Spring Spot the Difference



## Answers – Superhero Spot the Difference



## Answers – Spring Wordsearch

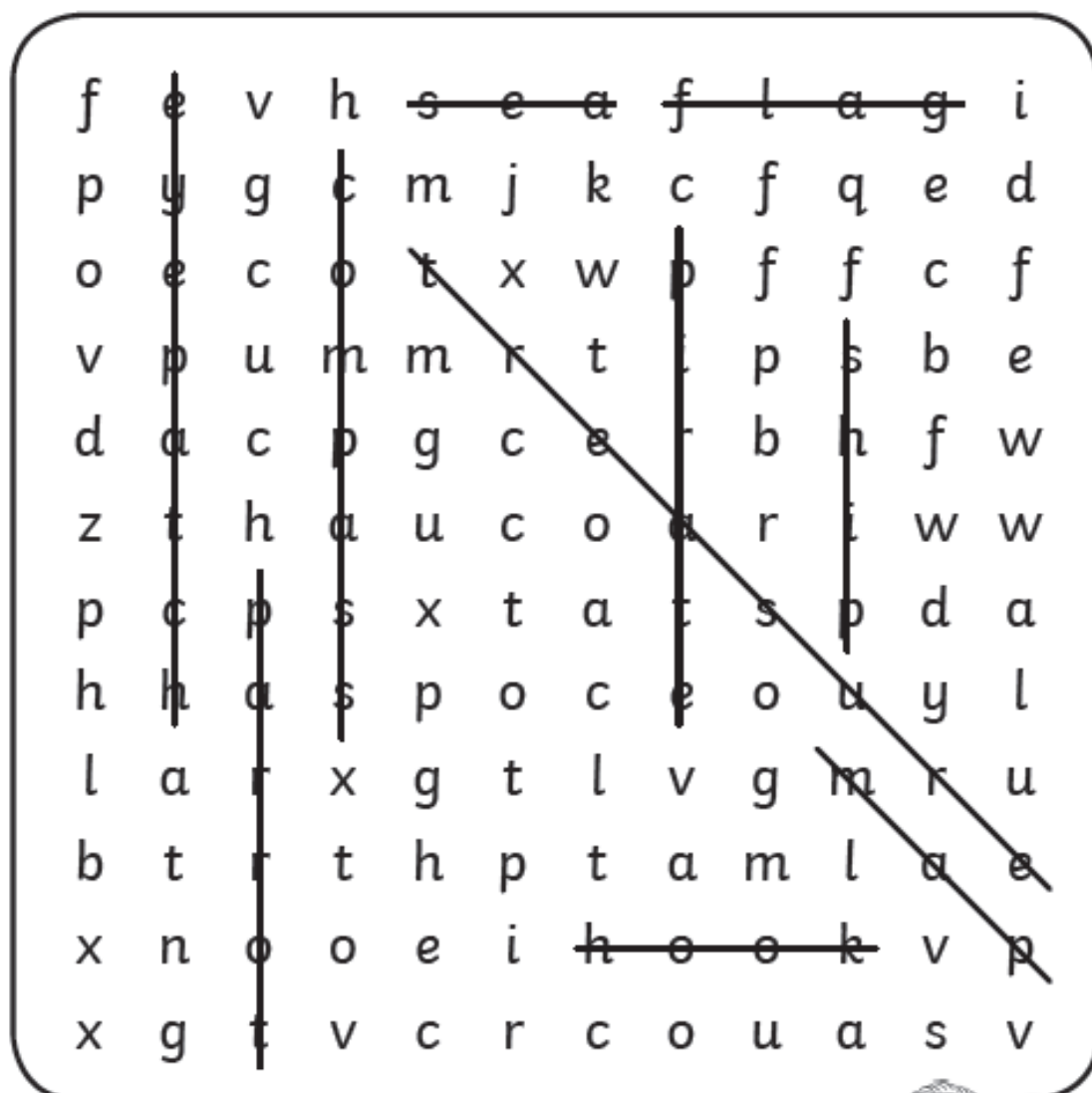


flowers  
blossom  
daffodil  
rain

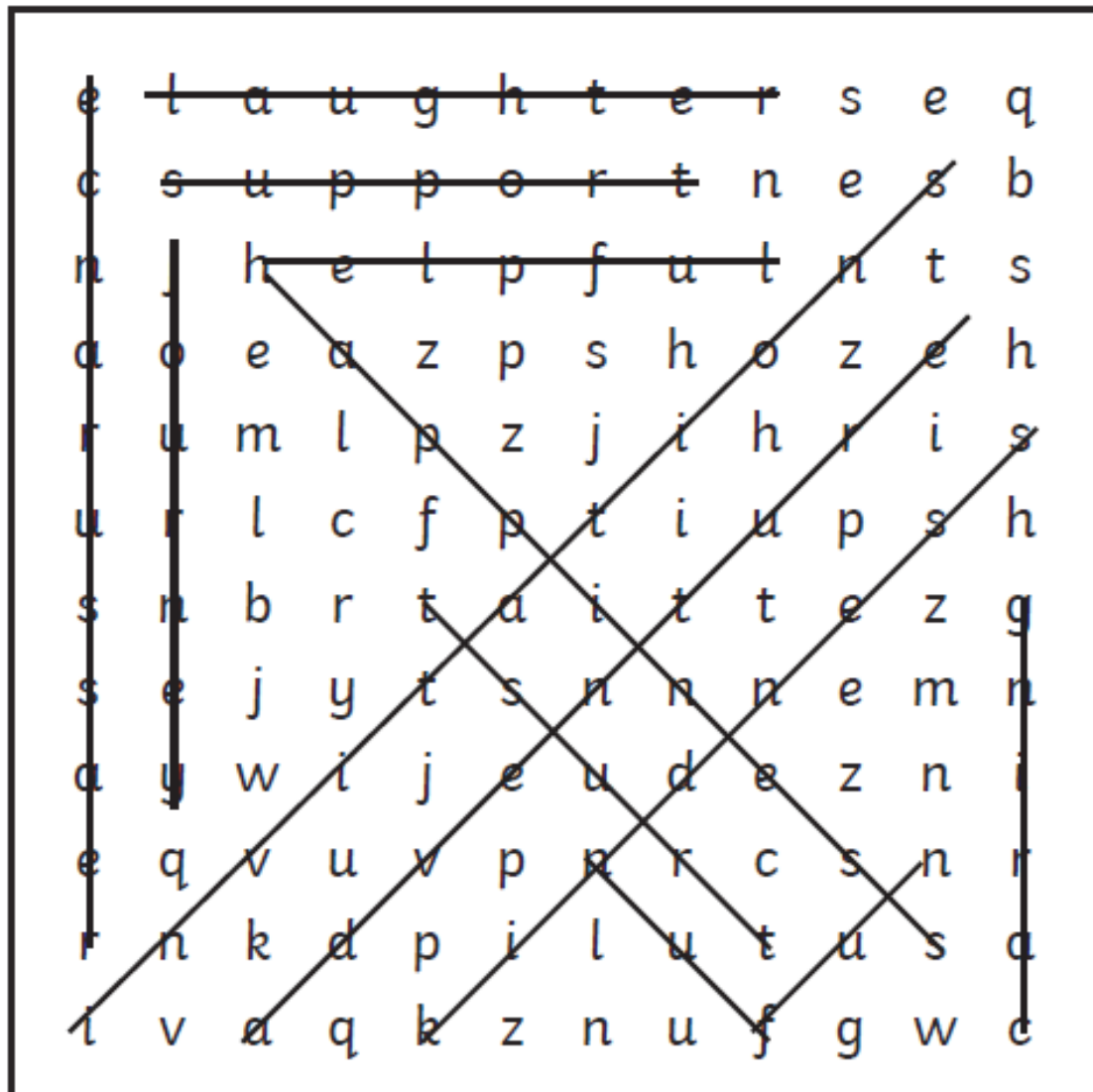
buds  
spring  
butterfly  
chick

lamb  
grow

## Answers – Pirate Wordsearch

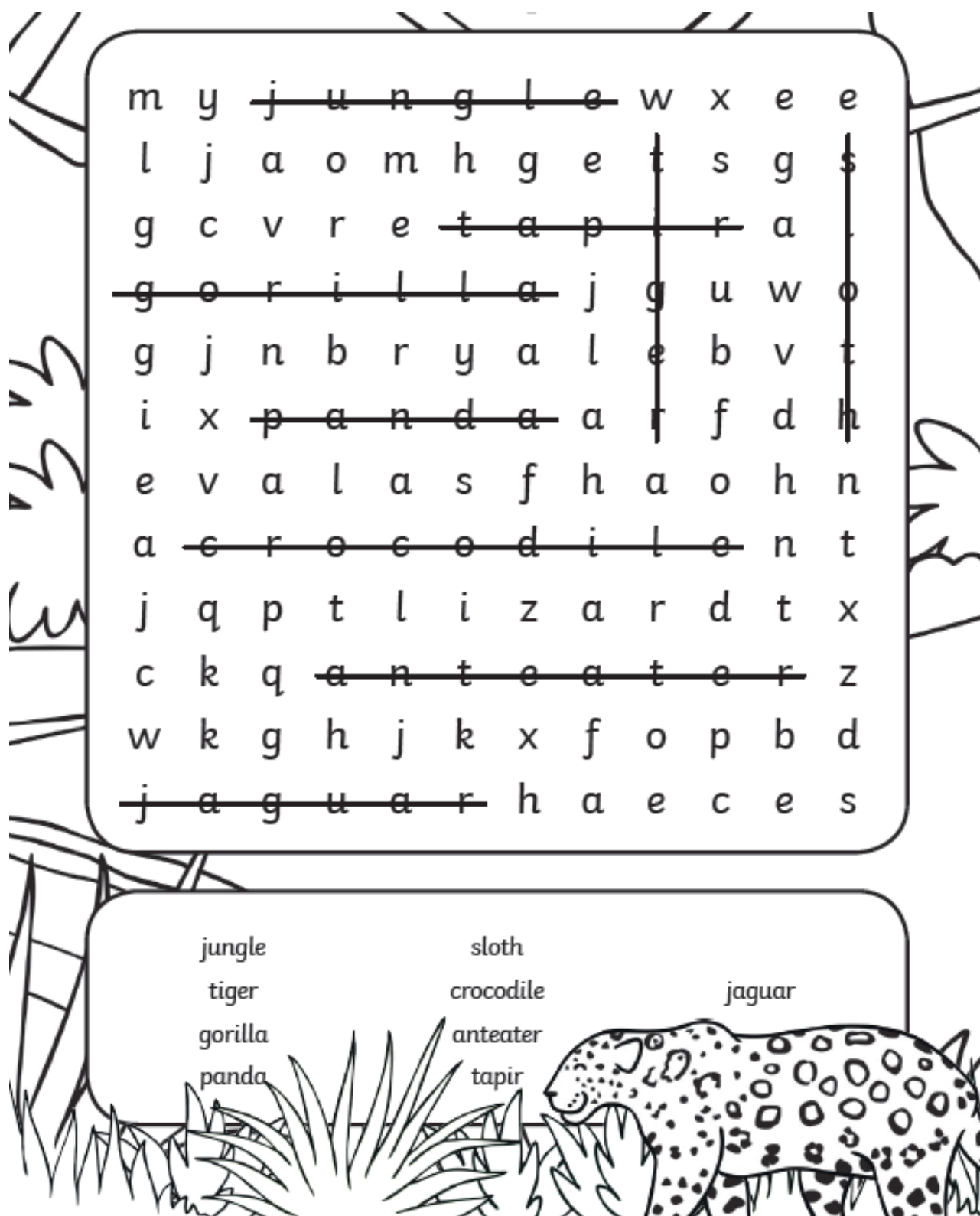


## Answers – Friendship Wordsearch

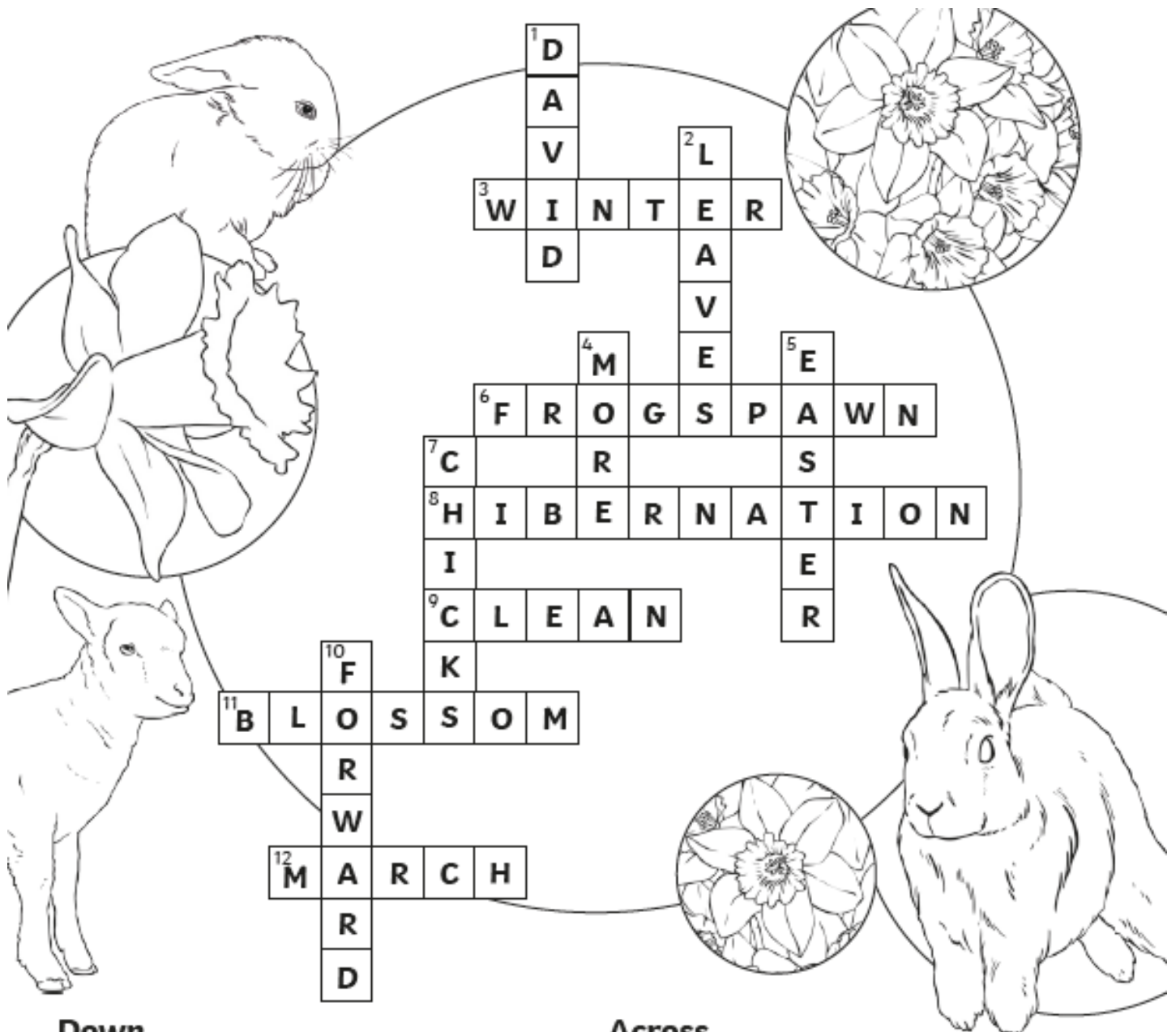


fun	kindness	invitations
laughter	caring	happiness
adventures	reassurance	journey
trust	support	helpful

