



VE DAY

75TH ANNIVERSARY



Make and create

Art & Craft and Music

On the 8th May 2020, we remember and commemorate the 75th anniversary of VE (Victory in Europe) Day. For those who had lived through the Second World War, the relief that Germany had surrendered led to mass celebrations and in towns and cities across the world, people marked the victory with street parties, dancing and singing.

The date does not mark the end of the conflict, the war against Japan did not end until August 1945, but VE Day allowed millions of people to believe that nearly six years of total war was finally over.

[Here's what you need to know about VE Day](#) and how it was marked in Britain and around the world.

We are hoping that many of you will join the official commemoration of VE Day and join the 'Nation's Toast to the Heroes of WW2' at 3pm on the 8th May. From the safety of your own home, stand up with your family and raise a glass of your favourite drink and say, "***To those who gave so much, we thank you,***" to remember and to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.

Look at this picture by LS Lowry:



Could you create matchstick pictures of your friends and families celebrating VE Day at a street party – why don't you draw the street where you live, or the road where your school is? If you want to hold your own street party – with care taken to keep a safe distance between households – [why not create your own bunting](#).

We love [this video of a street party in Chester](#), with care taken to observe social distancing. Thank you to [Matt Baker](#) and his neighbours for creating and sharing – you helped us pack up our troubles and smile, smile, smile!

The War was fought all over the world and the work done by the team at Bletchley Park helped to provide valuable information to defeat the enemy forces. You can take a [virtual tour here](#) and enjoy the [activities, stories and ways to celebrate VE Day At Home](#).

When you explore Bletchley Park, you will see a link to making a Caesar wheel, which is an easy way to encrypt and decrypt messages. Why not take part in [#TheBletchleyParkChallenge?](#)

Could you be a spy or a secret agent? Could you create your own code and write secret messages to your family and friends? [Try these ideas](#)





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Many of you will have supported Captain Tom Moore's fundraising bid, but do you know his story? Did you know Queen Elizabeth has made him a Colonel because of his continued commitment to supporting others? You might want to [watch a special programme about Tom Moore's days in the army](#). You might just like this [Drawing Colonel Tom activity](#) – we do!

The BBC have also provided lots of ideas for celebrating safely at home by joining your BBC Local Radio station initiative in making your own VE Day Great British Bunting. [Download everything you need here](#)

If you are in school or working with your children at home, you might want to [use these resources](#) to support their understanding of this historical event.

Time for Music!

Task 1:

Let's start with some listening!

Listen to the '[1812 Overture](#)' Finale by Tchaikovsky. This piece was written to commemorate the Russian victory over Napoleon's French army in 1812.

Listen out for the brass fanfare, ringing chimes and exploding cannon fire. Can you count how many cannon blasts you can hear?

Task 2:

Now let's make some music!

VE day celebrates Victory in Europe day at the end of World War 2. Can you compose your own short fanfare to celebrate VE day like the short fanfares which you heard in the '1812 Overture' Finale?

You could create your own harmonica to play your piece using: a blade of grass, paper pressed to a comb or even [make your own kazoo!](#) Have lots of fun playing your victory fanfare! Maybe you could perform it to your family.

We would love to see and hear your sound and video recordings of your fanfare – please share with us on Twitter and Facebook @EdsentialUK

Task 3:

Swing jazz style music and dance were especially popular during the early 1930s and 1940s. [Chattanooga Choo Choo](#) and [In the Mood](#) were popular pieces of music recorded by the big band leader Glenn Miller.

Can you create your own dance moves in time to the music? Can you research any dances which were popular during World War 2 and learn their dance steps, for example the Lindy Hop and Jive?

Let's Sing:

Song 1:

[Out of the Ark – As One](#) - Talk with your family about times when you have had to say sorry. How did you decide to resolve your problems? Talk about how this may have applied to families and children during WW2.

Song 2:

[Out of the Ark - I have a Song to Sing](#) - Learn this song and share it with your family. Why not [watch the following video](#) and learn how to sign the song together as a family.





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75TH ANNIVERSARY



Time to move
PE, Dance and Healthy Eating

Daily

Take part in #EdsentialAtHome Daily Challenge against a member of the Health and Wellbeing Team. Challenges are posted daily on Twitter @EdsentialUKH_WB and Edsential Facebook - [view all Daily Challenges here](#)

Weekly Skills

Under arm throwing. Use this week's skills videos to help you practice your underarm throwing. These skills are really useful in lots of sports and activities and will definitely help you if you go Ten Pin Bowling after lockdown! [Underarm Throwing Video 1](#) and [Underarm Throwing video 2](#)

Working Together

Work with a parent or sibling to make up your own sport. Think of some of your favourite sports and combine some of the skills and rules from each of them. Think about how you would score, defend, attack, how big the pitch is and what you can and cannot do. Good luck!

Health and Fitness

Continue with last week's Marathon Challenge. You might have already done 15-20 miles. Only 11.2 to go! This week's Health and Fitness activity is all about stamina! Can you run, walk, jog or cycle for 15 minutes without stopping? If you can't do it straight away, try doing it for a bit longer each day until you reach 15 minutes by the end of the week.

Resources

Play the activities and complete the challenges [Energy Club Cards Sessions 6 and 7](#)

Eat well to stay active

5 a day challenge! How many days this week can you have at least 5 portions of fruit or vegetables? 6-7 days is fantastic, 4-5 days not too bad, 1-3 days? Come on you can do better than that!





