



Make and create

Art & Craft and Music

All over the country there are Shows and Fairs which celebrate the crops, foods and goods which are made in the UK. [The Royal Cheshire Show](#) takes place at this time and brings together the many interesting and fascinating aspects of farming and rural life. The Cheshire Show holds many competition classes for cattle, sheep, pigs and dairy goats. Hundreds of classes are also included for light and heavy horses, show jumping, rare breeds of livestock, poultry, pygmy goats, pigeons, cavies, rabbits and dog show. There are exhibits from different trades, organisations and charities who provide services and support to local communities.



Many schools and families from across the Northwest travel to experience the excitement of the events, explore crafts and take part in competitions. For many years, Edsential has supported the Show by inviting school groups to sing and play on the Bandstand – look out for the [virtual Bandstand](#) this year.

If you want to experience and celebrate all that is great and good about the countryside then The Royal Cheshire County Show is the only place to be and in 2020, [you can join as a virtual visitor here](#)

You might like to explore a crop which is used all over the world, but only grown in a few – [take a look at the importance of Palm Oil](#) or maybe [take a virtual visit to Chester Zoo](#) and see what the animals have been up to. What about [this amazing painting](#)? Could you create a life-size picture of your favourite animal?

You could [create your own animals using origami](#), an ancient Japanese art of folding paper into decorative shapes and figures or [take a tour of The Tate](#) and discover how artists have been inspired by animals to create beautiful works of art.

Task 1:

Time for some listening!

Listen to the first movement of Beethoven's Pastoral Symphony (Symphony No. 6) '[Awakening of cheerful feelings upon arrival in the countryside.](#)'



Beethoven was a lover of nature who spent a great deal of his time on walks in the countryside and he wished to reflect this in his piece of music. This movement is a calm and peaceful piece reflecting the composer's feelings as he arrives in the countryside.

Whilst listening to the music draw a picture of the English countryside including what you might see and hear whilst taking a walk through it.

Task 2:

Now let's make some music!

The Cheshire Show celebrates everything that is great and good about the countryside.

Using your countryside picture which you drew during task 1, choose four different images which you think represent the countryside best using sounds e.g. birds chirping; river gushing; leaves rustling; squirrels scurrying. Can you represent your chosen sounds using resources found inside and outside of your house? e.g. tapping jam jars filled with water at different heights with a spoon; playing a home-made shaker (tube filled with pasta or rice); scrunching leaves; tapping twigs.

Think carefully about how to describe each of these sounds and experiment playing each of the sounds appropriately- are the sounds long or short? loud or quiet? fast or slow? high or low?

Draw a route which you might take around your sound map (represented as footsteps or a dotted line) to represent the order in which you might pass each of the sounds heard. Decide on where your sound walk is going to start, take you to, and end. Practise playing each of your sounds in turn as you follow your route created around the map.

Additional composing ideas:

- You could even choose a sound to represent footsteps as you go on your journey around your countryside sound map e.g. by stamping feet or tapping knees.
- Decide on how fast or slow your footsteps sounds will be- will they be a constant speed on the journey, or might you include different speeds? e.g. representing walking, running, skipping.
- Practise performing your countryside soundscape with footstep sounds in between each of the sounds which you meet along the way.

Have fun performing your composition to your family. As always, we would love to see and hear your musical compositions – please share with us on Twitter and Facebook @EdsentialUK.

Task3:

Now let's sing!

Song 1

[The Seed Song](#) – Out of the Ark - This song has an echo – can you sing this with someone else in your family? Talk about all the food you know that grow from seeds.

Song 2

[In My Garden](#) – Out of the Ark - How many different types of beans can you name? Have a look in your kitchen cupboards and see how many of these you can find.





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.

Weekly Skills

Agility is the “Ability to move quickly and with balance in different directions”. Use the video to help practise and improve your agility.

Click [here](#) to watch the video. You will need two different coloured objects (we used a green tin and a red tin from our cupboards).

Working Together

Your ‘Working Together’ challenge this week is based on the agility video above. In the video, we used a red tin and a green tin to move between.

