

### Stars and Stripes Week

Monday

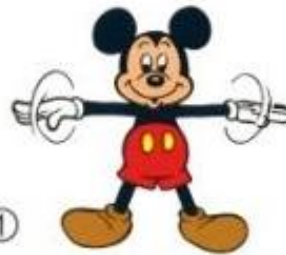
Get up & Move with today's Fitness Challenge

## MOUSERCISE

Words and Music by  
Beverly Bremers and Dennis Melonas

Come on, everybody, and MOUSERCISE.  
Let the music move you  
Til you're carried away.  
Keep your body moving,  
Feel your spirits rise.  
Do it every night and day.  
You can jump, you can shake it,  
Anything you make it,  
Whatever you feel is right.  
Come on, everybody, and MOUSERCISE,  
Mickey's MOUSERCISE.

© 1981 WALT DISNEY MUSIC COMPANY



① ARMS STRAIGHT OUT.  
SMALL CIRCLES FORWARD,  
THEN BACKWARD.



② BACKSTROKE.



③ LEAN FROM  
SIDE TO SIDE.



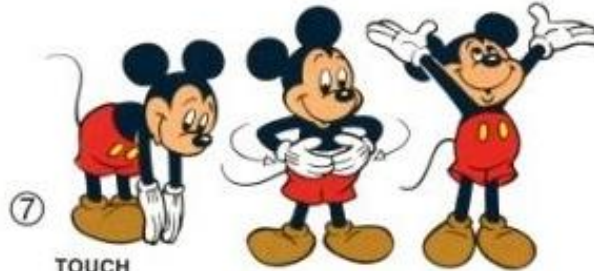
④ LIKE TOE-TOUCHES,  
ONLY OUT IN FRONT OF YOU.



⑤ MARCH.  
THEN DOUBLE TIME.



⑥ SKIP.  
(STEP, HOP, STEP, HOP)



⑦ TOUCH  
TOES.  
SLAP TUMMY.  
REACH BACK.  
SLAP TUMMY AGAIN.



⑧ BOUNCE!



⑨ SIT ON FLOOR.  
SCOOT ALONG AS  
THOUGH PULLING A ROPE.



⑩ ON BACK.  
KICK EACH LEG STRAIGHT UP.

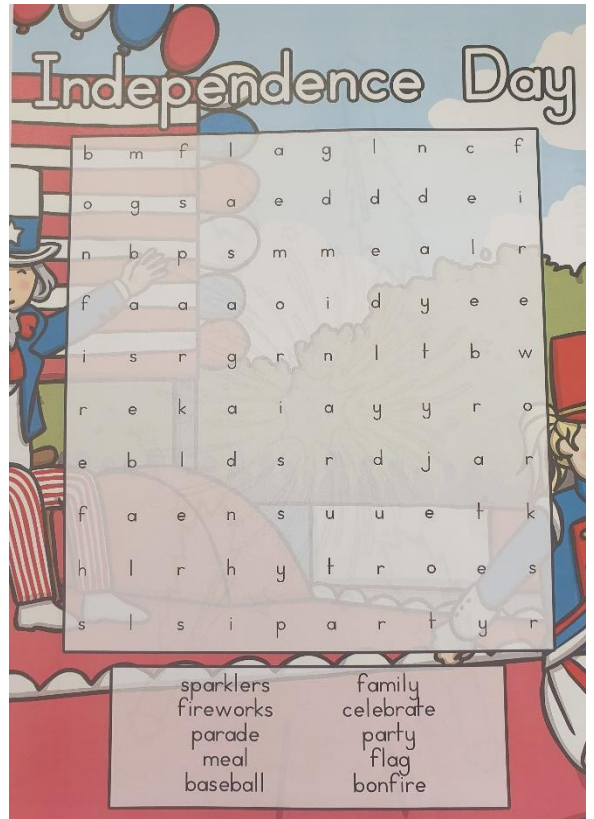


⑪ SIT WITH LEGS IN A "V."  
TOUCH EACH FOOT.



⑫ SHAKE EACH LEG.  
SHAKE ARMS,  
NOW HEAD.  
NOW EVERYTHING!

✂ Wordsearch ASDAN & Pawprint (in your pack)



Independence Day

b	m	f	l	a	g	l	n	c	f
o	g	s	a	e	d	d	d	e	i
n	b	p	s	m	m	e	a	l	r
f	a	a	a	o	i	d	y	e	e
i	s	r	g	r	n	l	t	b	w
r	e	k	a	i	a	y	y	r	o
e	b	l	d	s	r	d	j	a	r
f	a	e	n	s	u	u	e	t	k
h	l	r	h	y	t	r	o	e	s
s	l	s	i	p	a	r	t	y	r

sparklers	family
fireworks	celebrate
parade	party
meal	flag
baseball	bonfire


## Tuesday

### Skills Day - Colour by Number (in your pack)

Fourth of July Color by Number

Solve the problem and use the key below to color the section in the correct color.