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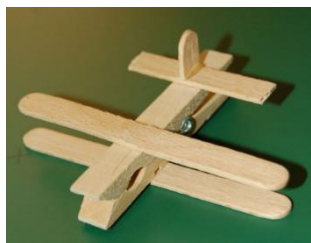
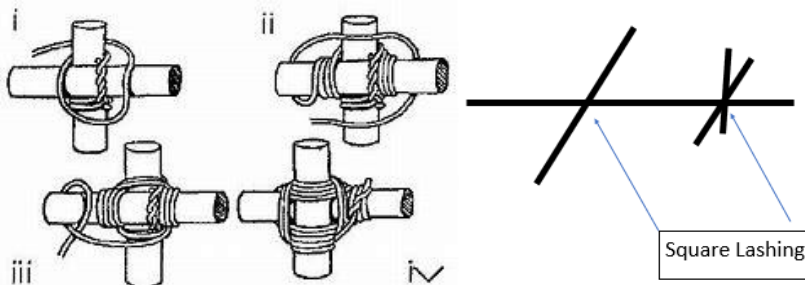


Let's go outside

Using the natural world to learn and play together

To help mark Victory in Europe day have a go at trying some of these activities. We'd love to see some of your photos.

Make your very own aircraft out of sticks. Find three equal length sticks, one of them broken in half to create the tailpieces, and tie them together with square lashing knots. Follow the pictures to help you. You can then paint your very own aircraft



Or you could try making one of these – you will need a wooden or plastic clothes peg (or a cardboard tube), three lollipop sticks (or cardboard pieces cut from a cereal packet) and break or cut one of the sticks or pieces of card in half to create the tailpiece.

You could make more than one aircraft if you have time and make a whole airfield!

Make a model street party using natural resources outside – leaves and sticks – you could then add any lego people to your model.



Play a street party game - Tin Can Alley. Work out how far to stand back from the Tin Cans (age appropriate) and throw 3 balls at the cans. How many points did you score? Set it up in the garden and see who scores the most points.





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75TH ANNIVERSARY

 **ConwayCentres**



Adventures at home

Build resilience, confidence and curiosity with our Residential team

The #ConwayAdventuresAtHome focus this week is **Courage** – “The choice and willingness to confront danger, uncertainty or intimidation”

Are there times this week when you might have to be **courageous**? Who do you know who has lots of **courage** and why? How does this focus link with this week’s theme about VE Day?

Adventure Films:

Adventures are out there, you have to use your courage to embrace them!

[Watch now](#)

Adventurer of the Week – Freya Messner

One female who demonstrates a huge amount of **courage** in her ability is Freya Hoffmeister. She has kayaked solo around parts of the world including Australia and New Zealand, faced fears of sharks and crocodiles and embraced the wild and brutal nature of the oceans. Would you like to be **courageous** one day to embark on such adventures?

Can you [find out more](#) about how she has done it and what has built her **courage**?

Activities

This week’s activities aim to give you the **courage** to outside to find and face your own adventures.

1. What **courageous** little minibeasts can you find lurking in your garden? Find out [where to look for them and how to best find them](#). Can you identify what each of them are? [OPAL](#) is a brilliant resource to aid learning about mini beasts.
2. Can you identify different birds in your garden? Here are [some ideas of what birds eat](#) to help you spot all the different ones. Use your **courage** and initiative to set up your own bird watching station, either inside or outside. If you have any binoculars or a camera these would help. Can you take any pictures of the birds or draw pictures of them? We would love to see them!
3. Once you can identify the different birds in your garden, compare your results to the [RSPB Big Garden Birdwatch 2020](#). Be **courageous** and find out which bird you are most like!
4. Can you correctly spot Elderberry? Can you **courageously** use tools and collect some Elderberry to [make your very own Elderberry bracelet?](#)

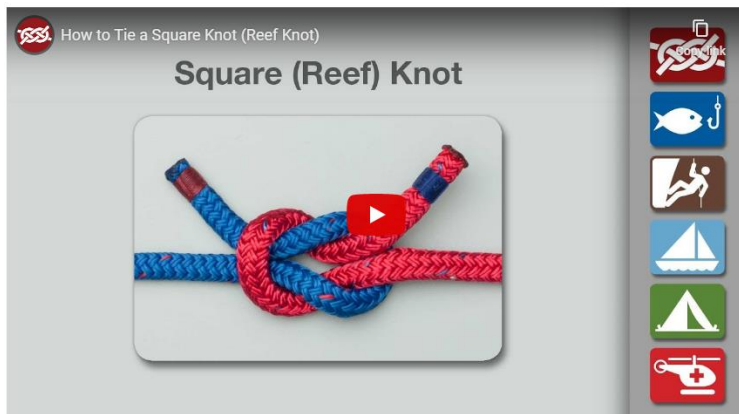




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Knot of the Week – Reef (Square) Knot



Our #KnotOfTheWeek is the Reef Knot (also known as square knot). It's very useful for securing the ends of ropes, for example tying your sails up or finishing off the square lashing knot from last week. There is a very useful rhyme to help with tying this knot to remember 'right over left, left over right'. Be **courageous** and have a go! Can you tie it with your eyes shut? Can you tie it behind your back?



Amazon Audible

Our top literary picks to extend their learning even further
<https://stories.audible.com/start-listen>

VE Day commemorates Victory in Europe at the end of the Second World War and the titles we have chosen combine the celebration as well as the sadness of this 75th Anniversary.

You might enjoy:

- [Story Party](#)
- [This is a Family Show!](#)
- [Stepping on the Cracks](#)



Keep in Touch

We would love to see your activities and you can upload images, sound and video recordings of your creative responses to our Twitter [@EdsentialUK](#) and Edsential Facebook – please ask an adult to do this for you.