## Answers – Jungle Wordsearch



## Answers – Spring Wordsearch



### Down

1. The patron Saint of Wales.
2. Trees grow new **leaves**.
4. There are **more** daylight hours.
5. A Christian festival that occurs in spring.
7. These hatch from eggs.
10. Clocks go **forward** one hour.

### Across

3. Spring comes after this season.
6. Frogs lay this.
8. Hedgehogs come out of this.
9. People like to spring **clean** their houses.
11. This blooms on trees.
12. Spring starts in this month.



## Resources

The resources from this pack can be found online at:

<https://www.twinkl.co.uk/>

Membership to this site is currently being offered free for parents to help children to continue to learn and be entertained at home.

## Website Links

Here are some links to other online resources you may find useful:

<https://www.topmarks.co.uk/> - huge treasure trove of activities that cover a whole range of subjects. Also holds links to games etc that are hosted by other sites.

<http://www.pobble365.com/> - a new picture is shared each day to provoke discussion, debate or writing ideas.

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/> - free online books – brilliant if you can't get to the library

<https://groweatgift.com/2017/06/14/30-ways-to-go-wild-with-science/> - lots of different and fun science activities you can do in the house or garden

<https://groweatgift.com/2017/06/12/30-ways-to-get-creative-for-30-days-wild/> - different activity ideas that involve creating or engaging with different things in your house or garden

<https://www.jumpstartjonny.co.uk/home> - some videos are free – dances, workouts, fitness challenges