0-8 = blue
9-15 = red
16-21 = yellow



Extra Activity - Can you take a photograph of Something:

- Red
- White
- Blue

### Social Time

- 🕒 17:30 - 18:00 All Ages Zoom Activity with Lucy You will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Please text 07808 842 205 to book in. IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT

## Wednesday

### Walking Wednesday

🚶 Where will you go today? Lots of us are starting to visit shops or going for a drive in the car. Wherever you go we hope you have a fab time.

✂ Worksheet - Fireworks (in your pack)

### Extra Activity - Can you make firework patterns any where else?

- Use a stick and make patterns in sand or soil on the ground
- Fill a squirty bottle a draw patterns on the ground or on a wall
- Put sugar or flour on a plate and draw firework patterns in it using your finger



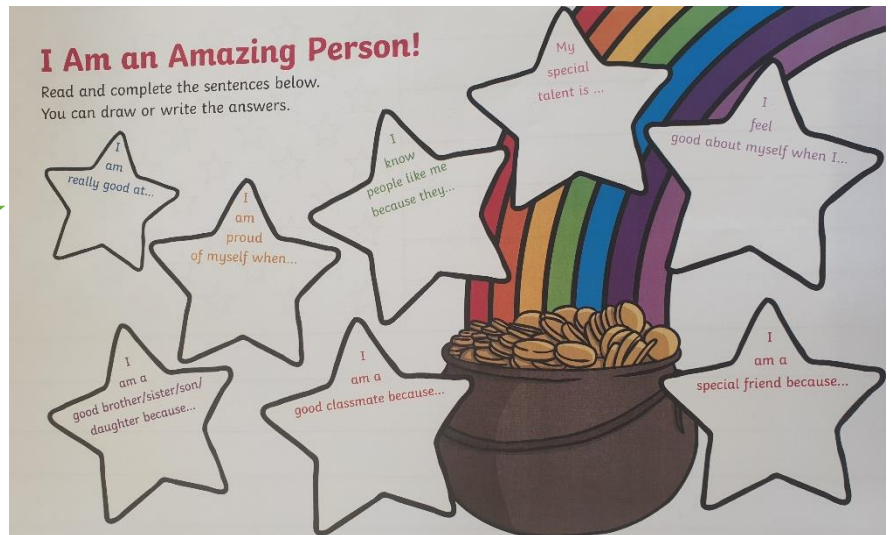
### Social Time

📞 **WhatsApp or Zoom Chat Session 30 minute session 5.30pm or 6pm start**

IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT. You will receive a message on Wednesday Morning.

## Thursday

### ♥ Reflection - 'I am an amazing person' Worksheet (in your pack)



### Social Time

① **WhatsApp or Zoom Quiz Session 30 minute session 5.30pm or 6pm start**

**IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT. You will receive a message on Wednesday Morning**

## Friday

✂ **Research Time:** Think of a famous person from America, they could be a film star, sports personality, someone who sings or dances or someone political. Use the internet to do some research on them.

### Ideas to research

Photo of them

Age

Where do they live

What are they famous for

① **18 and Under Fun Zoom Activity Session with Bryce 6pm - Bryce will message you with details of the Activity. If you already have a weekly place you do not need to book in, if you want to join in please let us know.**



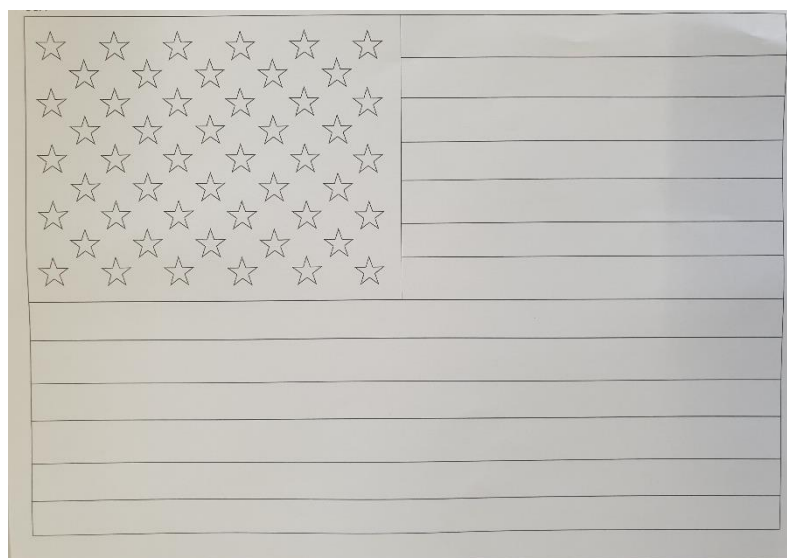
## Saturday

### Colour in/Design the USA Flag (in your pack)

Today is the 4<sup>th</sup> of July – a big celebration in America.

Why not dress up in Red, White and Blue and try making some American food

***Mac n Cheese, Burgers, Baked Sweet Potatoes, Texas Chilli, Key Lime Pie***



## Sunday

♥ Yee Haw, sit back and relax



Enjoy your day, share if you want to or just enjoy your day of rest

Maybe you could watch an American Movie or listen to music sang by an American Singer

*We hope you enjoy this week's activities  
If you need any support with them  
Please just get in touch*

*If you haven't received the activity pack that goes with the timetable of activities let us know and we can arrange to get one to you.*

