



Make and create

Art & Craft and Music

Take a visit to [The Rose Garden in Sissinghurst Castle](#). Then call in at [Anglesey Abbey](#) (Remember to activate the audio feature!)

Can you see the difference between the two gardens? The Rose Garden is full of flowerbeds with what looks like a jumbled mix of flowers, but The Classical Garden is very formal with the flowers set out in a row, in carefully-shaped beds.

All around the country at this time of year, there are Flower Festivals and Garden Festivals for people to visit to explore and find ideas to start creating a new outdoor space or to make their gardens even more beautiful.

[Look at this garden in Holland.](#)

You could make your own gardens, even if you don't have space outside! Why don't you make a flower bed using bottle tops like this

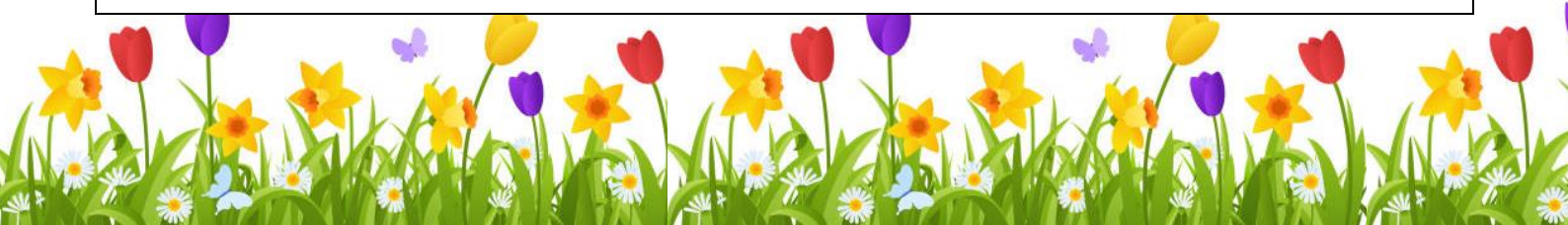


Or maybe, make a vase of flowers like this



If you prefer the hyacinth garden in Anglesey, you could try bottle printing just using one colour

This is a garden which has been designed for children, [Downing Children's Garden](#). Take a tour and explore the features which have been added.





Can you think about your school field?

What could you add to make it your very special play space?
Could you create a garden and play area from Lego or your toys?



Music Task 1:

Time for some listening!

Listen to [2. Spring- Allegretto](#) from 'The Victorian Kitchen Garden Suite,' a set of five movements written for clarinet and piano by Paul Reade with the first movement 'Prelude' having previously been used as the theme music for the television series 'The Victorian Kitchen Garden.'

What sounds of a Spring garden can you hear in the music? Can you hear the chattering and singing of the birds as they carry twigs to build their nests or the buds beginning to open on the trees? Can you draw how you imagine the garden to look as you are listening to the music?

Task 2:

Now, let's make some music!

Go outside into your garden (or on a listening walk) and close your eyes whilst listening to the sounds around you (for one minute). What do you hear? How many different sounds can you hear? Can you name any of them? e.g. birds singing, children playing outside...

Create and draw a 'sound' map on a piece of paper: draw the boundaries of the area and draw symbols representing what you heard in the approximate locations e.g. birds, rustling leaves. Can you create a 'soundscape' by producing your own sounds represented in your sound map? You could use voice, body, found and natural objects e.g. tapping twigs, rustling leaves to make your music. Have fun experimenting with these sounds: playing long and short sounds; playing loudly (*forte*) and softly (*piano*); playing at a fast speed (*allegro*) and slowly (*lento*). Which is most appropriate for your sound? Perform your Spring garden soundscape to your family. Looking at the sound map can they guess which musical sound you are representing?

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

Task 3:

The Chelsea Flower Show is the most famous flower garden show in the UK and perhaps in the world. It attracts visitors from all continents around the world. It uses plants from all over the world in its garden designs. Research about plants found in different climates around the world e.g. Tropical (hot and humid); Arid/Dry (e.g. found in deserts); Mediterranean (hot, dry summers and cooler, wetter winters); Temperate (mild summers and winters not too cold e.g. in UK); Continental (long, cold winters and short, hot summers) and Polar (long periods of extreme cold).

Choose 3 plants from your research: can you create musical sounds to represent the climate where the plants are found using an everyday object/outdoor object or body/voice? e.g. tapping sticks, swirling rice in bowl for dry climate; sloshing water in jam jar for wetter climate; tapping metal spoon against jar for colder climate... Order your sounds and perform your composition to a member of your family. Can they guess which climate your plant is found in?

We would love to see and hear your musical compositions – please share 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 [Twitter](#) and [Edsential Facebook](#) or [here](#).

Weekly Skills

This week's skill to practice is all about catching using two hands when the ball or object is low. This is a great skill to master for a Goalkeeper in football, Netballers, Cricket players and some other sports. [Watch the video](#) to help you learn the techniques and most importantly keep practicing. Good luck!



Working Together

Can you work with a sibling or parent to improve any PE skill you want? It could be running, jumping, throwing, catching, tennis, football, cricket or another. Use your partner to record you doing the skill on a camera. Watch it back together and think about how you can improve to get better. Keep practicing and record yourself again at the end of the week. How much have you improved? Need some help? Send our team a message and we will be happy to send you a video to show what the skill should look like. You can use [twitter](#), [facebook](#) or [email](#) to get in touch.

