

Remote Rainbow Project Weekly Timetable

Week Beginning Monday 20th April












Thursday 23rd April is Saint George's Day in England. We have lots of themed English, knight and dragon activities this week, that can also be used for the St. George Pawprint Badge and ASDAN accreditation.

Do you know the story of St. George and the Dragon? (ASDAN & PawPrint)

<https://learnenglishkids.britishcouncil.org/short-stories/george-and-the-dragon>

Monday

Y Fun Fit Time Play the Keep it Moving Game by yourself or with a family member, you will need a dice (if you haven't got one you can get a dice app on your phone)

Finish		Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!		<h1>Keep It Moving!</h1> <p>Created by Andrea Thorpe www.embracinghim.com</p>	
					
Do eight sit ups.		Jump from side to side as you count to 30.		Oh no! You're out of breath! Lose a turn.	
		Do seven push ups.		Head, shoulders, knees, toes: nine times.	
Your laces are untied! Go back to Start.				Super Skip Move Ahead	
Crab walk AND sing Alphabet Song.		Count to 30 while you run in place.			
					
		Oh no! You stopped to watch TV. Go back.		Warm up by doing 10 jumping jacks.	
You're full of energy! Take another turn.				Balance on one leg for 15 seconds.	
					
				Start	

Rules for play

- 1) Roll the die.
- 2) Move the number of spaces on the die.
- 3) When you land on a space with written directions, follow them.
- 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.

Y Hop scotch is a traditional English playground game. Find out the origins of the game and have a go playing it. What other playground games do you know? (ASDAN & PawPrint)

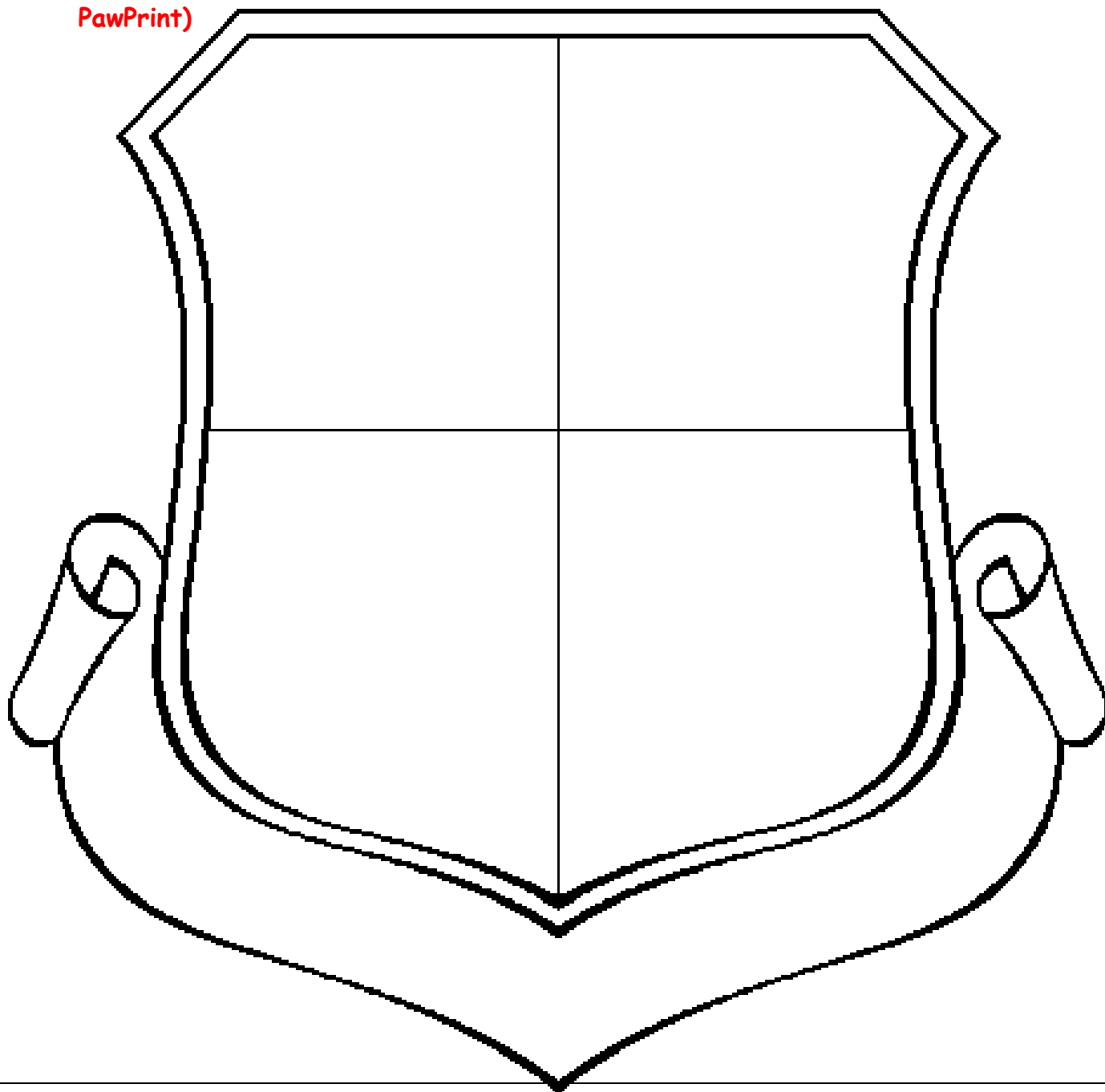
🍷 Think about meals that are traditional English food - cooked breakfast, fish & chips, roast dinner, puddings, etc. Which are your favourite? How about cooking a traditional English dish if you have the ingredients or make a poster to show your favourite meals. (ASDAN & PawPrint)

