

# Practical Home Activities that you can do with only a few materials!



# Easy Baking recipes with only a few ingredients!!

## Porridge Bread

*This healthy recipe and is very simple to make. If you don't have weighing scales you can use the yoghurt container to measure ingredients*

### Ingredients:

- 1 large tub of Natural Yogurt (500g)
- Porridge oats (360g/2 yoghurt tubs)
- 1 egg
- 3-4 tbsp milk/almond milk
- 2 tsp of bicarbonate of soda
- 1/2 tsp salt

*Optional: 1 cup of mixed nuts or seeds or sultanas. You can also use different flavoured yoghurt if you wish*

### Method:

1. Preheat your oven to 180°C / 350°F / Gas Mark 4. Grease a standard loaf tin (2lbs/900g - 18.5cm x 11.5cm x 9cm) using butter or simply use parchment paper.
2. In a mixing bowl combine the yogurt, egg, milk and bicarbonate of soda.
3. Stir in the oats, salt and cup of mixed nuts and seeds (if you so wish).
4. Ensure all ingredients are well blended into a doughy texture and then transfer mixture to loaf tin.

5. Cut a line down the centre of your loaf and sprinkle with a few nuts and seeds.
6. Place in the oven and cook for 45-55 minutes (depending on your oven).
7. Remove loaf from tin. Return to oven upside down and allow loaf to cook for 5 minutes more to make loaf crispy.
8. Insert skewer to ensure that inside of loaf is cooked before removing from oven.
9. Leave to cool on a wire tray.

Enjoy!



### 3 Ingredient Oatmeal Cookies

*These oatmeal cookies are really easy to make and healthy too! You can add different ingredients dependent on what you have in your house!*

#### Ingredients:

- 2 medium ripe bananas
- 170g oats
- 85g smooth peanut/almond butter

*Optional:* Nuts, seeds, sultanas, drizzle melted chocolate on top when baked

#### Method:

- Preheat the oven to 180 degrees and line a baking tray with parchment paper
  - In a mixing bowl mash the bananas with a fork until there are no lumps, and then add the oats and stir in the peanut/almond butter.
  - Mix until everything is combined and roll into 8 balls and place them on the baking tray
  - Next gently flatten them into a cookie shape (they won't spread as much as traditional cookies) and place them in the oven for 15 minutes until golden.
  - Leave them to cool before tucking in!
- Enjoy!



# Smoothie Recipes

## Strawberry & Banana Smoothie

- 10 strawberries
- 1 small banana
- 100ml of orange juice/milk

## Breakfast smoothie

- 1 banana
- Blueberries, raspberries, strawberries
- 2 tablespoon plain yoghurt
- 100ml milk
- honey

## Peanut Butter & Banana Smoothie

- 1 banana
- 1 tablespoon peanut butter
- 100ml milk
- 2 tablespoon yoghurt

## DIY bookmarks

*All you need to make your own bookmark is some card/paper and any materials that you have to decorate!*



## DIY Mason Jar & Tin can ideas

*It can be really good fun to get creative with materials that you would usually throw away! Mason jars and tins make great DIY for both your home and garden. Below are some ideas to get creative!*

