

# Activity pack for seven to eight year olds



**Inside the pack you will find a variety of educational, fun and practical activities to keep your children entertained whilst home-learning.**

## Maths activities

Complete the sums below.



Find the missing number to make the number sentences true.



1.  $4 + 5 + \boxed{\phantom{00}} = 20$

2.  $5 + 2 + \boxed{\phantom{00}} = 20$

3.  $6 + 6 + \boxed{\phantom{00}} = 20$

4.  $7 + 5 + \boxed{\phantom{00}} = 20$

5.  $8 + 6 + \boxed{\phantom{00}} = 20$

6.  $9 + 4 + \boxed{\phantom{00}} = 20$

7.  $7 + 6 + \boxed{\phantom{00}} = 20$

8.  $4 + 9 + \boxed{\phantom{00}} = 20$

See if you can complete the sums by multiplying whole tens.

1.  $4 \times 50 =$  \_\_\_\_\_ 2.  $7 \times 50 =$  \_\_\_\_\_ 3.  $3 \times 80 =$  \_\_\_\_\_

4.  $4 \times 20 =$  \_\_\_\_\_ 5.  $7 \times 80 =$  \_\_\_\_\_ 6.  $5 \times 70 =$  \_\_\_\_\_

7.  $5 \times 10 =$  \_\_\_\_\_ 8.  $6 \times 50 =$  \_\_\_\_\_ 9.  $5 \times 90 =$  \_\_\_\_\_

10.  $9 \times 90 =$  \_\_\_\_\_ 11.  $2 \times 90 =$  \_\_\_\_\_ 12.  $2 \times 60 =$  \_\_\_\_\_

13.  $2 \times 50 =$  \_\_\_\_\_ 14.  $8 \times 70 =$  \_\_\_\_\_ 15.  $4 \times 10 =$  \_\_\_\_\_

16.  $6 \times 60 =$  \_\_\_\_\_ 17.  $7 \times 20 =$  \_\_\_\_\_ 18.  $5 \times 80 =$  \_\_\_\_\_

19.  $1 \times 70 =$  \_\_\_\_\_ 20.  $5 \times 40 =$  \_\_\_\_\_ 21.  $9 \times 40 =$  \_\_\_\_\_

22.  $7 \times 10 =$  \_\_\_\_\_ 23.  $3 \times 10 =$  \_\_\_\_\_ 24.  $6 \times 90 =$  \_\_\_\_\_

25.  $8 \times 20 =$  \_\_\_\_\_ 26.  $4 \times 40 =$  \_\_\_\_\_ 27.  $4 \times 70 =$  \_\_\_\_\_

Simplify the following fractions and reduce them to their lowest terms.

(a)  $\frac{9}{15} = \underline{\hspace{2cm}}$

(b)  $\frac{6}{12} = \underline{\hspace{2cm}}$

(c)  $\frac{3}{18} = \underline{\hspace{2cm}}$

(d)  $\frac{14}{42} = \underline{\hspace{2cm}}$

(e)  $\frac{18}{30} = \underline{\hspace{2cm}}$

(f)  $\frac{24}{36} = \underline{\hspace{2cm}}$

(g)  $\frac{55}{66} = \underline{\hspace{2cm}}$

(h)  $\frac{54}{45} = \underline{\hspace{2cm}}$

(i)  $\frac{66}{55} = \underline{\hspace{2cm}}$

(j)  $\frac{35}{50} = \underline{\hspace{2cm}}$

(k)  $\frac{16}{86} = \underline{\hspace{2cm}}$

(l)  $\frac{20}{100} = \underline{\hspace{2cm}}$

(a)  $\frac{3}{5}$  (b)  $\frac{1}{2}$  (c)  $\frac{1}{6}$  (d)  $\frac{1}{3}$  (e)  $\frac{3}{5}$  (f)  $\frac{2}{3}$  (g)  $\frac{5}{6}$  (h)  $\frac{5}{6}$  (i)  $\frac{5}{6}$  (j)  $\frac{7}{10}$  (k)  $\frac{8}{43}$  (l)  $\frac{1}{5}$

Answers

## Sudoku challenge

Fill in the blank squares with the correct numbers so that they appear only once in each row and column.

