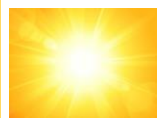


To find other activities and links to ideas to support, visit Hackney Home Learning [click here](#)



Summer is here!

How to stay healthy in mind and body ready for school in September.



Below are things to practise all through the summer which will help you in September! This home learning topic is all about having a go at something new. There are so many things we can be in the world. On the next few pages you will find different ideas and activities that you can do at home and learn something new! Some are quick and some are longer projects that you can work on over the holidays. So what will you learn to be this summer? Have fun and stay safe!

Be creative/curious!

Draw, paint, sew, design.

Learn by visiting places, reading and watching.

There are lots of activities that can support this on the next pages. There are links to museums that can be visited virtually and some are around the world!



Be relaxed!

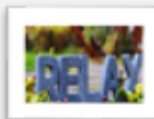
Learning how to relax is important. Spend some time each day practicing relaxation techniques:

[Click here for more](#)

Start with this one to control your breathing:

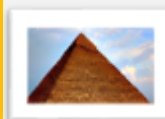
Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
 - Repeat a few times.



Be ready!

Find out what you might be learning in school next term and start finding out interesting facts and information to share with your friends!



Be kind to yourself!

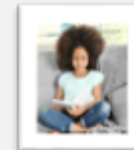
Looking after your wellbeing builds resilience. Try these activities to take care of yourself [here](#).

Be a reader!

Read for at least 10 minutes a day. This is great at night to help you sleep. Share stories!

Join in the summer reading challenge too!

<https://summerreadingchallenge.org.uk/>



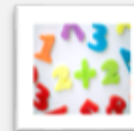
Be a maths wizard!

Once a week, practice counting forwards and backwards in 1s, 2s, 5s, 10s etc.

You can always count things wherever you are e.g. how many red cars you see in a day!

Count trees in threes!

Practice a times table or practice your number bonds to 10, 20, 50 or 100!



Be a quizzer!

A fun thing to do is to learn facts to amaze others.

These are some great things to learn about:

Countries in continents e.g. Africa, Europe

Capital cities of the world

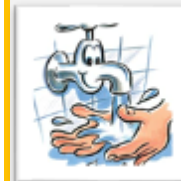
Find out the 5 highest... mountain or building etc.

Find out the 5 longest... river or road

Find out the 5 largest ... lakes, valleys, countries or cities

What other facts could you learn?

National Geographic facts: [here](#)



Be a talker!

A great way to find out things is talking to other people. We all learn new things from each other and share feelings and experiences.

Ask and talk to your friends and family about your thoughts and feelings. Share your interests and ask about their interests too!

Who, What, Where, When, Why, How? are all great ways to ask questions.

You might find out new things together!



Be fit!

Do at least 30 minutes a day of walking, fitness videos or whatever gets your heart rate up!

You could also learn how to play a new sport that you haven't done before!

Be safe!

Wash your hands frequently and maintain social distancing.

Be a writer!

Visit a writer's museum:
Roald Dahl: [here](#)
Charles Dickens: [here](#)
Shakespeare: [here](#)

Be a poet!

Poets tell poems in all sorts of forms. They can be story poems, limericks, cinquains, raps, rhyming and non-rhyming.



Poems often have a pattern in the words with the sounds or syllables of the words. They often string words together that give a great image in your mind or use made up words or words that sound good when they are read together. Make up your own poem. Try writing a rhyming one about you, your friend, a favourite toy, animal or object. Look up some poets that you know to mimic their style.

Be an author!

Authors write books. You could write a book about ANYTHING! Your book could be:



An information book about something you like. Then it needs a contents page, a glossary and an index page.

A fiction book made up of one story or lots of short stories.

Will it be a scary book full of scary stories or a story that would make people laugh?

An instruction book on how to do or make something e.g. a recipe book, a guide to playing Minecraft, how to build a Lego dragon etc.

A joke book full of jokes!

A comic strip is a story told in pictures!

You can make lots of different mini books by folding paper or joining pieces of paper together.

Be a journalist!