Tuesday

🎵 **Making Music Project** = Practice the songs, dance routines and lines for 'Neverland' (Members of Making Music Project Only – Keep Practicing.)

✂️ If you were a knight what would be your name, colours and special skill? (ASDAN & PawPrint)

✂️ Design /Make a shield that shows all your skills and interests. (ASDAN & PawPrint)



Tuesday Social Time

🗓️ **17:30 - 18:00 All Ages Zoom Activity with Lucy HEADS UP!** - you will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Limited Places, please text 07808 842 205 to book in by Monday please. An opportunity to have fun with friends.

Wednesday

Walking Wednesday

🚶 Yes, its that day of the week again! Time to get out for a walk and share your photos. Remember if you can't get out have a look around the garden or go up and down the stairs. Let's walk to better Well-being.

Well Done Wednesday

- 👍 Give a hand around the house and garden. What will you do to deserve a thumbs up and a big well done? We have been impressed with everything you have been doing! **(ASDAN)**
- 🗓️ Draw a dragon or make a dragon from materials you find around the house. **(ASDAN & PawPrint)**

Social Time - WhatsApp Sessions 15-20 minute slots between 5pm and 6pm
Lucy (Ladies) - A Chance for a chat with friends, bring something that you have done this week or something that you are proud of.

Bryce (Lads) - Can you find a photo in your house and write down what it means to you?

If you are not on the list and would like to join in Please text 07808 842 205.

Thursday

Fun Fit

- 🧘 Wellbeing & Mindfulness - have a go at this week's activity (see sheet attached). It's good to think about our feelings and what things make us feel different ways.
- 🍷 Make a green 'dragon' salad (using fruit or vegetables) to go with your lunch. All the best knights need to eat healthy to keep strong! **(ASDAN & PawPrint)**

Social Time

- 📞 Telephone 'call in' hour 6pm to 7pm, a chance to have a chat with staff. If you are already on the list you will receive a text with staff member and time. If you would like to be added to the call list please text 07808 842 205 before Wednesday. (Please note the phone call may be from a different mobile number, parents/carers should check incoming phone call).



