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| **Colour Exploration**  Our lives are full of colour! We may associate different colours with various emotions, ideas and identities. We can use colour to help us make sense of how we're feeling, who we are and the world we live in.  First of all, listen to this story about the colour monster <https://www.youtube.com/watch?v=PWujGPb6mgo>  What colour are you feeling today?  Like the colour monster we may experience a mix of colours and feelings at once. We may feel excited about something but also a little nervous. Is there a combination of colours and feelings you feel at the same time sometimes?  **Activity**  On a piece of paper draw a squiggle - close your eyes if you like and make it more fun! Add in some twists and turns so the lines cross over each other. Colour in or paint as many sections as you wish or you could even use old magazines and other recycled materials to fill in the gaps. | |
| **Outside Scavenger Hunt**  We would love you to go on a scavenger hunt. Chat with your mums and dads about things you want to look out for? here are our ideas, we are sure you will have many of your own.  Can I find something rough?  Can I find something smooth?  Can I find something square?  Can I find something red?  Maybe you could make a list for you and your mums and dads and see who can tick them all of first.  You may want to listen to the story [we're going on a bear hunt](https://www.youtube.com/watch?v=-d1_Z068z74) when your return or if you have the energy you can do some [Bear Hunt Cosmic Yoga](https://www.youtube.com/watch?v=KAT5NiWHFIU) | |
| **Inside Scavenger Hunt**  We would love you to go on a scavenger hunt. Chat with your mums and dads about things you want to look out for? here are our ideas, we are sure you will have many of your own.  Can I find something soft?   * Can I find something that can be used to make a noise? * Can I find something that smells nice? * Can I find something yellow? * Can I find something that is rough?   Maybe you could make a list for you and your mums and dads and see who can tick them all of first. | |
| **How well do you know each other?**   * As a family think of some questions to answer about each other? * What colour eyes does mummy have? * What is daddy’s favourite food? * What is Granny’s favourite colour? * If you could visit anywhere, where would it be? * Do you prefer summer or winter?   Write down what you think the answers would be then ask them and see how may you guessed right? | |
| **Create your own superhero**  **Here is a lovely story called** [**Even Superheroes Have Bad Days**](https://www.youtube.com/watch?v=581mf-1mDCc-)  Can you create your own superhero – what qualities and powers would they have? In the book ‘Super Heroes Have Bad Days’ the superheroes caused trouble when they were upset. When your superhero is not feeling their usual self, how might they use their superpowers? How could your superhero use their superpowers to solve problems?  **Activity**  Think about what your superhero looks like. Does it have a uniform with a symbol? What makes your superhero special and easy to recognize? 2. Make a picture of your superhero by drawing, painting and/or cutting and pasting different materials onto paper.  Why not try [Mind craft Cosmic yoga](https://www.youtube.com/watch?v=02E1468SdHg) |
| **Sky Colour**  Think about how the sky changes colour with the weather and time of day. Are there sounds, tastes and smells that you connect with the changing colours of the sky?  Listen to the story [Sky Colour](https://www.youtube.com/watch?v=ehfb86HoEzA) by Peter Reynolds. Marisol only noticed other colours in the sky when she ran out of blue paint.  What colours would you paint your sky if you also ran out of the colour you wanted?  **Activity**  Play your favourite music or song, look up and close your eyes. Imagine the sky above you is changing colours to the sounds you are listening to.  Open your eyes and find a way to create an image of the colourful sky that came to mind.  You can create your imagined sky onto paper, card or a flat surface by using paint, felt-tip pens, crayons or bits of colourful recycled paper |