### Stationary/Tool/ Paint brush holders



Plant Pots



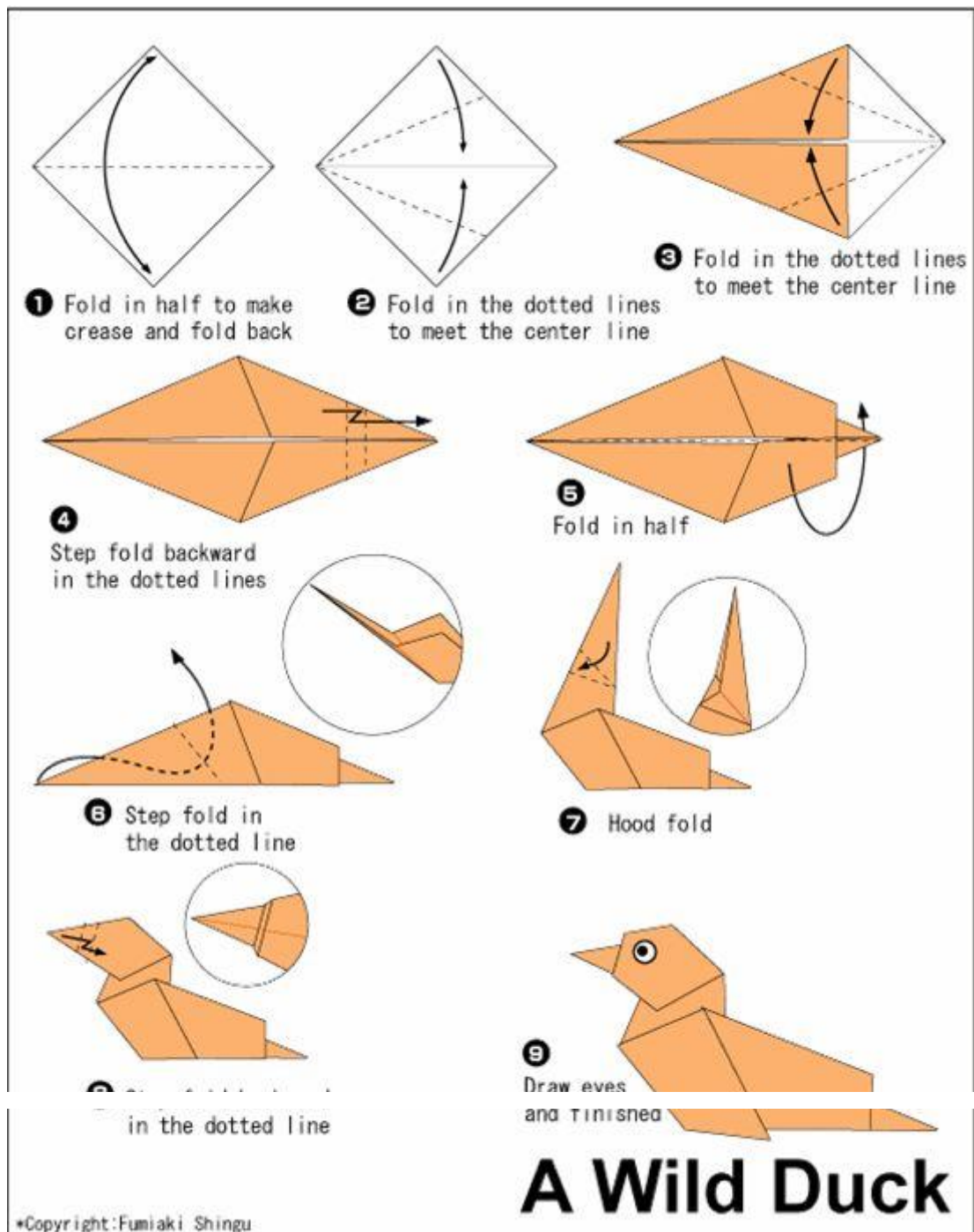
Bird feeder



## Paper origami

To make paper origami all you need is a piece of paper cut into an even square shape. You can use any colour/patterned paper that you like. Making origami can be challenging but it is an excellent activity that uses a range of different skills such as problem solving, concentration, hand eye-coordination and creativity.

*Why not give it a try?*





# Human Skeleton & Organs

Find and circle all of the skeletal parts and body organs that are hidden in the grid.  
The remaining letters spell a secret message.

X Y C C O C P S S P T S H E R A V  
S E R A G A L E P S A E F E M U R  
A T E H T A G M L U U N V M A N A  
N D E E P N U E E V O I C E B O X  
L L L R A T S T E K L T D R E L E  
U L A L N E T A N O N S M A E T M  
A C A S S U T T E H A E S L R A T  
W H R T U A M A O L T T U H N R S  
P X E O R I H R N A C N U D F S N  
S I D M E B E S C I G I I B I A V  
C D D A M I A A B S M B V R B L E  
A N A C U T R L D I L O R A U S R  
P E L H H P T S E E R D N I L A T  
U P B A A N C R A N I U M N A C E  
L P D L N I K S Y E N D I K I R B  
A A S R E D D A L B L L A G S U R  
I X B O S L A T I N E G N E S M A

### Skeleton:

- CARPALS
- CLAVICLE
- COCCYX
- CRANIUM
- FEMUR
- FIBULA
- HUMERUS
- INNOMINATE
- MANDIBLE
- METACARPALS
- METATARSALS

- PATELLA
- PHALANGES
- RADIUS
- RIBS
- SACRUM
- SCAPULA
- STERNUM
- TARSALS
- TIBIA
- ULNA
- VERTEBRA

### Organs:

- APPENDIX
- BLADDER
- BRAIN
- GALLBLADDER
- GENITALS
- HEART
- INTESTINES
- KIDNEYS

# Treasure Island

Find and circle all of the words and names from the book Treasure Island.

The remaining 46 letters spell a secret message.

