

# Activities for children between 7 -9 years old



## Garden Obstacle Course

Create an obstacle course in your garden

You will need:

- strips of paper / cardboard
- Cushions
- Tins / plastic cups
- Ball/ potato
- Timer



1) First, make 5 – 10 separate lines on the floor with your strips of paper / cardboard or tape. The first line is the start line. See how many lines you can jump over.

2) Hop between your cushions.

3) Next, place some tins/ plastic cups to weave in and out.

4) Race to the finish line with a ball between your knees. If you do not have a ball, you can use a potato or something else that is round.



5) Race around again. See if you can beat your time.



## Garden hunt

Go on a garden hunt. What can you find? Can you find some insects in the garden?

What kind of flowers can you find? Perhaps you could look for these first?



<u>I found:</u>	<u>Draw a picture:</u>	<u>Write an interesting fact about it.</u>
A dark green leaf		

A spider		



--	--	--





## Chwilair Rhifau - Number Wordsearch

Can you find the numbers in the Welsh wordsearch?

D	A	B	U	N	Ch	P
E	D	E	F	Dd	E	U
G	A	G	Ff	D	O	Ng
J	U	Ch	W	E	Ch	H
L	D	A	Ll	M	N	I
S	R	T	Th	W	Ph	R
A	Y	B	P	U	M	P
I	T	R	U	Dd	Rh	U
Th	A	Th	D	Ll	S	N
H	Y	Y	A	R	Rh	A
W	L	E	T	R	I	W

1 UN

2 DAU

3 TRI

4 PEDWAR

5 PUMP

6 CHWECH

7 SAITH

8 WYTH

9 NAW

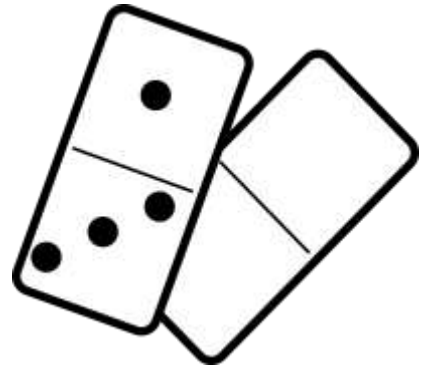
10 DEG



## DOMINOES

Cut down this line and then cut out each domino.

Can you match the numbers  
to their Welsh words?



1	Chwech	2	Un
3	Dau	4	Saith
5	Wyth	6	Tri
7	Pedwar	8	Pump
8	Deg	10	Naw

1	Deg	2	Pedwar
3	Wyth	4	Tri
5	Dau	6	Saith
7	Chwech	8	Naw
9	Un	10	Pump



## Caterpillar racing

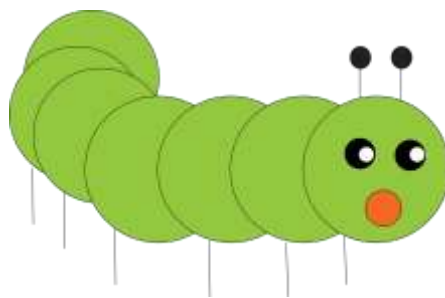


### What you will need

- Markers and crayons
- Plain paper

### Method

1. Make the caterpillars by cutting out a small rectangle of paper and colour one side. Draw the eyes along the short edge of one side.
2. Fold the paper accordion-style, making sure the eyes fall in one of the folded sections.
3. Mark a start and finish line on the floor and prepare your caterpillars to race.
4. Time to race – set the caterpillars on the starting line and on the count of three, BLOW. Whoever crosses the finish line first, wins.



## Art Activities

### Cherry Blossom Tree Painting

#### What you will need

Black paint or black marker pen  
Plate  
Plastic bottle  
Pink Paint

#### Method

1. Place pink paint on the plate
2. Paint or draw the tree with branches coming off on either side
3. Place the base of the bottle in the paint and stamp around the tree



### Ladybird bottle tops

#### What you will need

Bottle tops  
Red paint  
Black paint  
White paint

#### Method

1. Paint the bottle tops red and wait for the to dry
2. Add the black face and spots
3. Paint two white dots for eyes



## **Rock Painting and story telling**

### **What you will need**

Different size rocks collected from outdoors

Paints/Felt tip pens

Pen/pencil

Paper



### **Method**

Give your child/children the theme of the story they will be writing using the story starters provided.

Ask them to paint the stones based on the characters and objects they have in their stories.

Once they have written their story ask them to tell you the story using the stones as props.

### **Story 1**

*One day I woke up and looked out of the window. To my surprise I saw that my house was floating high up in the sky. I quickly ran to my door and.....*

### **Story 2**

*Deep in the woods lives a very old bear with magical powers that allowed the bear to...*



## Numbers

Cut out the number and written number cards provided to carry out the following games with your child/children.

### Game 1

Ordering numbers 1- 20 in both numerical and written forms.

### Game 2

Match the number to its correct written form. Place all the cards face down on the table and take it in turns to reveal a card. You must try and find the numerical and written form that matches.

E.g – 10 matches to TEN.

### Game 3

Use the number cards to create addition, subtraction or multiplication problems.

E.g –  $10 + 4$ ,  $8 - 2$ ,  $3 \times 6$

### Game 4

Number hunt – use the cards provided to get your child/children to find objects around the house

E.g – ‘go and find 3 leaves’  
‘go and find 5 blue socks’

To make the game harder ask them to collect two things at once

E.g – ‘go and find 5 stones and 10 twigs’

They can then add the items they have found.

*These items can be changed to whatever you have available in your own home.*



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

one

two

three

four

five

six

seven

eight

nine

ten

eleven

twelve



thirteen

fourteen

fifteen

sixteen

seventeen

eighteen

nineteen

twenty

## **List of useful links you can also access:**

### Exercises for children :

Joe wicks has this one: <https://www.youtube.com/watch?v=rN0h6EZd6TM>

Harry Potter Yoga: <https://m.youtube.com/watch?v=R-BS87NTV5I&vl=en>

Maths: <https://whiterosemaths.com/homelearning>

Carol Vorderman Maths: <http://themathsfactor.com>

Science: <https://mysteryscience.com/light/mystery-2/sounds-vibrations/144>

Twinkl Resources - Free access code for parents: PARENTSTWINKLHELPS

Home learning pack can be accessed here: <https://www.twinkl.co.uk/l/1bm381>

World Book Online has just made their collection of 3,000 ebooks and audiobooks available for free for children to access at home

<https://www.worldbookonline.com/wb/Login?ed=wb>

Craft lessons: <https://www.creativebug.com/> offers craft lessons, from knitting to jewellery-making, drawing and origami