Journalists find out about events that are happening now (current events) and write about them. It might be some news, a review of a film/TV, a sports event etc.

Make and create your own newspaper!

You need some paper and pens.

Give your paper a name and then start with the front page.

Remember:

Headline, first paragraph, quotes etc.

You could include:



A puzzle page, a recipe page, a review of a book/film/TV show, an interview with someone you know, a report of a football match, a place to visit.

You can have as many pages as you like. Could someone in your family be a journalist with you? That would make you the editor!

Be a reporter on BBC: [here](#)

Be a reader!

Visit the British Library, where some of the greatest literary treasures of the world are kept! [here](#)
Virtual library tour: King's college Cambridge library: [here](#)

Be in a book group!

Reading and then talking about what you have read makes a book even more enjoyable.

Book groups are made up of a group of people that either:

Read the same book and talk about it together OR

Read lots of different books and then recommend them to each other.

Ask your friends and family if they want to be in a book group. Decide if you are going to read the same book or a different one.

Decide when you will meet, either virtually or in person!

When you meet talk about these:

What did you like/dislike about the books?

Were there any questions that you had?

Were there parts that you did not understand?

What would you like to ask the author?

Score your books - would you recommend this to someone to read?

Be a reviewer!

Recommend a book or story

People often choose to read a book because other people have recommended them. Read a book or story and then either tell someone about it or write a review. What was the book/story about (don't give it all away!)

What did you like about it/not like about it?

Who would this book be good for?

You could write your review online or record it!



Be a storyteller or an actor!

Read a favourite book or story.

Story tellers tell the story with lots of good voices and maybe some puppets or props. Actors make stories come to life by acting them out.

Take your favourite story and either tell it as a story or act out all or part of it! What would the characters say?

How would you make it come to life?

You could write a script for it or just improvise.

If you ask other people to act in your play too you would be an actor and a director (telling everyone else what to do and how)

Invite someone to watch your play.

If you filmed it, then you would have become a film actor!

Be a librarian!

Libraries are where you can borrow books to read. Think about what types of books you would have in your library and then try to read a book for each area e.g. funny books, history books, cookbooks etc. You could organise books in your home into a library and make library cards, so you know who has borrowed it!

Be a mathematician!

Visit Winston Gallery: [here](#)
Musuem of Maths: [here](#)

Be a game designer

Do you ever play 'Pat-ball' or 'King-ball' in your playground with 4 players bouncing a ball into another square on a 2x2 grid?



Design your own outdoor game.

What shape will the court be?

How many players will play? (Make sure each player has an equal area to play.)

What will the length and width of the court be?

What will the perimeter and area of the court be? What will be the perimeter and area of each players' section?

Be a formula creator

Start with number 2. Multiply by 3 then add 1. $2 \times 3 + 1 = 7$

Now start with 3 then 4 then 5

Show an adult the numbers below and ask what calculation do you have to do to 2 to get to 7 or 3 to get to 10.

$2 = 7$, $3 = 10$, $4 = 13$, $5 = 16$, $n = a$

Can the adult work out your formula?

If the number is n and the answer is a than $n \times 3 + 1 = a$ or $3n + 1 = a$

(when we put 3 next to n it means you multiply 3 by n)
Reveal your formula to the adult.

Create a similar formula. Multiply a number between 1-5 to your start number - then add a number between 1-5. Write your formula using n as your start number and a as your answer. Have fun creating formulae!

Be a risk analyst

Risk Analysts work for betting companies and casinos, working out the likelihood of potential scenarios. Use the following types of numbers and group them to think of always, sometimes, never questions.

Odd, even, square, prime, factor, multiple

E.g. Are square numbers always even - always, sometimes, never?

Are factors of 4 always factors of 2 - always, sometimes, never?

Think of as many questions as you can mixing the groups of numbers. Make sure you have explored all possibilities to check your always, sometimes never answer.

Be a scientist!

