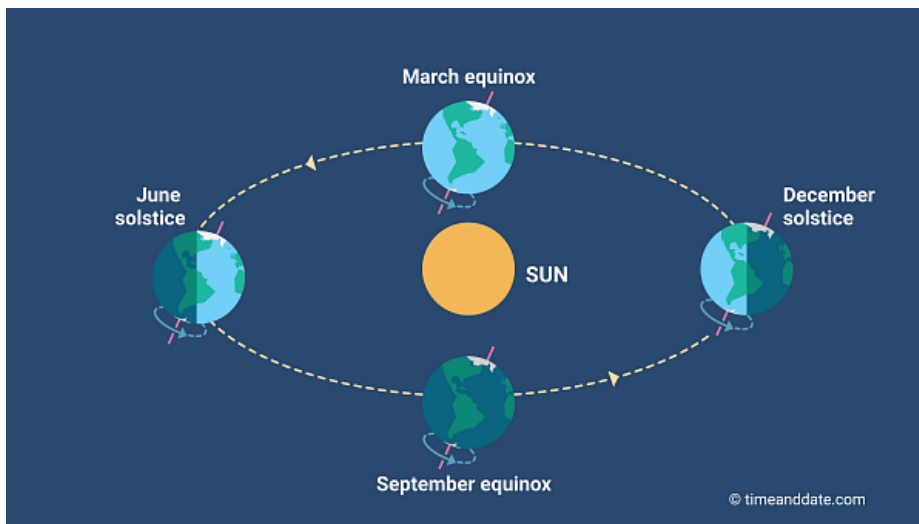


## Make and create

Art & Craft and Music

The Summer Solstice is the longest day, when we have more hours of daylight than on any other day of the year. It's when the tilt of the Earth is most inclined towards our star, the sun, and it marks the beginning of summer.



The solstice has been an important ritual, across cultures, for thousands of years.

The word solstice comes from the Latin words *sol*, which means sun, and *sistere*, which means to stand still.

[You can find out more here](#)

The summer solstice is celebrated worldwide with feasts and festivals. For many people, it is a time to give thanks to the natural world, re-connect to nature, and maybe even host a summer party!

This year, the Summer Solstice falls on Saturday 20<sup>th</sup> June so this week's #EdsentialAtHome is all about how this day has been and still is celebrated.



In Wiltshire, England, you can see one of the most important manmade structures ever created, [Stonehenge](#)

There are many different opinions to try to explain why Stonehenge was built but most people agree that it was created as a prehistoric temple aligned with the movements of the sun.

Could you build your own Stonehenge using Lego or sticks and stones from outside?





You could [create your own sunshine](#)

Don't forget:

You should never  
look directly at  
the sun or its  
reflections

We love *The weather project, 2003* created by artist Olafur Eliasson specially for the Turbine Hall of Tate Modern in London using a semi-circular screen, a ceiling of mirrors made from aluminium frames lined with mirror foil, and artificial mist to create the illusion of a sun.

[Find out more here](#)



Could you create a circle using a wire coat hanger and cover with foil – where could you hang it to catch the sunlight?

### Task 1:

Time for some listening!

Listen to the first movement '[Allegro non molto](#)' from 'Summer Concerto No. 2 in G Minor' by Antonio Vivaldi from 'The Four Seasons.'

In this piece of music (taken from a set of three Summer movements), the composer Vivaldi conjures up sounds and pictures of Summer. A [sonnet poem](#) was written to accompany each movement- you might wish to read these to find out the images of Summer which the composer was depicting his music.

Listen out for the sounds of:

- the cuckoo's voice
- other birds singing- mournful turtledove and rapid-fire goldfinch
- gentle breeze in the air
- fearsome North wind
- solo violin depicting a shepherd trembling and fearing the fierce storm approaching

As you are listening, think carefully about what the first signs of Summer mean to you e.g. trees in full leaf; warmer, sunnier weather; butterflies fluttering... What might you like to do on sunny days? e.g. playing outside; visiting the seaside or park; swimming; reading or sunbathing. Can you draw a Summer inspired picture whilst listening to the music?



## Task 2:

Now let's make some music!

Firstly, think of some Summer themed words e.g. bee, sunshine, sandcastle, butterfly.

Next, clap the word rhythms of the syllables of each word e.g. bee (one clap); sun-shine (two claps); sand-cast-le (three claps); cat-er-pill-ar (four claps).

Now choose an order to combine your word rhythms then clap the whole rhythm pattern whilst saying the words e.g. sun-shine sand-cast-le bee cat-er-pill-ar.

Try repeating your rhythm pattern a few times continuously to create a *rhythmic ostinato* (short, repeated rhythmic pattern).

