



**We Are Beams
Activity Booklet**

Website links

1. Website - www.thebestideasforkids.com/indoor-activities-for-kids/

This website has 100 plus indoor activities.

2. David Williams is releasing a free audio story everyday - [Listen it.ly/audioelevenes](https://listen.it.ly/audioelevenes)

3. Amazon Prime have made all Pepper Pig episodes free.

4. You can put together your own sensory box containing household items, this can be changed and updated every few days to keep the children interested.

5. If you have any balloons in the house blow a few up and allow the children to play with them keeping them in the air or even just tapping them around, I did this for Grayson yesterday and he was so happy just pushing them around on the floor.

6. You can put different soft foods into zip lock bags and create a sensory Mat by letting the children push the items around in the bags without getting messing.

7. You can create your own bug hotel in the garden using materials such as stones, sticks, logs and leaves.

8. Carol Vorderman is doing a few online maths sessions for 4-11yr-
www.themathsfactor.com

9. Sock puppets are a lovely ideas and once they have been made the children can put on a show.

10. Children can watch zoo animals on live feeds, if you type in google the zoo live feed you can pick a zoo and pick an animal to look at live on the camera. This is free.

Craft ideas

3 ingredient DIY foam paint

Making foam paint is as easy as it gets. You've got your shaving cream, your craft/school glue and your food colouring – that's it!

Mix equal parts shaving cream and glue into a zip lock bag, add your desired food colouring and then, with the bag sealed, squish the bag together until all your ingredients are nicely mixed together. When your little artists are ready for the foam simply cut off a corner at the bottom of the bag and use like you're piping icing. Once the art has been completed, set aside so the foam can dry and solidify overnight.

See photo 1

Window art

To make this window art used coloured thin paper. The children can cut or tear the paper into various sizes using scissors or their hands. Dip the pieces into water and press them to windows. The paper simply peels off when your finished.

See photo 2

Fireworks in a glass

To make you will need:

- Food colouring
- Warm water
- Oil (vegetable, olive, peanut – any will work)

Directions

Step 1

Fill a glass 3/4 of the way to the top with warm water

Step 2

In a separate glass add a few table spoons of oil and add 4 drops of food colouring – of differing colour

Step 3

Using a fork, give the oil and food colouring mixture a good mix to break up the 'colour beads' into smaller ones

Step 4

Carefully pour the oil & food colouring mixture into the glass of warm water and wait for the magic to happen!
See photo 3

DIY Light tunnel

To make your will need

- A large box.
- A knife or screwdriver for punching holes in the box.
- A strand of Christmas lights.

Using the knife or screwdriver, make holes in one side of the box. You can choose to do a completely random design or have them be even spaced in lines.
Once you have all the holes you want, simply stuff the bulbs of the lights into each hole.
See photo 4

Blanket fort

Blanket forts are easy to build and they provide countless hours of fun for children and adults. You can make your fort with everyday household items like blankets, sheets, chairs, and curtain rods.

Start by building a fort frame. Then, close off your fort to the outside world by draping blankets over it.

Throw in a few pillows, add in some lights and blankets for added cosiness.
See photo 5

Create an indoor obstacle course

Option 1 - Grab some electrical or masking tape and get the wiggles out.
See photo 6

Option 2 - Use cushions, pop up tunnels, cones or house hold items to create a pathway for children to crawl, balance, hop, jump and spin through. To make it harder, give them something to hold or carry from start to finish.
See photo's 7 and 8