Health and Fitness

You should by now have completed your virtual marathon and ran the 26.2 miles. If not keep going for another week, trying to do a mile each day.

For this week can you try a new activity to help keep you fit? This could be cycling (if it is safe to do so), a circuit using a combination of 4 or 5 of our [daily challenges](#)

Resources

Try the following games using these free resources. Choose two cards that you have not used yet and give them a go! [Energy Club Cards](#) for KS1 and [Energy Club Cards](#) for KS2

Eat well to stay active

With hot weather forecast, make sure you keep hydrated at all times especially during exercise. Can you use your Maths skills to keep track of how much water you are drinking each day? You can count by cup or bottle or measure the water if you really want to.

1. Which day did you drink the most? Why? Was it the hottest day? Did you do the most exercise on this day?
2. Which day did you drink the least water? Why do you think that was?
3. How much did you drink in total?
4. For the older ones, what was the average amount of water drunk each day?





Let's go outside

Using the natural world to learn and play together

Go for a walk and see if you can spot any of [these summer wildflowers](#) in your local area.

The Chelsea Flower Show is all about gardens and everything that makes a garden such a wonderful place to be. Our gardens need lots of help if they are going to grow not just sun, water and food. All our plants need help from many of the mini beasts and bugs you can find in your garden.

How many bugs and mini beasts can you find?

You will need:

- A tray, jars, plastic cups anything you can put your bugs into.
- Small spoons or perhaps a paint brush to get your bugs into the pot.
- A magnifying glass if you have one will help you see your bugs better.

NOW let's go on a bug hunt Where do you think will be a good place to look? Where do you think bugs and mini beasts like to live and hide? How did you get on? What did you catch? [Go here to help you find out](#)

REMEMBER put your bugs and mini beasts back where you found them

Can you remember the kinds of places your mini beasts and bugs liked to live?

Have a go at making a bug hotel. You will need to collect things to use in your hotel: sticks, stones, grass, stones...anything else you can think of.

Think about where you are going to build it? ... on the ground, in a tree. [You might find this useful](#)

NOW perhaps you could keep a record of what bugs and mini beasts move in and live in your hotel. You could use your phone or an iPad or even a diary that you could draw and record your bugs in.



What about making your own mini beast or bug? It could be a real bug or an imaginary one.

You could use clay/play-doh/plasticine, natural materials, sticks, leaves, string and anything else you might think to use.

You could even turn yourself into a mini beast or bug!





Adventures at home

Build resilience, confidence and curiosity with our Residential team

Our #ConwayAdventuresAtHome focus this week is **Resilience** – ‘the ability to bounce back from difficulties and hardship’.

Do you feel like you are being resilient during the week? Are you able to maintain positivity and overcome any difficulties? Who do you know who you would describe as resilient?

Adventurer of the Week: Karen Darke

This week is about the extremely **resilient** Karen Darke, who suffered a life changing injury yet still adventures on. She is inspirational in her determination to rise to any challenge, showing real resilience in bouncing back and overcoming any difficulties in front of her. [Find out more about her here](#)

Activities

This week the focus is on the **resilience** of nature in the current world and what we can learn from animals and the planet to enhance our **resilience** to the difficulties life throws at us.

1. We all know that bees rely on flowers for their nectar and that bees are in threat currently. How can we help them to be resilient? What can we do? You could [build a bee hotel](#) and use this to learn more about bees and identify different types.
2. Indoor Mountaineering is a great adventure to build your **resilience** and feel that sense of achievement. Can you [use indoor mountaineering to reach the summit of Snowdon](#) at 1085m high? Or choose to summit another mountain that inspires you.
3. Bring the outdoors indoors by creating your own [Bee Adventure Landscape](#). Make sure you include all the places that these **resilient** bees like to be! If you want to learn more about bees [try here](#).

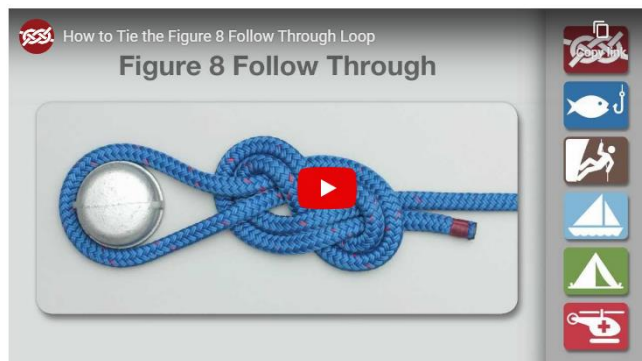
The outdoors is a place we can build **resilience**, confidence, laugh, smile and be free. But are we losing touch with our wild side? [Project Wild Thing](#) is a brilliant insight to ‘rewilding’ ourselves.





Knot of the Week – Figure 8 loop

Our knot of the week is the Figure 8 loops – a super and resilient knot for creating a secure loop to put around objects and the ideal knot to use when climbing. What can you tie this knot around?



Amazon Audible

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

The Chelsea Flower Show celebrates garden design using plants from all over the world and people travel from far and wide to visit the gardens on display. We have chosen some titles to keep you entertained on a long journey and to understand the countries where the plants might have originally come from.

You might enjoy:

- [The Wheels on The Bus and other children's songs](#)
- [Multicultural Tales to Tell](#)
- [How the Tiger Got His Stripes](#)
- [The Panchatantra](#)



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.