Once you are confident clapping your rhythm pattern you could try:

- Clapping the word rhythms without saying the words out loud (say the words in your head instead to help)
- Choosing a different body percussion sound for each word rhythm e.g. bee (clap hands); sun-shine (pat thighs); sand-cast-le (pat chest); cat-er-pill-ar (stamp feet).
- Try putting these body sounds together in your chosen order to combine your word rhythms then perform your rhythm pattern as an *ostinato* (rhythmic pattern repeated continuously) e.g. bee (clap hands once); sun-shine (pat thighs twice); sand-cast-le (pat chest three times); cat-er-pill-ar (stamp feet four times).

We would love to see and hear your rhythmic compositions – please share with us on Twitter and Facebook @EdsentialUK.

## Task 3:

Now let's sing!

### Song 1

[When It's A Sunny Day](#) – Out of the Ark - There are many different types of weather – which one is your favourite and why? Can you think of any other songs about the weather – especially Summer Songs? We would love you to share them with us.

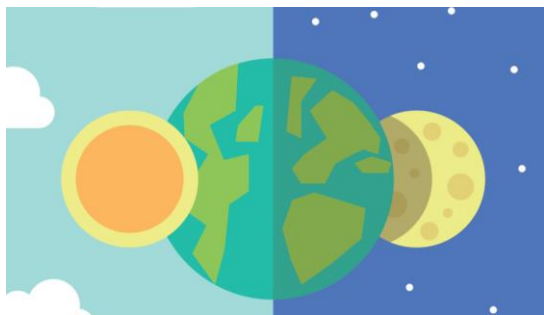
### Song 2

[Change and Grow](#) – Out of the Ark - Talk with your family about the things you will remember from the past few months. What are things you will remember most of all?

Have a look at [this signing video](#) – why not try doing it yourself and teaching your family?

As always, we would love you to share your songs with us on Twitter and Facebook @EdsentialUK





## 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

This will be your final time practising the skill of jumping. This week, we are looking at 3 types of jumps which are often used in gymnastics – straight jump, star jump and tuck jump.

These types of jumps can also be used in other ways though! For example, a tuck jump is a great way to jump over a larger object. Click [here](#) to watch our video on how to perform all three jumps.

Your challenge is to see if you can master all 3 types of jumps. When you can do all 3, can you create a sequence using all 3 jumps (e.g. Straight jump, tuck jump, star jump, straight jump)

### Working Together

Treasure Hunt – Your ‘Working Together’ challenge this week is to get outside, explore and notice what is around you. Can you find all 3 of the following items while you are out and about? You do not need to collect them, just notice them.

- ✓ A red flower
- ✓ A robin
- ✓ A cloud in a funny shape

### Health and Fitness

Your Health and Fitness challenge this week is to train like an athlete. Each day this week, we have posted a training session based on a famous athlete and how they train. Choose your athlete, click on their name and have a go!

<a href="#">Mo Farah</a>	<a href="#">Katarina Johnson-Thompson</a>
<a href="#">Usain Bolt</a>	<a href="#">Katie Taylor</a>
<a href="#">Cristiano Ronaldo</a>	

### 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

If you are training like an athlete, then you must make sure that you are eating like an athlete also! Athletes do need to eat sugary foods (like chocolate), but they use this sugar to give them energy to train. Your challenge this week is to burn off the calories from a snack you eat. It might be harder than you think!

To burn off the calories for one chocolate bar (or packet of sweets), you must complete on of the exercises below:

- 24 minutes of skipping
- 35 minutes of bike riding
- 27 minutes of jogging
- 110 minutes of walking



### Let's go outside

Using the natural world to learn and play together

Go outside at night and see if you can see any stars, do you know what they are? There are lots of free apps to help you, try [here](#) or [here](#). Or you can use a [paper copy](#) which is fun but a bit more difficult!

Stonehenge was built over 5000 years ago. We don't know exactly why but we think that one of its jobs was as a calendar. The entrances line up with the sun on the winter and summer solstices.

Have you ever been? [Explore it here](#). Now you have seen it go outside and have a go at building your own. Use natural materials, you don't have to use just stones you could use any natural materials you find.



Stonehenge is really old technology, but it works really well. There are other older technologies which still work. Here are a couple to try:

### Weather

What is the weather going to be like? Did you know that you can use clouds to 'predict' the weather?

Go outside and look at the clouds; their shape, size and colour. What do they mean?

Go [here](#) and [here](#) to find out:

Now what do you think the weather is going to be like? Keep a record, use your phone or iPad to record the clouds (Remember: don't point your device at the sun or look directly at the sun)

Check were you right? Compare what you thought the weather would be like with the [weather forecast](#).