Visit: <https://www.stem.org.uk/>
Virtual tour of the Natural History Museum: [here](#)
Smithsonian Natural Museum tour: [here](#)
Virtual tour of the Science Museum: [here](#)
Royal Society for Chemistry: [here](#)

Be a botanist

Botanists study various aspects of plants. Look at the plants around your home, in the garden and the area around you.



What has changed over the summertime?

Take the time to plant some seeds if you haven't already.

What helps them to grow best? Are they all growing equally?

Try some in different conditions. (no light, full light, some light.)

Don't forget to water your plants to help them grow.

Give some of the same seeds to a friend or neighbour and have a growing competition.

Don't forget some plants you will be able to eat and some you can't.

Be a chemist

A chemist is a person who studies what everything is made of and how it works. Cooking and making ice are chemistry as well as medicines and paint. We often call the things we mix a range of *substances*. Chemists mix substances together and observe any changes that happen. Table salt is a common substance that most of us have at home. So is vinegar and bicarbonate of soda.

Check out the range of experiments [here](#) and have a go at some.



Be a physicist

A physicist is someone who explores the structure and behaviour of matter and the interaction between energy and matter. Matter is the substance of which all materials are made.

Materials are a store of internal energy. When a material is heated its internal energy increases and the movement of its particles increase and it can change state. Think about what happens when ice is heated. What happens when water is heated?

Check out the fun experiments [here](#) to explore states of matter.



Be an artist!

Musee D'Orsay in Paris: [here](#)
National Gallery London: [here](#)
Van Gogh Exhibition in Amsterdam: [here](#)
Rijksmuseum, Amsterdam: [here](#)
Uffizi Gallery, Florence: [here](#)

National Portrait Gallery: BP Portrait Exhibition: [here](#)
MASP - Museu de Arte de São Paulo, Brazil: [here](#)

Firstsite Art activities: [here](#)
Barbara Hepworth sculpture park and museum Tate: [here](#)
Courtauld Institute virtual tour: [here](#)



Be a photographer!

Taking photos of people, nature or structures is a great way to see things in different perspectives.

Ask to use an adult's phone or maybe you have a camera or camera phone of your own.

A basic compositional guide that has been used by artists and photographers is the rule of three. View your scene as if a tic-tac-toe board was over it. Place the subject on one of the intersecting lines. You can do close-up, zoom in or out.

If you have an interesting object, don't be afraid to fill the entire frame with it. Record the same thing over a few days and look at the changes.

Play scavenger hunt: Create a list of 10 items to find in the house or outside. Take the camera and photograph them as you find them. Make one a challenge. Save your photos to an album online.

Be a sculptor!

Sculptors use all types of materials to create their work with. Andy Goldsworthy uses natural objects found in nature: sticks, shells, leaves, rocks etc. Some use marble, bronze, gold, clay or plastic.

There are no rules to what you can use.

A famous Female sculptor is Barbara Hepworth.

Have a go at making some playdoh and creating a sculpture that represents summer to you.

Playdoh recipe:

2 cups flour, 3/4 cup salt, 4 teaspoons cream of tartar, 2 cups lukewarm water.

2 Tablespoons of vegetable oil, Food coloring, optional. Mix all together and knead for 5 minutes. Store in air-tight container.

If you want to sculpt out of natural materials make sure you are not damaging anything as you collect them.

Be an artist!

Artists are inspired by things around them and other works of art. Visit one of the art galleries and find an artist you like.

Could you copy their style and create your own ideas?

Be a renaissance artist

Be an impressionist

Be a modernist

Walk through British Art: [here](#)

Tate Kids: [here](#)

Find out about art around the world!

Be a historian!

British Museum: [here](#)
Museum of London: [here](#)

Be a curator!

Curators are people that look after all the artefacts (things) in museums. They have all the knowledge about periods of history and decide what to exhibit and why.

You could create a museum at home!

You could make a museum of your belongings or things of interest in your home
OR

Find out about a period of history and make a museum about that! You could recreate objects or pictures to show. These would be called replicas!

Make sure your museum has a theme e.g. toys and then write labels explaining what it is and why it is important!



Be an archaeologist!