Instead of just moving side-to-side, your adult will call out a colour. As quickly as you can, you must touch the object which is that colour. Try adding in different rules to make the game harder (e.g. whichever colour is called out, you must touch the opposite colour).

To make it even harder, put 4 different coloured objects in a square and stand in the middle. Your adult will call out a colour and you must move as quickly as you can to touch the object and move back to the middle.

Health and Fitness

This year, Blue Peter have launched the ‘6 Badges of Summer’ challenge. Your challenge this week is to get signed up to take part. Each week, there is the opportunity to win a different badge, based on a different theme. The themes are all to do with making positive changes, and we all know that making positive changes to our lives is good for our own health and wellbeing.

Click [here](#) to find out more.

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

Your ‘Eat well’ challenge this week is to try a recipe from ‘Change 4 Life’. There are lots of recipes to try and are all aimed at children. Have a browse and give one a try this week!

Click [here](#) for the recipes.



Let's go outside

Using the natural world to learn and play together

Cheshire has many wonderful attractions and much to be proud of. Chester Zoo is full of amazing animals and the people who look after them are fantastic. Do you have a pet, live on a farm or are you growing your own vegetables or flowers in your garden? Try keeping a photo diary of the things you are doing outside to care for your garden or pets. It would be great if you could share some of your photo diaries with us.

The Cheshire shows is an attraction that share the best of our area. Try making a picture outside in your garden using natural resources (daisies, leaves, stones). The photos will give you some ideas. Please share your creations with us!



Make your own collection from outside your own house.

BUT: make a collection that you can get into a matchbox. What natural items can you get into your matchbox? How many different items can you get into your box at the same time?

The show is a real celebration.

Have a go at making some bunting to celebrate your garden or outside space. Use natural materials. leaves. Twigs and sticks, and anything else you can find. Hang them from some string and decorate your outdoor space.



Many of the things on display or activities at the show take place in tents or marquees. Try making your own display space in your garden. Build a shelter use sticks, sheets and other materials to create a space you can get into.

Just like many shows and festivals to get into the show you need a wrist band. Make your own nature wrist band.

Use natural materials leaves, small twigs, daisies, fasten them onto some string or use some sticky tape to stick the things to then fasten it round your wrist. This can be your pass into your shelter.





Adventures at home

Build resilience, confidence and curiosity with our Residential team

Our #ConwayAdventuresAtHome focus this week is **Integrity** – “being an honest person who has strong moral principles.” Who do you know that has **integrity**?

Adventurers of the Week: Sir Edmund Hillary and Tenzing Norgay

These adventurers showed genuine courage, **integrity** and belief in their passion, being the first to summit Mount Everest. Read more about their adventure to the highest place on earth [here](#).

Activities:

1. Learn how to [set up a water station](#) for the bees in your garden, to help keep them hydrated and to take back to their hive!
2. The Royal Armouries museums have put together a [home learning hub](#) linked to the curriculum - a fantastic resource to explore history from your own home.
3. Hands and Feet hopscotch is a great way to wake up and challenge your brain! Why not [create your own](#) at home?

Knot of the Week:

Our #KnotOfTheWeek is the Monkey’s Fist. It’s a very strong knot that’s great to make into dog toys!





Adventure film of the week:

This week's film is called [Shakleton's Captain](#), telling the famous tale of Worsley and his navigation skills when the ship Endurance got stuck in the pack ice during the first ventures to the south pole.



Amazon Audible

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

The Royal Cheshire Show is an opportunity to discover the best of Cheshire, including the countryside, the towns, the charities that help people and animals, and the businesses who provide the essential services to those living in and around the county.

We hope our selection will inspire you to explore some of these ideas in your own home – did you know the author of Alice in Wonderland, Lewis Carroll was born in Daresbury, Cheshire?

You might enjoy:

- [Winnie-the-Pooh, Vol 1](#)
- [Shelter Dogs](#)
- [Alice's Adventures in Wonderland](#)



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

