

# EnergyKidz HOME ACTIVITIES



✓ PROBLEM SOLVING ✓ KEEPING ACTIVE ✓ CREATIVITY ✓ WELLBEING  
AND MUCH MORE...



Wellbeing Warrior Challenge



Physical Activity Challenge



Healthy Cooking Challenge



Wacky Science Challenge



Mysterious Discovery Challenge

At Energy Kidz, we understand that due to latest government lockdown measures, many families are having to stay at home.

Keeping children entertained, engaged and active throughout this difficult time can be a challenge so we are here to help with our at home activity series.

Each activity comes with a wide range of learning outcomes for your child from staying active, to developing emotional wellbeing plus much more...

**#EKATHOME**



Remember - you can tag us with your at home activities in action via social media!

Give us a mention using the hashtag #EKATHOME via our socials below:



@ENERGYKIDZ



@ENERGYKIDZ



@ENERGYKIDZ



#EKATHOME



@EnergyKidz



EnergyKidz



@EnergyKidz



## EMOTIONAL WELLBEING FRIENDSHIP FIVE

Who doesn't love a compliment or a big pat on the back? Take on our Friendship Five Activity to help boost you & your child's self esteem during these times. All you'll need is a pen & paper with some colouring pens/pencils recommended as well as plenty of positive thinking!

Ask your child to draw round their hand and cut it out. They can choose to draw a picture of themselves, friends or family in the palm of the drawn hand. Once complete, write 5 positive things about the person they have drawn! Got more than 5? Why not draw the other hand...

### KEY OUTCOMES

✓ CREATIVITY

✓ CONFIDENCE

✓ REFLECTION

✓ SELF ESTEEM



## HEALTHY MUFFIN MONSTERS

Have you ever thought of adding a healthy ingredient like courgette to your muffins? Why not give it a try! Choosing healthy snacks is a habit that can benefit children every day as they continue to grow!

### Recipe

1. Wash courgette and remove ends.
2. Shred courgette using largest holes on your grater.
3. Use paper towel to squeeze grated courgette to remove water.
4. Preheat oven to 180 degrees and line a 12 cup muffin tin with paper muffin liners.
5. Mix the pancake mix with your spices in a large bowl.
6. In a separate bowl, whisk together eggs, brown sugar, apple sauce & lemon juice.
7. Fold the egg, sugar mixture and courgette into the pancake mix.
8. Fill each muffin cup 3/4 full with batter.
9. Bake for 10-15 minutes and remove to cool once finished.
10. Sprinkle icing sugar to taste over muffins & enjoy!



### Courgette Muffins Ingredients:

- 1.5 cups of shredded courgette
- 2 cups of pancake mix
- 1 teaspoon of cinnamon
- 1 teaspoon of 5 spice
- 2 eggs
- 3/4 cup of brown sugar
- 1/4 cup of apple sauce
- 2 teaspoons lemon juice
- Icing Sugar

## KEY OUTCOMES

✓ HEALTHY EATING ✓ CONFIDENCE ✓ PROBLEM SOLVING ✓ HEALTHY HABITS



## EMOTIONAL WELLBEING: "I FEEL"

It's Story Time! Applicable for all ages - ask your children to read their favourite stories. For younger children a keen narrator will be needed! As they're listening/reading ask them to identify emotions of the characters and what we could do to support them.

After the story, ask children to choose a character in the story to write a letter to, if the person was sad what could they say to make them happy? If the person had done something unkind what would they say to them?

Younger children can draw a picture and adults can write what they want to say on the back...

## KEY OUTCOMES

✓ CREATIVITY ✓ EMPATHY ✓ REFLECTION ✓ WELLBEING



As a family, draw up an Active Contract! Set yourselves a goal and make a family commitment. Make a plan and stick to it! Set up a family treat if everyone keeps to their family commitment each week.

Here's some suggestions:

1. Take a weekly walk, altering the route each week. As you walk, look at the nature around you: could you create a collage from items that you collect along the way?
2. Can you complete a movement from the alphabet each day? From A-Z Help the children choose a movement...  
Aerobic Exercise, Balancing Challenges, Circuit Training and so on!
3. Have a hula hoop contest to see who can keep it going the longest.

There's a start... Now create your own!

## PHYSICAL WELLBEING ACTIVE CONTRACTS



## KEY OUTCOMES

✓ DISCOVERY ✓ KEEPING ACTIVE ✓ PROBLEM SOLVING ✓ MOTIVATION



## MENTAL WELLBEING DEN BUILDERS

Sustainable education enables to children to be active participants in protecting the environment and develop understanding & awareness of responsibilities and social change.

What better way to explore natural resources or provide use for household trash than to build your very own den. All you'll need is your imagination and your sustainability cap to find resources in your local area or around the house to create your den...

Whether it's an old sheet, delivery packaging in the recycling, small sticks or wood - why not put them to use & get creative by bringing your dream den to life!



### KEY OUTCOMES

✓ DISCOVERY ✓ ENVIRONMENTAL SUSTAINABILITY ✓ CREATIVITY



Are you ready for an activity that is sure to create a great reaction... Give our Salt & Ice Chemical Experiment a try at home!

Did you know, Salt lowers the freezing point of water? This makes for an intriguing & fun science activity which you can try at home.