Archaeologists find out about the past through looking at remains of objects, places etc. These are often buried beneath the earth. An archaeologist has great detective skills. You can be an archaeologist in your own home!

Play a treasure hunt game with someone!

You have 10 minutes to find:

The oldest object

The newest object

The most interesting object

An object you are not sure of its use

When the time is up, compare what you have discovered.

Who has found the oldest and newest objects?

How do you know how old something is?

Think about the colour, the texture, the decoration, the stories you know about the object.

If you aren't sure, how could you find out more? You could visit a local library, archive or research your object online. Discuss the 'interesting' objects you've found. What makes them interesting to you?

You've done some hands-on historical research

Young archaeologists club: [here](#)



Be a researcher!

Lots of historians write books or make TV programmes telling us about past times, events or people!

Can you research a past event or a person in history?

Make a fact file about it, draw a picture about it, make a TV programme about it!

KS1 history: [here](#)

KS2 history: [here](#)

BBC games and information: [here](#)

BBC programmes to watch: [here](#)

Be a geographer!

National Geographic Museums: [here](#)
Explore the earth with Greenpeace: [here](#)
Keep Britain Tidy: [here](#)
Google Maps: [here](#) and Google Earth: [here](#)

Be an explorer!

Geography is all about the world and its people. Using Google maps, plan your journey from your home post code to wherever you want to travel to. It could be a country far away that would require trains, planes or boats. It could be a more local trip that you walk, cycle or drive to.

What is the area like? What are the physical and human features?

key physical features: beach, cliff, coast, forest, hill, mountain, sea, ocean, river, soil, valley, vegetation, season and weather
key human features: city, town, village, factory, farm, house, office, port, harbour and shop.

What will you take on your trip and what are you planning to see while you are there?

It could be you stay over because you are travelling some distance.

Be a cartographer!

A cartographer draws and produces maps. Why would this be an important job? What skills would you need to become a cartographer? People have been making maps for centuries – even cave drawings are early maps representing hunting territories. Map drawing is now extremely precise using computers, satellite images and GPS (global positioning system). Have a go at Geocaching these holidays with an adult: read the map to find the treasure in real life! Click [here](#) for more information.

Be a recycler!

Recycling what we use when we can is crucial. Whether that is in our home, our neighborhood or further away. We can all do our bit to help the planet. Over the summer, look at ways to reduce, reuse and recycle. On a day out, take snacks or lunch in a re-usable container and a drink in a refillable bottle.

Look into the local area and find out what you can do for the environment. Sometimes people even do group Litter Picks. Look into organisations that encourage us all to recycle.

Find some ideas on CBeebies: [here](#)



Be a travel agent!

Travel agents help people design holidays and trips, often to exotic destinations.

They help plan flights, trains, boats and accommodation.

They can also help plan activities. Create a holiday that involves a return journey and activities that you might do whilst away.

You could visit interesting places, go to lovely restaurants, swim in the sea! Design a brochure with prices, attractions, accommodation and things, you could go to see. Find out about different countries [here](#)



Be a maker!

Recipes for kids: [here](#)
Bauhaus museum: [here](#)

Be an engineer

An engineer is a person who designs and builds complex machines or structures. They want to know how and why things work. There are different types of engineering jobs. Click [here](#) to find out what type of engineer you would be:

They often solve problems by building structures to help e.g. dams for rivers, sewage systems, bridges etc. They ask: Where will it be built, how will it be used, and how long does it need to be?

With just one roll of sellotape • 10 straws • 5 sheets of paper Can you design and construct a bridge to span over a 30cm gap! Your bridge must also be able to carry a weight in the middle of the bridge i.e. a pencil or coins.

See more engineering activities: [here](#)

Be a chef!

Chefs are people that cook and create meals. Think about what meals you would serve in your restaurant or café and create a menu. You could make a healthy breakfast, lunch or dinner. Think about what ingredients you would need; what flavors go together and plan your menu. Trying cooking your food and then get your guests to give you a review!

Be an architect!