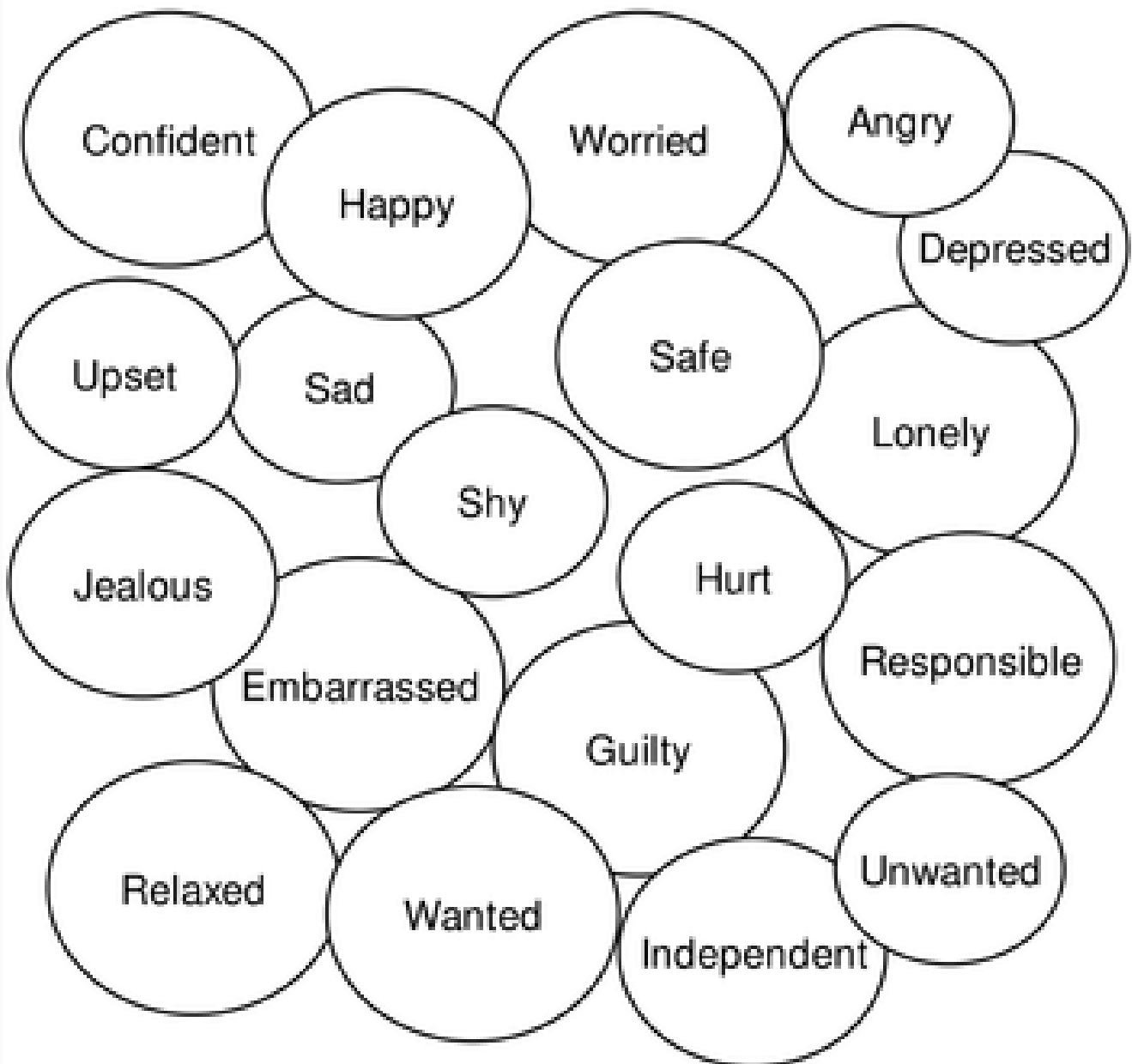
MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.



