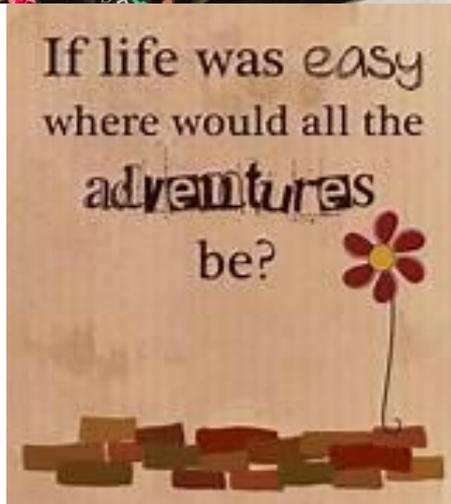


Family Playrooms

The Offline Only Edition

Welcome to the Family Playrooms Offline Only Magazine! We have nine rooms for you to explore and have fun offline and online!



What's in this edition

The Challenges: from Cherryblossom week

Our regular guests:

Junk modelling in the Arts and Crafts Studio

Pobble in the Storytime Snug

Shake it up in the Games Room

Bedtime Maths in the Brain Gym

Colouring Corner

Explorer features:

Lego Challenges from the Discovery Platform

May's Active Coping Calendar from the Chill Out Zone

What's on(line) locally – Get in touch

Cherryblossom Challenges

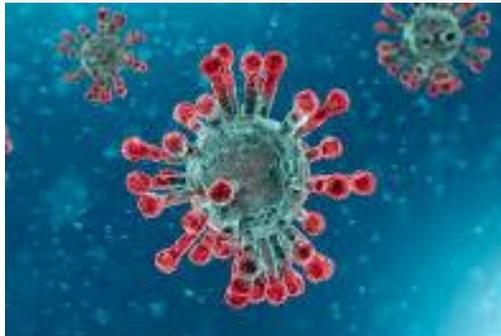
Win a personalised badge and join our "Challenge Cabinet" hall of fame if you complete one or more challenges- send in your name and the challenge you've completed.

ARTS AND CRAFTS CHALLENGE #1

CORONA CROWN



Did you know that the word Corona is Latin for Crown, because under the microscope these viruses look like a crown with spikes ending in little blobs? Can you design a royal crown inspired by images of the coronavirus?



This is probably one of the only challenges that will be about the coronavirus, but we believe that the more we know the less scary something is.

For under 5s - use hand painting to create a crown with your parent.

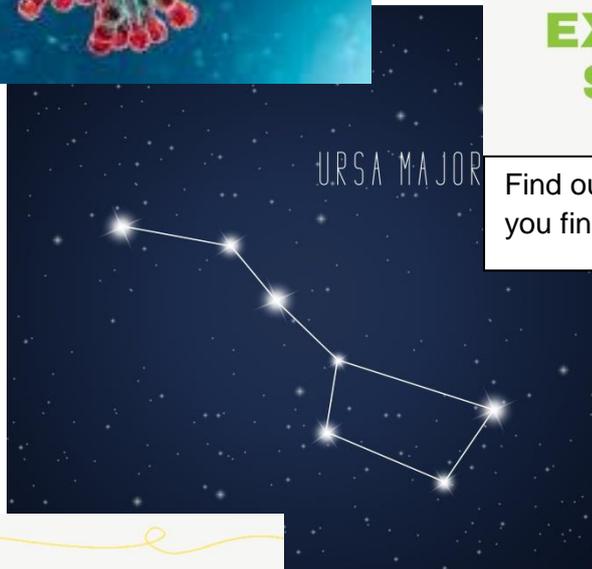
For older children - Investigate the biological structure of the coronavirus and see if you can make your model as accurate as possible. What are the names of the spikes?

DISCOVERY CHALLENGE #1

EXPLORE SPACE



Find out something new about space. Can you find a new constellation in the sky?



INSPIRATION CHALLENGE #1

BE A JOURNALIST



Interview... your parents! Find out something new that you didn't know about them. They might surprise you! Report back.

Some good questions are:

- What is the biggest thing you have learnt in life?
- What was your biggest adventure?

For under 5s – Encourage your younger child to choose one question they want to know. Or share a story at storytime about mummy or daddy.

For older children - Turn your interview into a short article with a snappy headline, or even a video.