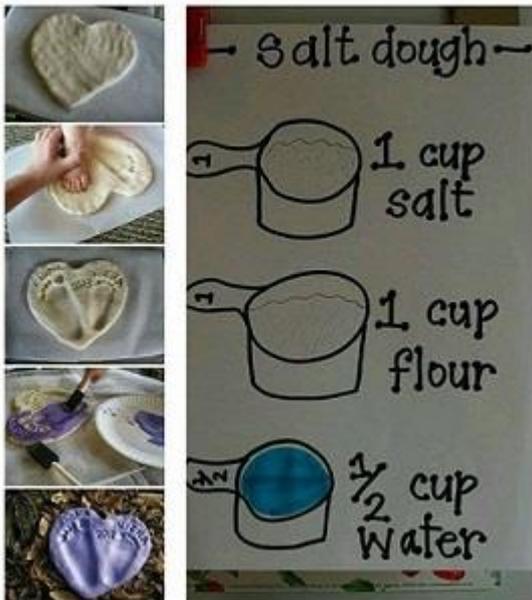
DIY Laser maze

Children can pretend they are spies they see on movies by creeping through the lasers without touching any of them. You can use steamers, string or wool and get inventive. To make it harder put in toys or other items that they need to recover throughout the maze. See photo 9

Box Road

Open out a box and draw a road layout on it. The children can use their toys to make it unique. See photo 10

Salt Dough



Cookery Activities

Flat Bread Pizza

Ingredients

For the sauce

30ml olive oil

1 medium onion, finely chopped

2 garlic cloves, crushed (If don't have can add half a teaspoon of any herb or spice you like, or just leave out.)

400g can chopped tomatoes (or can use up fresh tomatoes that are starting to go soft)

2 tablespoons tomato puree (Can use Ketchup and leave out the vinegar)

1 tablespoon any vinegar

For the base

450g self-raising flour (plus extra for dusting)

Pinch of salt

200g plain yoghurt

Freshly ground black pepper (can add teaspoon of dried herbs such as oregano or parsley)

For the toppings

Grated cheese. Mixture of mozzarella and cheddar is nice, but any cheese that melts will work.

Use whatever pizza toppings you like. Just remember following: raw meats must be cooked before adding to pizza, tinned items should be well drained, frozen items should be thawed.

Method

1. Preheat the oven to 220C, gas mark 7
2. Heat the oil in a saucepan over a high heat. Add the onion and cook for 2-3 minutes until it takes on a little colour. Add the garlic and cook for a further 2 minutes, but do not burn. Add the tomatoes, puree and vinegar, and cook down until you have a thick, dry pulp, about 15 minutes.
3. Place the flour, salt, (herbs if using) and some pepper into a bowl and mix well. Add the yoghurt and enough water to make soft dough (it shouldn't look too dry or too wet). Knead, but don't over knead, then cut into eight. Roll out each of the balls on a lightly floured surface nice and thin until about 16-18cm in diameter.
4. Place the pizza bases onto baking sheets lined with greaseproof paper and dock with a fork. (If you wish, you may freeze the dough at this point.) Bake in the oven for 10 minutes to set the base, and then remove.
5. Spoon over the tomato sauce thinly and evenly, close to the edge. Then add the toppings and sprinkle over the cheese.
6. Return to the oven and bake until cooked and crisp, about 8 minutes
7. Serve!

If you just wish to use the base as bread miss out step 5. It goes nicely with soup or dips.

Tomato soup

Ingredients

1 small onion, 1 small carrot, 400g tin of chopped tomatoes, 1 tbsp tomato ketchup, 1 crushed garlic clove, 1tbsp plain flour, 2 tbsp olive oil, 450ml vegetable stock
Salt and black pepper.

Method.

1. Peel and finely chop the onion and carrot. Heat the oil in a saucepan over a medium heat.
2. Add the onion and carrot to the pan. Cook for about 5 minutes until soft. Add the garlic and flour, cook for 1 minute stirring continuously.
3. Add tinned tomatoes, ketchup and stock to the pan. Bring to the boil then reduce heat and simmer for 20 – 25 minutes.
4. Once cooked season then use a blender or stick blender to puree the soup. If you don't have a blender you can eat the soup as it is.

Fruit crumble

Ingredients

600g of diced fruit. E.g. apples, plums, peaches, pears, blackberries. Is a good way to use fruit that is becoming over ripe. You can also use canned or frozen fruit.