1. Grab some containers & fill them with water. Allow them to freeze overnight to create giant ice blocks.
2. Empty the ice blocks onto a tray and sprinkle a handful of salt over the ice. Watch as the salt begins to melt the ice and create craters and tunnels within your ice block!
3. Drop food colouring all over the salt & ice and watch the colours run through your tunnels & craters!

## SALT & ICE CHEMICAL REACTIONS



### KEY OUTCOMES

✓ CRITICAL THINKING ✓ DISCOVERY ✓ PROBLEM SOLVING ✓ CURIOSITY



## ACTIVITY CHALLENGE MUSICAL SPORTS

Each person starts by standing in a space with a ball. When the music plays, everyone dribbles the ball around in the space and dance as well if they want to!

When the music stops, stop the ball and freeze. How many types of dribbles can you come up with?

Basketball Dribble - Bounce & Move

Football Dribble - Kick & Move

Rugby Dribble - Move those feet

Hockey Dribble - Use an object to push the ball while moving

Choose songs to represent each sport!



## KEY OUTCOMES

✓ MOVEMENT ✓ KEEPING ACTIVE ✓ MEMORY ✓ MOTOR SKILLS



All hands on deck! Grab some playing cards & give each suit a different activity, following the suggested benefit:

- Hearts: Cardiovascular activity eg jumping jacks
- Diamonds: Core strength activity eg Press Ups
- Spades: Arm based activity eg bouncing a ball
- Clubs: Leg based activity eg scissor kicks

Use the number on the card to show how many you need to do, for example:

- 2-10 – complete the action as many times as the number shown.
- Jack, Queen and King – complete the action 20 times
- Ace – complete the action 15 times.
- Joker – complete the action 25 times or add another activity for 1 minute!

Add music, you can perform the actions to the beat and even have a dance off if you get the Joker!

## ACTIVITY CHALLENGE DIAMOND DECK



## KEY OUTCOMES

- ✓ CO-ORDINATION
- ✓ BALANCE
- ✓ KEEPING ACTIVE
- ✓ STAMINA



Why not take a swing at one of our popular club activities at home - Underarm Golf! Create your course, take on your family members & take the first steps to the joining the Underarm Golf PGA Tour..

1. Create a series of golf holes with buckets or baskets.
2. Place a marker your choice of distance away from the holes to act as the golf tees.
3. Take turns using a bean bag, ball or your choice of item to toss underarm towards the hole.
4. Set a par score for the course with the winner - the person who gets around the course in the least shots!

## ACTIVITY CHALLENGE UNDERARM GOLF



### KEY OUTCOMES

✓ CO-ORDINATION    ✓ KEEPING ACTIVE    ✓ MOTOR SKILLS    ✓ RESILIENCE



Not just your average Rock, Paper, Scissors... Add in movement, some forfeits and a winning objective to spice up this popular game!

Split into two opponents, 1v1, 1v2, 2v2 or more... You decide! Place markers on the floor in your activity area in a line. Ideally 2 metres apart.

Each team stand at opposite ends of the steppingstones. 1 person from each team goes at a time, taking it in turns. First person hops/jumps to the first steppingstone. They play rock, paper, scissors against each other.

Whoever wins, jumps/hops to the next stone. The losing player go back to their team base, and the next person in the team jumps/hop to the first steppingstone. The first player to get to the opposing side wins

## ACTIVITY CHALLENGE ROCK, PAPER, SCISSORS



### KEY OUTCOMES

✓ PROBLEM SOLVING ✓ KEEPING ACTIVE

✓ CONFIDENCE ✓ RESILIENCE



Roll, Jump & Create a Shape... It's simple right? First pick your leader (child or adult) who is going to be leading the instructions and move around in your activity area for 30 seconds (run, skip, march, skip, gallop, crawl... you choose). When the leader is ready they shout out instructions as below for the person to follow. Bring in music to move to the beat!

Start creating your shapes!

- Can you show me a large shape?
- Can you show me a small shape?
- Can you show me a spikey shape?
- Can you show me a tall shape?

Get ready to jump!

- Can you jump like a frog?
- Can you jump like a kangaroo?
- Can you jump like a rabbit?
- Can you bounce like a ball?

Ready to roll!

- Can you do a log roll?
- Can you do a pencil roll?
- Can you roll like a ball?
- Can you roll in different directions?

## ACTIVITY CHALLENGE ROLL, JUMP & CREATE A SHAPE



### KEY OUTCOMES

- ✓ CO-ORDINATION
- ✓ BALANCE
- ✓ FLEXIBILITY
- ✓ KEEPING ACTIVE



Ever wondered what it was like to work as a Spy or Detective? Let's write some secret messages using invisible ink to help us step into the world of espionage...

1. Squeeze lemon juice into a bowl and add a few drops of water and mix using a spoon.
2. Dip a cotton bud into the mixture and write a message on some white paper.
3. Wait for the juice to dry so that it becomes completely invisible.
4. To reveal the message - hold the paper up to light to heat it slightly & reveal the secret message!

## INVISIBLE INK MESSAGES



### KEY OUTCOMES

✓ CRITICAL THINKING ✓ DISCOVERY ✓ PROBLEM SOLVING ✓ CURIOSITY