Architects are people who design buildings. Architects have designed some of the most famous buildings in the world from opera houses to railway stations, office blocks to places of worship.

Either decide on a building you would like to design: the tallest skyscraper, the best home, the most fantastic school. Draw the design thinking about what features and materials you would use.

Look at buildings around the world for inspiration: [here](#)

More architecture activities from RIBA: [here](#)

Could you then be an engineer and a builder and build your design? You could use Lego or recyclable material (junk!) If you were a town or city planner you would have to design all the streets etc.

Could you make a model town or city and think about all the buildings you might need?



Be a sports person!

Sports information from BBC: [here](#)
PE activities: [here](#)
PE activities from Youth Sport: [here](#)
Tennis challenges from Tim Henman Foundation: [here](#)

Be a yoga teacher!

Yoga is a group of physical/mental/spiritual practices that originate from Ancient India. Modern yoga classes in London today mainly concentrate on the physical practices called Asanas – these are poses/exercises that help strengthen and stretch the muscles. They focus on strength, flexibility and balance.

Think of a pose that works on:

Strength: like squatting and holding flexibility, e.g. stretching down to try to touch the floor

Balance: like bending one leg and placing the foot on the inner thigh into tree pose.

Think of different poses that you think would work on your strength, flexibility and balance and teach them to an adult. Have a look [here](#).

After you have picked your poses/asanas, end your class with some deep breathing. Breathe in through the nose and out through the mouth, inhaling and exhaling for as long as you can. Try to let your mind empty and have no thoughts – focus on your breathing. This is called stillness.

Be a physiotherapist!

A physiotherapist is a health professional who is trained to know all about the body and the way in which it moves. A physiotherapist will help a person to move and stretch their body better if the person has physically injured themselves. Did you know football teams have sports therapists on their staff to help them in case they injure themselves? Here are a few tips over the summer to take care of your body, just as a physiotherapist would advise!

- Always warm up your body gently before any play and cool down with a stretch afterwards. Have a look at these warmups and cool downs from Nuffield Health [here](#).
- Remember to always check your posture! This means making sure you stand as tall as you can, shoulders back and head straight. When you are seated at a table, sit with both feet flat on the floor and back straight against your chair, rather than slouching over whilst writing.

Be a computer programmer or coder!

Museum of Computing Virtual Tour: [here](#)
BBC info: KS1 [here](#) KS2 [here](#)

Be a programmer!

You don't need a computer for this one!
Learn about the two very basic concepts of coding: **algorithm** and **sequence**. An algorithm refers to a set of step by step instructions for performing a task. A sequence refers to the order of steps in an algorithm.

The objective of this game is to build a Lego figure (robot) correctly while only listening to the Programmer's verbal instructions. Lego bricks or any other building bricks
Partition wall (like a piece of cardboard)
Desk

You need 2 people!

- 1) Build a Lego figure using the Lego bricks. You are the programmer (you have the figure)
- 2) Give the same Lego bricks to the other person, they are the computer (don't let them see your figure!)
- 3) Sit opposite them with a barrier (piece of cardboard or book so that you **can't** see what each other is doing.
- 4) You (the programmer) has to give one instruction at a time to the Computer to build his robot.
- 5) The job of the computer is to build his robot without seeing the model and only listening to the programmer's instructions.

Be a coder online!

Coding means writing step by step instructions that tell what a computer needs to do: [watch here](#)
Have a go at some of these online coding activities [here](#).

Take a virtual class with the **Apple Camp at Home** – ½ hour coding class using Swift Playgrounds for 8 – 12 year olds: [here](#)

Be a game designer!

Play games and evaluate what makes a game fun and how particular elements and mechanics make it so interesting and addictive. What game would you design?

Be a linguist!

Learn about languages around the world [here](#).

Learn a new language!

This is especially good if you want to travel the world.

Did you know that the most spoken languages in the world are:

Mandarin (Chinese)
Spanish
English
Hindi
Arabic

Set yourself a challenge to learn the numbers 1-10 in another language and how to say:

Hello, Goodbye, Please, Thank you
Learn French/Spanish with the BBC: [here](#)
Register: <https://www.duolingo.com/>

Learn a new script!

