






# Cardboard Truck

## You will need:

- 1 large cereal box
- 2 small cereal boxes
- Shoe box lid
- Thin strip of blue paper
- 4 bottle tops
- Red and yellow paint to decorate
- 4 round lids
- Scrunched up newspaper
- Grey paint
- Black paint
- Sticky tape



## Method:

	<ol style="list-style-type: none"><li>1. First, cut the small cereal box in half, lengthways.</li><li>2. Next, stick it on top of the larger cereal box using sticky tape on one side only.</li></ol>
	<ol style="list-style-type: none"><li>3. Then, put the second small cereal box in half, widthways and stick this on the other end of the large cereal box, standing upright.</li><li>4. After that, stick a shoebox lid on the highest part of the truck to make a roof.</li><li>5. Then, stick a strip of blue paper just underneath the roof to make a window.</li></ol>
	<ol style="list-style-type: none"><li>6. Stick two bottle tops onto the lower front of the truck to make the headlights.</li><li>7. Next, paint the truck red and yellow.</li></ol>
	<ol style="list-style-type: none"><li>8. Then paint four round lids black. When they are dry, stick them around the bottom of your truck to make the wheels.</li></ol>
	<ol style="list-style-type: none"><li>9. Lastly, crunch up pieces of old newspaper and paint them grey to make some boulders for your truck to carry.</li></ol>




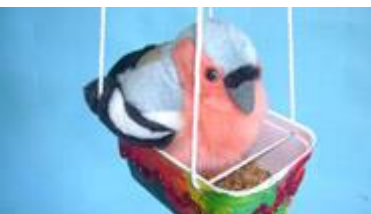
# Building a bird feeder

## You will need:

- Margarine tub
- Different coloured paper or paint
- Glue
- Hole punch
- Wool



## Method:

	<p>1. First empty the margarine tub.</p> <p>2. Secondly, decorate it by sticking on pieces of brightly coloured paper. Then wait for it to dry.</p>
	<p>3. Then, use a hole punch to put four holes in the top of the margarine tub, so that you have two holes facing each other.</p>
	<p>4. After that, thread some wool through each of the holes, and tie the two ends together.</p>
	<p>5. Finally, fill your birder feeder with bird food.</p> <p>6. Hang the bird feeder outside.</p>

# Making a necklace

This should take about **15 minutes**



## You will need:

- Long strip of coloured, bendy card
- Stickers, coloured pom poms, and anything else to decorate!
- Glue

## Method:

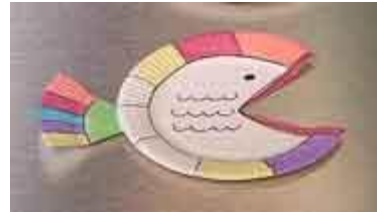
A photograph showing the materials needed for the project. On the left, a hand holds a sheet of stickers. In the center, a tray contains a variety of colorful pom-poms. On the right, a long, thin strip of red card is laid out.	1. First, cut out a long, thin strip of card.
A photograph showing a pair of hands joining the ends of the red card strip together. The strip is being held together at one point, forming a circle.	2. Then, stick the ends of the card together with some glue. This will make the shape of your bracelet.
A photograph of the completed necklace, identical to the one shown in the top right of the page. It is a red circle decorated with white stars and colorful pom-poms.	3. Next, decorate with stickers, coloured pom poms, and anything else you would like to use.
	4. Finally, give to a friend.

# Paper Plate Fish





This should take about **15 minutes**

## You will need:

- White paper plate or round white card
- Scissors
- Glue
- Colouring pens/pencils



## Method:

	1. Use a ruler and a pencil to draw a triangle on a paper plate.
	2. Cut out a triangle with some scissors.
	3. Stick the triangle onto the edge of the plate using some glue, to make a fish shape.
	4. Draw some wiggly scales and an eye on the fish, using a black felt tip pen.
	5. Decorate the rest of the fish with bright colours.






# Tasty Flapjack Recipe

## You will need:

- Apron
- Baking tray
- Mixing bowl and spoon
- 1/2 cup chopped up cereal
- 1/4 cup chopped dried fruit or raisins
- 1/3 cup dried coconut
- 1 tbs honey
- 1 tbs tahini (this is a paste made from sesame seeds)
- 2 tbs water



## Method:

	1. First, pour the cereal and dried fruit into a bowl.
	2. Add the coconut.
	3. Next, add the honey.
	4. Now, add the tahini and mix well with your wooden spoon.
	5. Then, add the water until the mixture is able to stick together.
	6. Lastly, press the mixture into a baking tray, and put it in the fridge for one to two hours.
	7. Cut it into slices and eat.

# Make Your Own Football Game






This should take about **30 minutes**

## You will need:

- Large piece of card
- Green felt (same size as your piece of card)
- Glue or sticky tape
- 2 white margarine tubs
- White tape
- Piece of newspaper
- White paint
- Straw



## Method:





	1. Get a large piece of card.
	2. Cut some green felt so that it is the same size as the card and stick it on top. This is your football pitch.
	3. Cut out one side of each margarine tub.
	4. Stick them on each side of your football pitch using glue or sticky tape. These will be the goals.
	5. Stick white tape to the felt for the markings of the football pitch.
	6. Scrunch up a piece of newspaper and paint it white. This will be your football.
	7. Blow through a straw to move the ball around and see how many goals you can score!

# Smoothie Making

## You will need:

- Apron
- Mixing bowl and wooden spoon
- Potato masher
- 2 lolly sticks
- 2 egg cups
- Bowl of strawberries
- Bowl of blueberries
- Orange juice



	<p>1. First mash up the strawberries using a potato masher.</p>
	<p>2. Second pour in the orange juice and mix together with a wooden spoon.</p>
	<p>3. After that spoon the mixture into the egg cups. Drop a couple of blueberries into each one and finish by placing a lollystick on the side.</p>
	<p>4. Next drop a couple of blueberries into each one.</p>
	<p>5. Put a lollystick on the side.</p>
	<p>6. Put the egg cups into the freezer and leave for two to three hours.</p>
	<p>7. Once set, lift thr fruit lolly out of the egg cup by the lollystick. Be sure to eat them quickly before they melt!</p>





# Perfect Porridge Every Time

This should take about **15 minutes**



## You will need:

- 1 cup porridge oats
- 2 cups milk
- $\frac{1}{2}$  cup water
- Try adding maple syrup, honey or fruit

	<p>1. First pour the porridge oats into a saucepan.</p>
	<p>2. Then add in the milk and water.</p>
	<p>3. After that, bring the saucepan to the boil and simmer for 4-5 minutes, stirring now and then to ensure the mixture doesn't stick to the bottom of the pan.</p>
	<p>4. Finally, pour into bowls and spoon on your favourite topping.</p>