



Make and create

Art & Craft and Music

The Mersey River Festival celebrates past and present life on the busy Liverpool Waterfront and the River Mersey. The Festival celebrates the port as an arrival and departure base for goods, passengers and day-trippers. You can [explore the event through these photographs](#).

This week, our activities explore rivers and seas, as well as the city of Liverpool. We begin with a [bird's eye view of one of Liverpool's iconic buildings](#), The Royal Liver Building, and its two imposing sculptures watching over the city. You can [find out more about this building here](#). Maybe you could create your own Liver Building – or a sculpture of a Liver Bird?



The best way to see the Waterfront is by boat – and what better way than on one of the Mersey Ferries – [find out about them here](#). You could listen to this piece of music, performed by Gerry and The Pacemakers, [telling their story of Liverpool and the ferries](#)

But we couldn't leave Liverpool without mentioning the Fab Four! The Beatles are one of the most famous bands in the world, and [their story is told here](#). Which songs is your favourite? Ask your family which one they like the most!



And finally, [take a trip on a Tall Ship](#). Could you write a poem to describe the ship, or your journey leaving Liverpool, sailing down the River Mersey and out to sea – where will your Tall Ship take you?



Music Time!

Task 1:

Let's start with some listening!

Listen to ['The Moldau \(Vltava\) from Ma Vlast'](#) by Bedrich Smetana which describes the course of a river from source to end.

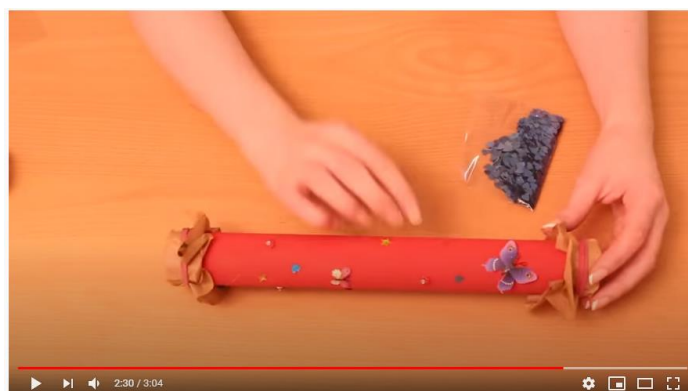
The piece is divided into eight sections: Two Springs; The River; Forest Hunt; Peasant Wedding; Moonlight Nymphs; The Rapids; The River at its Widest; The River Disappears.

Whilst listening to the music, can you picture each part of the river's journey which each section of the music is describing? Does the tempo (speed: fast/slow), dynamics (volume: loud/soft) of the music or types of instruments used give you any clues? Draw the course of the river journey as you are listening to the music.

Task 2:

Now, let's make some music!

Can you create your own music to describe the sounds of a chosen section of the River Mersey? You could make your own shaker to recreate these sound effects by simply filling pasta/rice inside a plastic drinks bottle [or a rainmaker](#)



Experiment with different ways of playing your rainmaker to represent the sounds of the river: Is the water gurgling, flowing or rushing? Will you play your instrument: quickly or slowly? Loudly or quietly?

Task 3:

Work together with your family to draw your own map to represent the journey (or a section of the journey) of the River Mersey. You may wish to include on your map: places passed; landmarks (sporting, musical, historical, natural) etc. Can you choose your favourite songs to represent the different parts of your map e.g. 'Ferry 'Cross The Mersey,' 'You'll Never Walk Alone'... Have fun with your family following your river journey course singing your favourite chosen songs along the way.

Those of you working with younger children, or have under-fives at home might like to try our EYFS At Home activities, [available here](#).

We would love to see and hear your ideas – you can share sound and video recordings of your music-making and your river journey maps with us on [Facebook](#) and [Twitter](#).



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 [Facebook](#).

Weekly Skills

After working on your underarm throwing skills last week, this week is all about throwing overarm. This skill is used for increased power and distance, but also needs to be accurate. Good luck practicing this one! [Overarm 1](#) and [Overarm 2](#).

Working Together

Work with a sibling or parent to create your very own fitness challenge. It should include at least 3 different activities and each activity should last 30 sec – 60 secs.

You can complete a full circuit of each activity as many times as you can.

Activities might include:
5m sprints, sit ups, squats, star jumps, planks.

Health and Fitness

Continue with last week's Marathon Challenge. You might have already done 20+ miles. Can you get it finished this week?!

This week's health and fitness activity is all about speed. Can you increase your speed over a short distance this week? Start by timing how long it takes to complete 2 x 5m sprints.

Can you practice and get quicker by the end of the week? [Use these videos to help you get quicker](#)

Eat well to stay active

Think about the different food groups that you know or research them. Can you use this information to identify what you are eating each day.