60g Demerara sugar (You can use soft brown, caster or granulated sugar if you don't have Demerara)

Topping

125g plain flour

125g Demerara sugar (You can use soft brown, caster or granulated sugar if you don't have Demerara)

125g rolled oats

150g butter or cooking marg

Method

1. Preheat oven to 190 C Gas mark 5
2. Rinse and drain the chopped fruit
3. Mix the fruit with the 60g sugar and stir around until all fruit is coated with sugar
4. Sieve the flour into a separate bowl. Add the 125g sugar and oats. Mix together.
5. Using your finger tips rub the butter into the flour mix. The mixture should come together in small lumps when it is ready.
6. Place an oven proof dish Approx 23x15cm circumference and 5cm deep onto a baking tray. Spoon the fruit mixture into the oven proof dish. Scatter the flour mixture over the fruit and bake for 30 minutes or until golden.

Vanilla chick biscuits

Ingredients

- 100g unsalted butter, at room temperature
- ½ teaspoon vanilla extract
- 12 rich tea or digestive biscuit
- 200g icing sugar
- 2 tbsp milk
- few drops yellow food colouring
- 75g unsweetened desiccated coconut
- 50g small chocolate chips
- 25g orange fondant icing (or white fondant icing, plus a few drops orange food colouring)



Optional

- 12 lolly sticks
- ribbon, to decorate

To make the butter cream place the softened butter in a bowl and beat with a wooden spoon. Slowly add the icing sugar, 1 tbsp at a time, until thoroughly incorporated and you have a smooth, creamy mixture. Add a little milk and the vanilla extract with a few drops of food colouring to give a pale yellow colour. Chill for 5 mins.

Put the desiccated coconut in a small bowl, add a few drops of yellow food colouring and mix well until the coconut is coloured pale yellow

Spread the butter cream over one side of the biscuit and sprinkle with the coconut. Add 2 chocolate chip eyes to each. Pinch a little orange fondant icing and shape into a beak and press into the mixture.

If you wish to make biscuit lollies, use a little left over butter cream to attach a lolly stick to the back of the biscuit and decorate with a ribbon.

Chunky monkey pancakes

Ingredients

- 125g plain flour
- Serves: 9
- 2 teaspoons baking powder
- 1 teaspoon bicarbonate of soda
- 1/4 teaspoon salt
- 180ml skimmed milk
- 3 tablespoons butter, melted
- 2 eggs

- 1 tablespoon caster sugar
- 1 teaspoon vanilla extract
- 1 large banana, diced
- 80g chocolate chips (can use broken up chocolate bars)
- 4 tablespoons chopped pecans (optional)
- oil



Method

Prep: 10min › Cook:20min › Ready in:30min

1. Combine flour, baking powder, bicarb and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skimmed milk, melted butter, eggs, sugar and vanilla. Make a well in the centre of the dry ingredients and stir in the wet ingredients, being careful not to over-mix the batter. Gently fold in the banana, chocolate chips and nuts (if using).
2. Heat a large frying pan over medium heat, and lightly coat with oil. Pour 4 tablespoons (60ml) worth of batter onto the pan, and cook until bubbles appear on

the surface. Flip with a spatula, and cook until browned on the other side. Repeat with remaining batter.

Fairy Bread

Fairy bread is sliced [white bread](#) spread with [margarine](#) or [butter](#) and covered with [sprinkles](#) or [hundreds and thousands](#) which stick to the spread. It is typically cut into four triangles. Fairy bread dates back to the 1920s in Australia, and is first recorded in [The Hobart Mercury](#), which describes children consuming the food at a party. It is commonly served at parties in [Australia](#) and [New Zealand](#). The origin of the term is not known, but it may come from the poem 'Fairy Bread' in [Robert Louis Stevenson's A Child's Garden of Verses](#), published in 1885

Chocolate fondue.

Ingredients

400g dark chocolate

85g butter

284ml double cream

300ml milk.

For dipping: e.g. Marshmallows. Banana, strawberries, apple slices, grapes, honeycomb, mini biscuits.

Method

1. Put the chocolate, butter, cream and milk into a saucepan, then heat gently, stirring occasionally, until the chocolate is melted and the sauce is smooth. Dip fruit etc into the fondue and eat straight