**Bet you
didn't
KNOW!**

6 out-of-this-world SPACE FACTS

1 From **Earth** you always look at the **same side** of the **Moon**.

2 A **lightning storm** on Saturn was big enough to cover the entire **USA**.

3 Astronauts have grown **potatoes** on the **space shuttle**.



4 The **Milky Way** is made up of **at least 100 billion stars**.

5 **Chimpanzees, monkeys, dogs** and a **guinea pig** have all **travelled into space**.

6 The north pole of **Uranus** doesn't get **sunlight** for almost **42 years** at a time.

Our Regular Features



Brain Gym: Bedtime maths

Eel-ing with Delight



Photo: Sponse via Wikimedia Commons

With aquariums closed, we're missing visiting all those cool sea creatures. Turns out, they miss us, too! This aquarium in Tokyo wants people to FaceTime with their spotted garden eels. These silly little eels dig burrows and stick most of their bodies in the sand. But they also poke their heads out to eat tiny bits of food floating by – and to see people! So call them up and give them the classic ocean greeting: a friendly wave.

Wee ones: If these eels each have 3 big spots and 2 eyes, do they have more spots or eyes?

Little kids: If you chat with a baby eel for 3 minutes, then with the mama eel for 5 minutes, how many minutes did you spend talking to eels? *Bonus:* If you start chatting with them at 1:28 pm, at what time do you finish?

Big kids: If an eel is 15 inches long, but $\frac{2}{3}$ of it is hidden in the sand, how many inches of eel are showing above the sand? *Bonus:* How many 15-inch eels would you have to lay end to end to add up to your height?

www.bedtimemath.org/eel-ing-with-delight



Storytime Snug: Pobble Professor Plum



Perfect picture!

Imagine you have the power and ingredients to make any magic potion. Can you draw and describe your creation?

Question time!

- ▶ Who is Professor Plum?
- ▶ What potion is he making?
- ▶ Has the Professor chosen to lock himself away?
- ▶ Why hasn't he had any sleep?
- ▶ What might the vessels and books on the table contain?
- ▶ If you could make any magic potion, what would you make?
- ▶ What do you think the Professor keeps in his pockets?

Story starter!

Professor Plum had been locked away in his laboratory for days now, barely even stopping to eat or drink.

He rested his left arm on the dusty pile of books scattered across his desk, and with his right hand he gently flicked the conical flask in front of him. The red and orange liquid inside coughed and spluttered as heat from the Bunsen burner excited it from below.

Professor Plum wiped his weary eyes; only the excitement of finally finishing the potion kept him awake. Just a few more hours, then it would be ready...

Sick sentences!

These sentences are 'sick' and need help to get better. Can you help?

- ▶ He flicked the flask.
- ▶ It had a red liquid inside.
- ▶ It bubbled.
- ▶ The room was smoky.



Arts and Crafts Studio: Junk modelling

Ollie the Octopus

You need: one toilet roll, some paint or felt tip pens, some scissors and a black pen.



<https://www.netmums.com/activities/how-to-make-an-junk-model-octopus/how-to-make-the-octopus>

More toilet roll animals for inspiration:



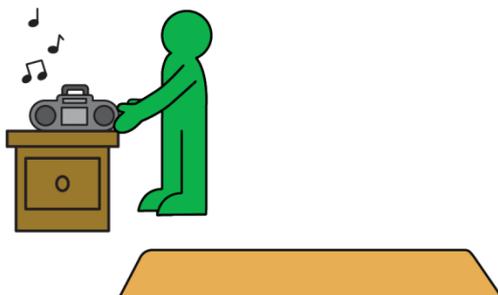


Games Room – Shake it up!

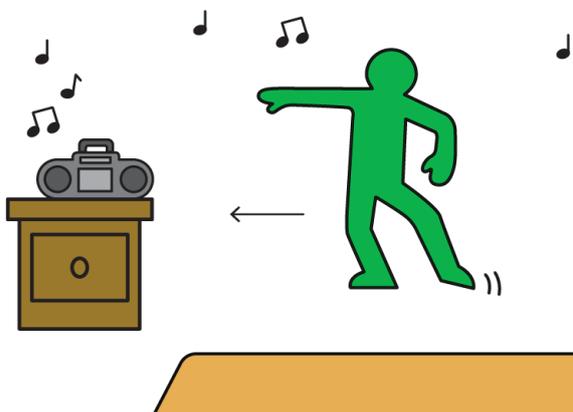
Jungle Jig with Nala and Simba



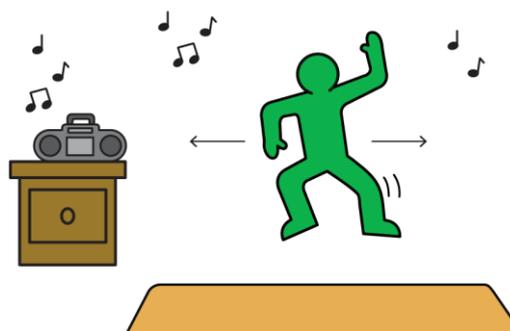
1 Start playing some music or put the radio on.