For older children, what are the benefits of each of the food groups that you are eating?



Let's go outside

Using the natural world to learn and play together

The river rises and falls with the tide and this is driven by the moon.

What does the moon look like at the moment? Go outside when you can see the moon what shape is it?

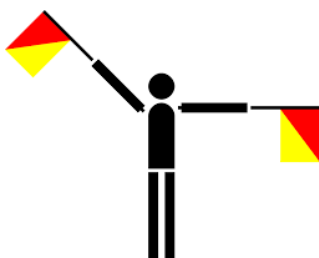
Try this for a few days - what happens to the shape of the moon? Perhaps you could record this in a diary or perhaps on your phone. [You might want to go here to help](#)

For hundreds of years goods have been brought to this country from other countries using the River Mersey especially food. Have a look at the food in your house - can you find out where it has come from? Perhaps you could mark where it came from on a map of the world. Can you work out what has come the furthest? Perhaps you could make a tally chart or bar chart to work out which country supplies most items.

Have you noticed that sometimes fruit has a label on it that tells you where it came from? Why not collect them, stick them on a map or again make a tally chart with them. Choose one of the countries how many different facts can you discover about it? [You might find this helpful](#)

We really like [this map showing how Palm Oil reaches the UK](#) so it can be used in the food and beauty industries. Can you create your own supply chain maps of your favourite foods? [See more activities from RSPO here](#)

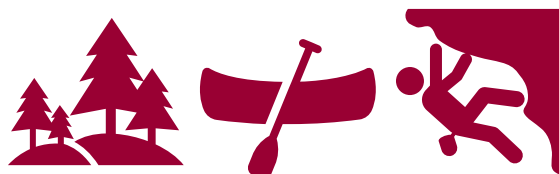
Ships have been coming and going from the River Mersey for hundreds of years and they have always had to be able to send messages. Before radio or satellite phones they used something called SEMAPHORE. Semaphore uses flags to send messages.



Try sending a message using Semaphore: you will need to make two small flags, use sticks from the garden and paper or pieces of cloth to fasten to them to make your flags. Now go [here](#) to find out how to send a message. Can you send someone your name in Semaphore?

Leaving the River Mersey on a ship, it's really important to know what the weather is going to be like. Sailors use something called the Shipping Forecast. This is [broadcast on Radio 4 every day](#).

The sea around Britain is split into "SHIPPING AREAS". If you sail out of the River Mersey what Shipping Area would you be in? [Find out here](#). Listen to the shipping forecast - what is the weather going to be like as you leave the River Mersey?



Adventures at home

Build resilience, confidence and curiosity with our Residential team

Our #ConwayAdventuresAtHome focus this week is Confidence – 'having trust and belief in yourself'.

Have you had to be confident, by believing in yourself, this week? Who do you know who is a confident role model? What makes them confident?

Adventurer of the Week: Sir Robin Knox-Johnstone

In keeping with our boaty theme this week, we want to introduce the legendary Sir Robin Knox-Johnstone. The first person to sail singlehanded and non-stop around the world in 1968-69.

His resilience to hardship, constant confidence in his own ability and sheer determination to survive is a real inspiration. [Enjoy a short video on his website](#) and learn more about this amazing character!

Why and how did he have so much confidence in his ability to conquer the oceans?

Activities

This week is about having confidence and believing in yourself.

1. Test your confidence in your ability by [creating your own laser challenge](#) in your hallway!
2. How confident are you with reading maps? Try our [memory map challenge](#) to test your skills. You need to be confident in yourself and your team's ability to communicate effectively!
3. The HMS Conway was once moored up in the River Mersey, then brought to the Menai Straits for safety during the war. [Find out more here](#). The HMS Conway was a school for the merchant navy to enable them to develop confidence and resilience.

Can you create your own HMS Conway to sail in your bath? Each person in your household could make a boat and you could have your own Raft race! [For ideas to get you started have a look here](#).

To find out more about the Menai Straits and the HMS Conway enjoy a few short films on the [Menai Boatlifts Facebook page](#)



Knot of the Week – Clove Hitch

Our knot of the week is the Clove Hitch - a brilliant knot to tie around poles to hold things in place, such as a boat at a mooring (a useful knot for life on the HMS Conway) or your dog lead in the park! This knot can also be tied in the middle of a rope, can you find out how to tie it this way?



Amazon Audible

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

The Mersey River Festival brings boats and sailing craft to the river and its ports so we have chosen titles which explore what might be under the water, away from view...

You might enjoy:

- [Fish Friends Three](#)
- [Twenty Thousand Leagues Under the Sea](#)
- [River Secrets](#)



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 [Facebook](#) and [Twitter](#) – please ask an adult to do this for you.