✎ How do you feel right now?



Friday

Accreditation Day - ASDAN Accreditation Challenges - open to all Project Members

ASDAN HISTORY SHORT COURSE - Module 2: British History

- ✂ There are lots of historical places to visit across the country to find out about our 2,000 years of British history - knights, castles, kings & queens, etc. You might choose National Trust & English Heritage sites, castles, other important buildings, or battlefields. Where would you like to visit and why? **(ASDAN & PawPrint)**

ASDAN GARDENING SHORT COURSE - FUN FLOWER SCIENCE!

- ✂ Explore seeds in plants by cutting open different fruit and vegetables. Can we eat all the seeds? Try printing with some of your cut items.
- ✂ Have a go at flower pressing or make a picture or pattern with flowers and leaves.
- ✂ Investigating flowers - dissect a flower to see all the different parts. Can you find out the names of parts of a flower?
- ✂ Have a go at the colour changing flower experiment using food colouring to dye flowers. You can also use a celery stick or cabbage leaf!
<https://funlearningforkids.com/color-changing-flowers-science-experiment/>

ASDAN LIVING INDEPENDENTLY SHORT COURSE - Module 7: Practical Cooking

- 🎯 Over the next few weeks show us how you develop your cooking skills and use the right piece of kitchen equipment for different practical cooking tasks. Tick off your skills on the attached 'Practical Cooking Skills' sheet. You made already have tried some of them and shared photos.

Friday Funday

- 😊 **PHOTO CHALLENGE** - Can you take a photo of:

1. Something Smelly
2. Something that tastes Yummy
3. Something Noisy
4. Something Cold
5. Something Fluffy
6. Something Cuddly
7. Something you Love
8. Something Funny
9. 10 things that are all the same
10. Something Special

Saturday

Act of Kindness Day

- ♥ Thinking of others - St. George was a hero. Find out about modern day heroes. Who is your hero and why? (ASDAN & PawPrint)

- ♥ There is space for a new statue on the empty plinth in Trafalgar Square, London. Choose a famous person from any period of British history and design a statue to represent their greatness. Let us know why your Briton deserves to be remembered. (ASDAN & PawPrint)

Sunday

Social Time

- ① Telephone 'call in' hour 6pm to 7pm, a chance to have a chat with staff. If you are already on the list you will receive a text with staff member and time. If you would like to be added to the call list please text 07808 842 205 before Wednesday. (Please note the phone call may be from a different mobile number, parents/carers should check incoming phone call).

Challenge - Pause for Thought!

? Let us Know;

- Three Things you miss doing with Cheesy Waffles
- Three Things you cant wait to do again with Cheesy Waffles
- Three Things you want to do to celebrate with Cheesy Waffles when we can meet again

All of the Activities and Challenges can be used towards either ASDAN, Health & Wellbeing Awards & Accreditation or Pawprint Badges. Please photograph everything as evidence, you can either share on our Facebook Group or email.

ASDAN LIVING INDEPENDENTLY SHORT COURSE

★ Module 7 - Practical Cooking Skills Sheet ★

Name:

Over the next few weeks show us how you develop your cooking skills and use the right piece of kitchen equipment for the following practical cooking techniques;

Cooking skills & techniques		✓
Preparation:	• Weighing and measuring ingredients	
	• Preparing fruit and vegetables	
	• Following a recipe	
	• Mixing	
	• Using a knife correctly	
Baking	• Creaming method	
	• Rubbing-in method	
	• Melting method	
	• Kneading and proving	
Cooking	• Boiling and simmering	
	• Frying	
	• Grilling	
	• Poaching	
	• Roasting	
	• Steaming	



Tick off the techniques as you do them and share the photos on the member's page or by email. You may already have tried some of these skills and put them on the member's page. Mandy will add these photos to your ASDAN portfolio. When you have ticked off all the cooking skills, share the completed sheet.

GOOD LUCK!