2 Take 2 sideways steps right and tap the toes of your left foot on the ground in time with the music. Then do the same to the left.



3 Now add some arm moves! As you step each way, wave your arms side to side above your head!



4 Finally, after your 2 steps in each direction, do a special dance move. Try a star jump, dabbing, flossing or swivelling your hips like you have a hula hoop. It can be anything – make the most of your agility!

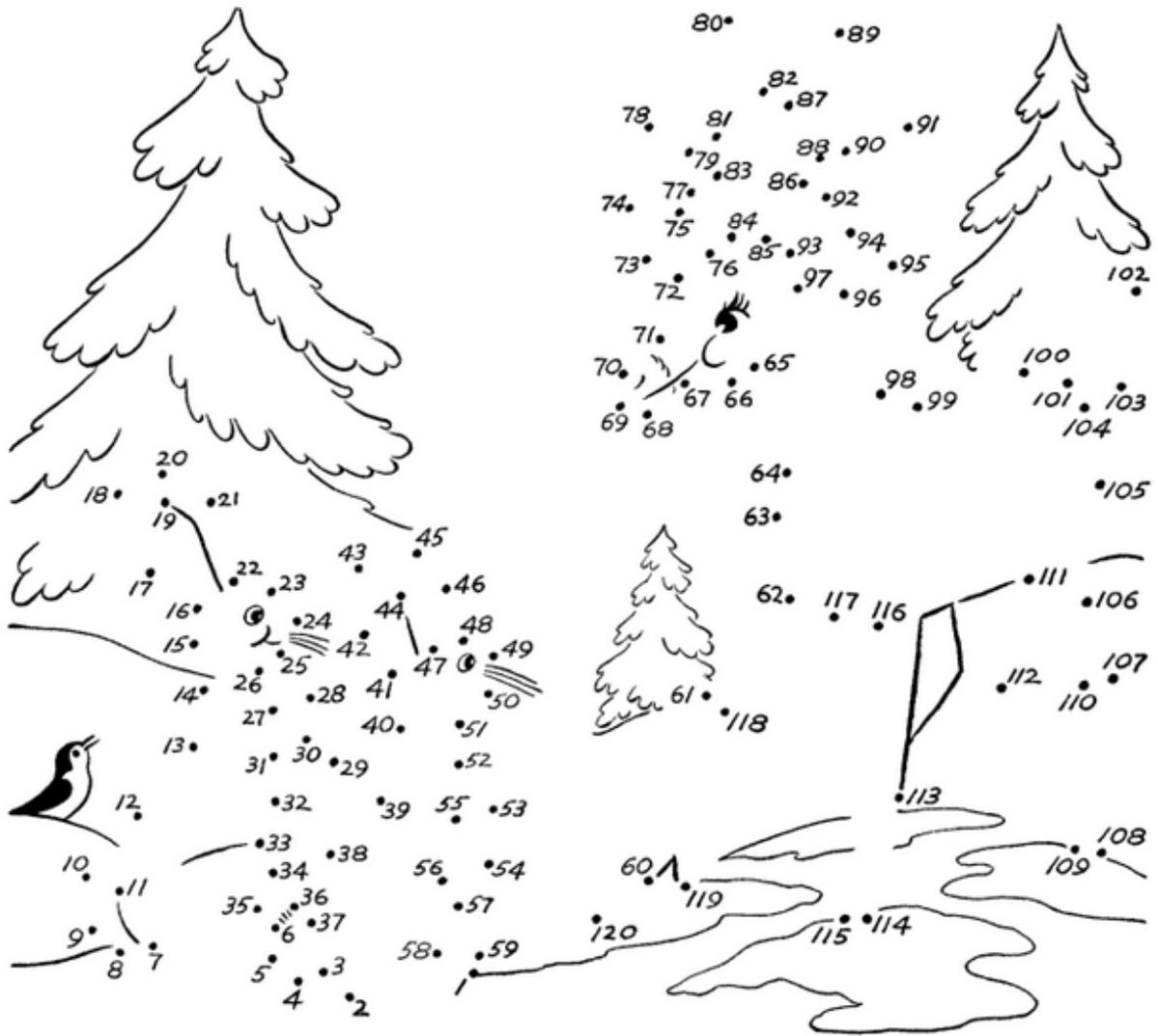


5 See if you can keep dancing for 10 minutes.



Colouring Corner

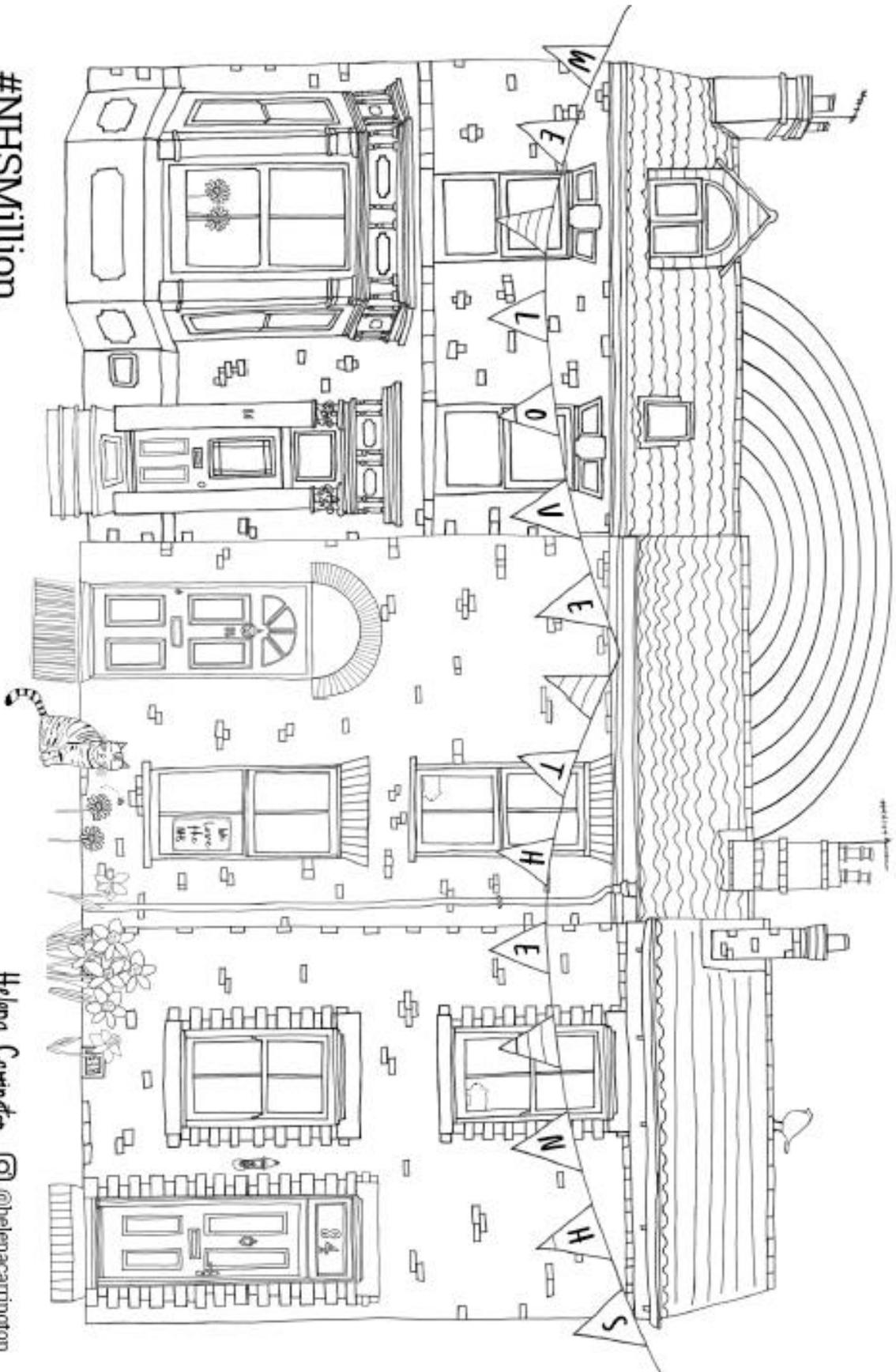
Join the dots and colour it in



RaisingOurKids.com

<https://www.thesprucecrafts.com/connect-dots-worksheets-1357606>

Show your support to the NHS - <https://www.nhsmillion.co.uk/nhs-posters>



#NHSMillion

Helena Carrington  @helenacarrington

Explorer Features

Lego Challenges

LEGO CHALLENGE CALENDAR

31 Days of Fun Ideas for Any Month!




DAY 1 Build Your Name or Initials	DAY 2 Build a Person With Moving Legs and Arms	DAY 3 Build a Catapult	DAY 4 Build a Robot	DAY 5 Build a House That Opens	DAY 6 Build a Boat That Floats	DAY 7 Build a 100 Brick Tower
DAY 8 Build a Box With a Lid	DAY 9 Build a Small World Scene	DAY 10 Write a Comic Strip for a Minifigure	DAY 11 Build a Model of Your Room	DAY 12 Build a Simple Machine	DAY 13 Build a Bridge That Can Hold Something Heavy	
DAY 14 Build a Favorite Character	DAY 15 Make a Mosaic Using Flat Pieces On Baseplate	DAY 16 Draw a Design Make it with LEGO Bricks	DAY 17 Build Something To Go With A Favorite Book	DAY 18 Build a swimming pool for a minifigure	DAY 19 Build With Eyes Closed 5 Minutes	