M U S K E T T E L L O M S N I A T P A C T  
 T H E B L A C K S P O T R N E M A E S S L  
 E A S C U R C O S S N O N N A C L E Q I T  
 C I S S A H R E V I A T S A O C O U A O L  
 A I A C E N T E L E A L N D A W I S R A R  
 B S S S H A N F V B D W G S R R N R B I E  
 I R T S R O N O E L M M H Y E T A E U K T  
 N A T I E I O N N E I O U T P P P R C O S  
 B E P N A A G N N B R S R T A S S U C O A  
 O L S T L U F O E E A E N P I B I S A B M  
 Y H P N N O T A D R L L P H S N H A N G R  
 Y A R N I E T R R A B L L E O O Y E E O E  
 C N B C L K L S W I E E N S R J T R E L T  
 I D S E U I W N I B N O S H I P G T R L R  
 O S K S V T E A A P B G M A R O O N E D A  
 W S L E A Y L R H Y O S U R L A W U O I U  
 S E S A E P R A L M W G U I N E A S S L Q  
 T E R P N E M L S E I R E G O R Y L L O J  
 Y V A C L D I O E S N J G O D K C A L B N  
 H C A E B B S O C N N B U R I E D G O L D

ADMIRAL BENBOW INN  
 APPLE BARREL  
 ASHORE  
 BEACH  
 BEN GUNN  
 BILLY BONES  
 BLACK DOG  
 BUCCANEER  
 BURIED GOLD  
 CABIN BOY  
 CANNON BALLS  
 CANNONS

CAPE  
 CAPTAIN FLINT  
 CAPTAIN SMOLLETT  
 CHEST  
 COAST  
 COMPASS  
 COVE  
 CREW  
 CUTLASS  
 DR. LIVESEY  
 GUINEAS  
 HISPANIOLA

ISLAND  
 ISRAEL HANDS  
 JIM HAWKINS  
 JOLLY ROGER  
 LOGBOOK  
 LONG JOHN SILVER  
 MAROONED  
 MUSKET  
 MUTINY  
 PARROT  
 PIRATES  
 PISTOL

QUARTERMASTER  
 SAIL  
 SCHOONER  
 SEAFARING  
 SEAMEN  
 SHIP  
 SKELETON  
 SPY-GLASS  
 SQUIRE TRELAWNEY  
 THE BLACK SPOT  
 TREASURE  
 WALRUS

## Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku Easy level

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 9 |   | 8 |   | 2 | 7 | 5 |   |
|   |   |   |   |   | 3 | 1 | 6 | 4 |
| 3 |   |   |   |   |   |   |   | 9 |
|   | 1 | 4 |   |   |   |   |   |   |
| 2 |   |   |   |   |   | 3 |   |   |
| 5 | 3 |   | 1 |   |   |   |   |   |
|   |   |   |   | 1 |   |   | 2 |   |
| 9 | 8 |   |   | 4 |   |   |   |   |
|   | 2 |   |   | 5 |   |   |   | 7 |

Sudoku Easy level

|   |   |   |  |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|
|   | 3 |   |  | 2 |   |   | 4 |   |
|   | 6 |   |  |   |   |   | 9 |   |
|   |   |   |  |   |   |   | 5 |   |
| 8 | 9 |   |  |   | 3 |   |   |   |
| 1 |   | 6 |  | 4 | 8 |   |   | 3 |
|   |   |   |  |   | 1 | 4 | 8 |   |
| 3 |   | 1 |  |   | 7 | 6 |   |   |
|   |   | 9 |  |   |   |   |   |   |
|   |   |   |  | 1 |   | 5 | 2 | 4 |

## Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku Hard Level

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 5 |   | 8 | 1 |   |
|   | 4 |   |   |   |   |   |   |   |
|   | 8 |   |   |   |   |   |   |   |
|   |   |   |   | 7 |   |   |   |   |
| 1 |   |   | 3 |   |   |   | 7 |   |
| 9 | 2 |   | 4 |   | 8 | 3 |   |   |
|   |   |   |   |   |   | 1 |   |   |
| 2 |   | 8 |   |   |   | 9 |   | 4 |
|   | 7 |   | 6 |   | 9 |   |   |   |

Sudoku Hard Level

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 9 |   |   |   |   | 2 |   |   |
|   | 8 |   |   |   | 2 |   |   | 4 |
|   | 6 |   | 4 | 9 |   |   |   |   |
|   |   |   | 6 |   |   |   |   |   |
|   | 2 |   |   |   |   |   | 4 | 1 |
|   |   |   |   |   | 5 |   |   | 2 |
|   |   | 5 |   |   |   |   |   | 8 |
| 9 |   |   |   |   |   |   | 1 |   |
| 4 |   |   | 3 |   |   |   | 9 |   |





