

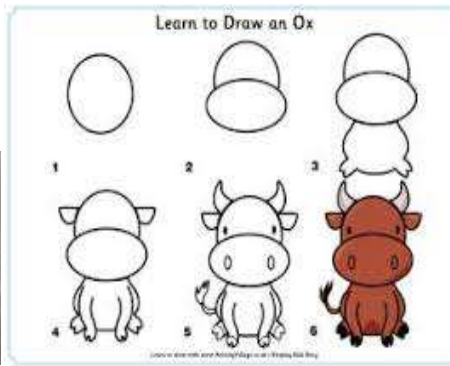
# Half Term Holiday Fun!

Why not try some of these activities during your February Half Term. How many can you complete?

## Chinese New Year

This celebration will be taking place (12<sup>th</sup> February – 17<sup>th</sup> February).

- Watch the video clip about Chinese New Year - <https://www.bbc.co.uk/cbeebies/watch/chinese-new-year>
- Try some craft-based activities such as making lanterns, dancing dragons or a picture of the Ox (year of the Ox)
- Why not try dragon dancing? <https://www.bbc.co.uk/cbeebies/watch/lets-go-club-chinese-lion-dance>



## Nature Walk

Why not walk to the beach, park, nearest woodland or play in your garden? Spend time looking at the environment. Can you spot local wildlife? Why not create a sculpture using the materials you have found?

## Shortbread Biscuits

150g plain flour, plus extra for dusting  
100g butter, chilled and cubed  
50g caster sugar, plus 1 tbsp for sprinkling

Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.

On a lightly floured surface, roll out the dough to ½ cm thick. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.

Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 mins.

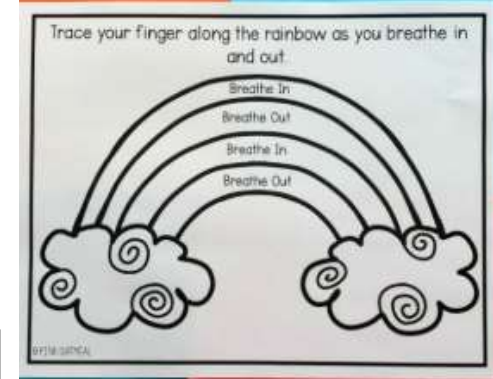
## Mindfulness Activities



- Cosmic Yoga
- Colouring
- Reading
- Exercise
- Listening to music



Use your finger to find the centre



## Science Experiments – Lava Lamp

### Materials:

- A clean plastic bottle, try to use one with smooth sides
- water
- Vegetable Oil (or you could Baby Oil instead)
- Fizzing tablets (such as Alka Seltzer)
- Food Colouring

### Instructions:

Fill the bottle up about 1/4th (1 quarter) with water.

Pour the vegetable oil in the bottle until it is almost full. You may want to use a measuring cup with a spout or a funnel. You may have to wait a couple of minutes for the oil and water to separate.

Add a few drops of your favourite food colouring. Watch as the colour sinks through the oil. Did your drops of colour mix with the water immediately or float in between for a few minutes?

Break your fizzy tablet in half and drop part of it into the bottle. Get ready ... here come the bubbly blobs!

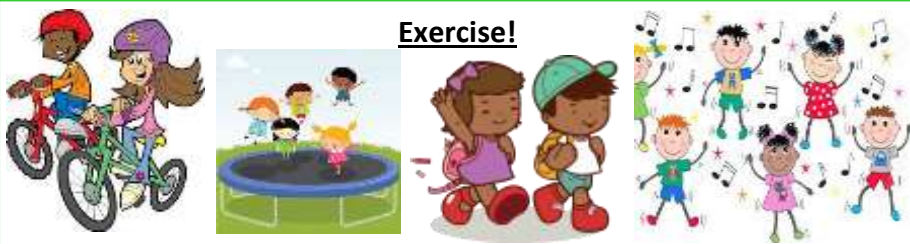
You can even get a flashlight, turn off the lights and drop in another half tablet. This time shine the flashlight through the lava lamp while the blobs are bubbling!

### How it Works:

The oil floats on top of the water because it is less dense or lighter than water. The food colouring has the same density as the water so it sinks through the oil and mixes with the water. When you add the tablet, it sinks to the bottom then starts to dissolve. As it dissolves it makes gas, carbon dioxide. Gas or air, is lighter than water so it floats to the top. The air bubbles bring some coloured water with them to the top. When the air comes out of the coloured water blob, the water gets heavy again and sinks. It does this over and over again until the tablet is completely dissolved.

Why not try some other fun science experiments?  
<https://www.sciencefun.org/kidszone/experiments/>

## Exercise!



## Scavenger Hunt

A scavenger hunt is a game in which someone prepares a list with specific items for the other person to find. This scavenger hunt could be completed either inside or outside. Good luck hunting!

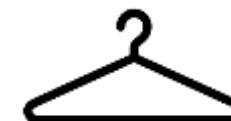
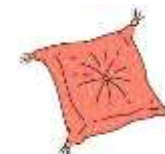
Some items you could try and find at home...



### *Bonus Hunting!*

Find something:

- Round
- Smelly
- Soft
- Transparent (see through)
- Flexible (bendy)



## Game Fun!

Card games – Snap, Go fish, Solitaire, Uno  
Play a boardgame – Cluedo, Monopoly, Operation, Guess Who, Pie Face, HeadBanz, Connect 4, Chess/Draughts, Snakes and Ladders  
Create your own board game

## Get Creative!

Why not spend some time drawing, painting, sculpting (using junk modelling) or building!