DAY 20 Build a Pyramid	DAY 21 Build a Marble Run	DAY 22 Draw a Play Mat and Add LEGO	DAY 23 Learn Paper Football and Build a Goal	DAY 24 Have a Minifigure Building Race	DAY 25 Build a Marble Maze	
DAY 26 Try to Sink a Minifigure	DAY 27 Build a Zip Line	DAY 28 Make Your Own LEGO Skittles Game	DAY 29 Build a Parachute for a Minifigure	DAY 30 Build a Car Attach a Marker and Draw!	DAY 31 Ask For a Bin of Soapy Water Wash LEGO!	

www.littlebinsforlittlehands.com

Scavenger Hunt from Primary Playground

5 SENSES SCAVENGER HUNT

primary playground

- Find something that makes a crunch sound.
- Find something that tastes sour.
- Find something that smells good.
- Find something smooth.
- Find 3 of the same thing.
- Find something that smells bad.
- Find something that tastes sweet.
- Find something loud.
- Find something long.
- Find something soft.
- Find something white.
- Find something quiet.
- Find something rough.



<https://primaryplayground.net/scavenger-hunts/>

Bedtime Maths answers

Wee ones: More big spots, because 3 is more than 2.

Little kids: 8 minutes of eel talking time. *Bonus:* At 1:36 pm.

Big kids: 5 inches. $\frac{1}{3}$ of the eel is showing, and $\frac{1}{3}$ of 15 = $15 / 3 = 5$. *Bonus:* Different for everyone... measure your height, convert it to inches, then add up 15s to find out your height in eels!

Active Coping Calendar




COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND




30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				



ACTION FOR HAPPINESS

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

<https://www.actionforhappiness.org>