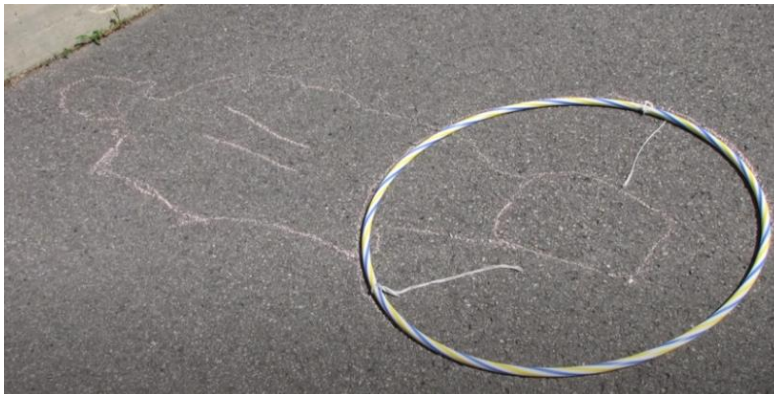


### Time

What time is it? How did people tell the time before we had clocks or watches? You can use the sun to tell the time using a "sundial". Why not make your own sundial using your own shadow?

You will need:

- A sunny day
- Somewhere to stand outside with space around you
- Something to mark your shadow with
- Something to tell the time with (a watch, clock or phone)



What to do:

1. Choose a place and stand up straight, now mark where your feet are. This is important as you will have to stand here every time you want to tell the time.
2. Now draw around your shadow and mark what time it is. (check on your watch, clock or phone.)
3. Do this every 1 or 2 hours it's up to you
4. Notice what happens to your shadow

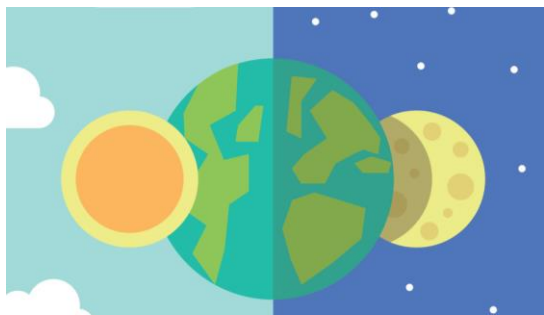
Go here to see how it is done:

[www.youtube.com/watch?v=SDzaivKKXhk](http://www.youtube.com/watch?v=SDzaivKKXhk)

Try writing the time in Roman Numerals like it is on some clocks and watches. You could use natural materials like sticks or stones for this. Go [here](#) for help with this.

What time is it when your shadow is longest? What time is it when your shadow is shortest?





## Adventures at home

Build resilience, confidence and curiosity with our Residential team

Our #ConwayAdventuresAtHome focus this week is **Ambition** – “a strong desire to achieve something”.

What are your **ambitions**? How are you going to reach your **ambitions**?

### Adventurer of the Week: Ellen Macarthur

Ellen Macarthur fuelled her ambition of sailing round the world singlehanded and non-stop at the age of 24. Find out more about her [here](#), and if you want to read more about her adventures, her book 'Taking on the World' is a fantastic read!

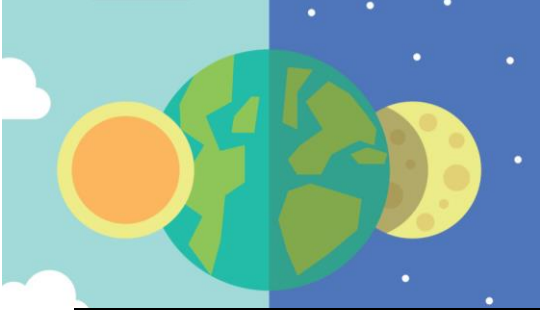
### Activities:

1. A few weeks back we looked at identifying different bugs, now you can [give your garden bugs a competition](#), which ones are the most **ambitious**?
2. Enjoy the summer weather with a [BBQ parcel](#), brilliant after an **ambitious** adventure day in the sunshine!
3. Take on the Challenge and allow your creative **ambitions** to run wild. Can you [create a scene](#) that shows your **ambitions**?

### Knot of the Week:

Our Knot of the Week is the Bowline, a great knot to secure the end of a rope yet easy to undo!





**Adventure film:**

Here is a [short clip](#) showing Bethany Hamilton and her ambition to be a professional surfer, against huge challenges after a shark attack. You can watch the whole film on Netflix.



**Amazon Audible**

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

The Summer Solstice is a time of magical change from Spring to Summer and we have chosen some books to explore a magical, mystical world from home.

You might enjoy:

- [The Mystwick School of Musicraft](#)
- [The Story of King Arthur](#)
- [Harry Potter and the Philosopher's Stone](#)
- [The Enchanted Castle](#)



**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.