Did you know that many countries have a different alphabet system to the ones we use when we write in English!

The Ancient Egyptians used Hieroglyphs (little pictures)

You could find out about other alphabets or learn to write your name in hieroglyphs. Why don't you create your own alphabet? For each letter, A-Z, make up a new symbol.

You could use it to write coded letters!

Learn Hieroglyphics [here](#)

Be a Spanish singer!

Songs are a great way to learn new languages. You could translate or learn simple songs e.g. Happy Birthday

You could listen to some famous songs or music from Hispanic countries too!
Listen [here](#)

Be cultural!

Spanish is spoken in many countries all over the world! Could you find out about the culture of one of these countries e.g.

What is the national food?
What does the flag look like?
What is the capital city?
What is the national sport?

Find out about an artist, musician, sports person etc. from that country.

Click [here](#) to find a map of Spanish speaking countries

What else can we be?

Be an environmentalist!

Meet Patrick Kaber, the tea farmer from Kenya! In this video Patrick answers questions on tea farming, about climate change and the impact it is having on all tea farmers in this beautiful region of Kenya: click [here](#).
Read the background notes on tea and try the Home Learning Challenge.

Be a humanitarian!

Sign up to receive your weekly kindness challenge for the British Red Cross [here](#).

These activities will encourage simple acts of kindness, build resilience and include topics like mental wellbeing, loneliness and how to prepare for the return to school.

Be a philosopher!

Do you ask 'Why?' all the time? Superb! You are thinking like the great infamous Greek philosopher Socrates. Philosophy is originally an Ancient Greek word: The first part '*philo*' means '*love*' and the second part '*sophia*' means '*wisdom*'. So the word philosophy means 'the love of wisdom'! Did you know asking questions opens up new worlds to explore that you might never have known existed otherwise? Here are a few questions you could try as a philosopher: Why am I feeling happy/excited/upset/angry?

Why do I feel _____ about going to secondary school?

Why do I like my friends?

Why do I like these foods?

Why is love important?



Be a magician!

Could you learn and practice a range of magic tricks to show your friends and family including your new class when you return to school in September?

Have a go at some from here:

<http://magictricksforkids.org/>

Be a collector!

Collectors are people that like to find and collect specific things. Some of the most famous museums in the world have been created from someone's collection.

There are many ordinary things that people collect: e.g. A numismatist collects coins!

Over the Summer you could start a collection of your own!

Here are some ideas but you will have your own!
Match attack cards, postcards, stamps and toys.

Check out some activities from the Wallace Collection – a house full of a museum/paintings/objects that someone collected. Click [here](#).

Be a singer!

Music is a great skill to learn! We all have a musical instrument we can use which is our voice!

Learning to sing is a great skill to have.

First you must warm up your voice.

Did you know that blowing raspberries can warm up your voice?

Can you then sing a song?

If you have sing with more than one person you have started a choir!

Singing activities: [here](#)



Be a musician!

Listening to music can help you relax and bring you lots of joy. Finding out about different types of music as well as can open your ears to different sounds and rhythm. There are lots of great music activities that you can do at home: [here](#)

Be enquiring!

There are some fantastic ways to learn about new things.

You could listen to talks given by experts on a whole range of subjects.

Ted talks for Kids have lots of interesting talks to listen to: [here](#)

There are some great podcasts too - click [here](#) to find some.

Be a record breaker!

The Guinness book of records has information on all the world records achieved in the world from: The fastest marathon runner to the most socks put on 1 foot in 1 minute!

Could you break a record?

You could see who in your family can ...

Do the most hops on 1 leg in 1 minute

Suck a sweet for the longest

What other challenges can you try? Click [here](#) to find out some more world records you could try to break!

Be an activist!

An activist is someone who tries to change something that is unfair or unjust for the better. There are some very famous activists in the world both now and in the past. Find out about activists and think about something you might want to change because it is dangerous to the world, unjust or discriminatory.

For more ideas click [here](#).