Playrooms Podcast www.bbbc.org.uk/family-playrooms/have-your-say

What topics and guest speakers do you want us to cover in the “Have your say” parents’ podcast? And do you have any tips or ideas to share with other parents? Get in touch and let us know!

What's on(online) locally



Boredom Buster Games go live in the Family Playrooms Facebook group at 3pm every Thursday



Burdett Children's Book Club is held over Zoom at 3pm every Monday and Wednesday. Contact Ricky for more information: 07507556908.

We're looking for an editorial team

Are you keen to hear and represent people's voices? Do you have an eye for the

We're looking for three editors, to make this magazine come to life! It will involve a weekly editorial meeting, content gathering and some writing too!

Primary Editor – representing under-11s

Teen Editor - if you are at secondary school

Parent/teacher/carer editor

Plus we're looking for feature writers – to write content, interview people, help find new inspiration and voices.

To apply, tell us why you want to take part and why you'd be great at the position!

Email playrooms@bbbc.org.uk

Text 07551662497

Or write back to the Family Playrooms via your distributor.



Send in your pictures, challenges and news

Have you got a joke, riddle or message for the group? Have you created a picture or model that you want to share? Do you want to claim your challenge badge?

Contact the Family Playrooms with your first name and your message (get permission from an adult first):

Email playrooms@bbbc.org.uk - Text 07551662497 - Join the Facebook activity group, search Family Playrooms – Check out our website www.bbbc.org.uk/family-playrooms