2	9		3	6			5	1
6					1			
		3	4			8		2
3		5	1	4	2	9		6
4	8			3		2	1	5
								4
		1			4		2	9
	2		9			5		8
	5	6	2	8				

## English: Easter Essay



With the help of an adult, look for an old Easter holiday photograph of you and your family. Then, write what you remember about that holiday in the space below. Can't remember much? Use your imagination to spin a story around the photograph.

A large white rectangular area intended for a photograph, framed by a decorative blue border with a repeating floral or cross-like pattern.

Stick your photo here.

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## Sweet tooth

Do you know what these sweets are called? Say them aloud and write their names.

1



\_\_\_\_\_

2



\_\_\_\_\_

3



\_\_\_\_\_

4



\_\_\_\_\_

Write a few lines on your favorite sweet.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Clues:  
1. Cupcakes  
2. Doughnuts  
3. Candies  
4. Ice cream





# SUPERHEROES WORD SEARCH

***Find All The Words!***



W I N S K Q K A H S A L F W C V N Q I N  
R F A P Z V E Y E K W A H H V Q K L I R  
Q P M Q A I R J P P I P N E L E K T R A  
I X T X A G E Q L L I V E D E R A D P Z  
F A N N J W O L V E R I N E M V T T R Y  
C Y A C I R E M A N I A T P A C M L Y N  
N G O O O O R K I B I R O N M A N O N A  
S E L O X Z B D K A R I X J J T A N D M  
F U L D I H T E O T J Z P U N I S H E R  
F E N A D D I K Y M N H K S E L M A W E  
Q I R O N F I S T A Y N K T M C H B D P  
J V C H O Y I M K N L O P I E P Q J S U  
Q O K N N A M R E D I P S C Z N C Q N S  
U Q B J R G H O S T R I D E R W T K U N  
V L X X Y D I A R O J H U L K I O I Z O  
Z Q M K R P H M H G J M T E Z Q P R V Q  
N E A L Y B H T Z F I W Y A C B K W R L  
N A V E N G E R S N V A Z G V H N Z C A  
R I I U K G B A Z B O B P U A R S V L F  
Y G J E L K P D S R U X Y E L Y O P H F

ANTMAN  
BATMAN  
ELEKTRA  
HAWKEYE  
IRONMAN  
SPIDERMAN  
WOLVERINE

ARROW  
CAPTAINAMERICA  
FLASH  
HULK  
JUSTICELEAGUE  
SUPERMAN  
XMEN

AVENGERS  
DAREDEVIL  
GHOSTRIDER  
IRONFIST  
PUNISHER  
THOR

THRIFTY MOMMAS TIPS



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# PRINCESS WORD SEARCH

M B E S S S H U F Y J U A U R O R A  
S F B B U B F P Q C T T A Y C U S Q  
C A S Z E U Q R W T E A N A M U M X  
J F A N V L R X H A W M L P M M A X  
I L C D O P L Z S L E D M M R N P Y  
H K I N S W X E V U H P R P A O S M  
S O N K I D W K C W D A V I B A B A  
D X D L R R K H V Z Y K T N W B J U  
Q J E W A Z C E I B Z G J F A L Q H  
J Y R M P P K C Q T M L I C D Q G B  
N V E H U F S N O Y E U L F W V Q S  
G Q L V N Q D A J L Y S L T Y J T I  
F R L O Z S F H D S F L L A R I E L  
Q R A Y E G G K O J U P A O N Y I D  
S I E A L I U K T P D G W G D K M C  
H S K Y V O O I T C H G A Z P Z R M  
L K M E P J A S M I N E I Q J B I W  
D Z V M E Q Q U L G C J P S O J G A

BELLE  
CINDERELLA  
ARIEL

SNOW WHITE  
AURORA  
MULAN

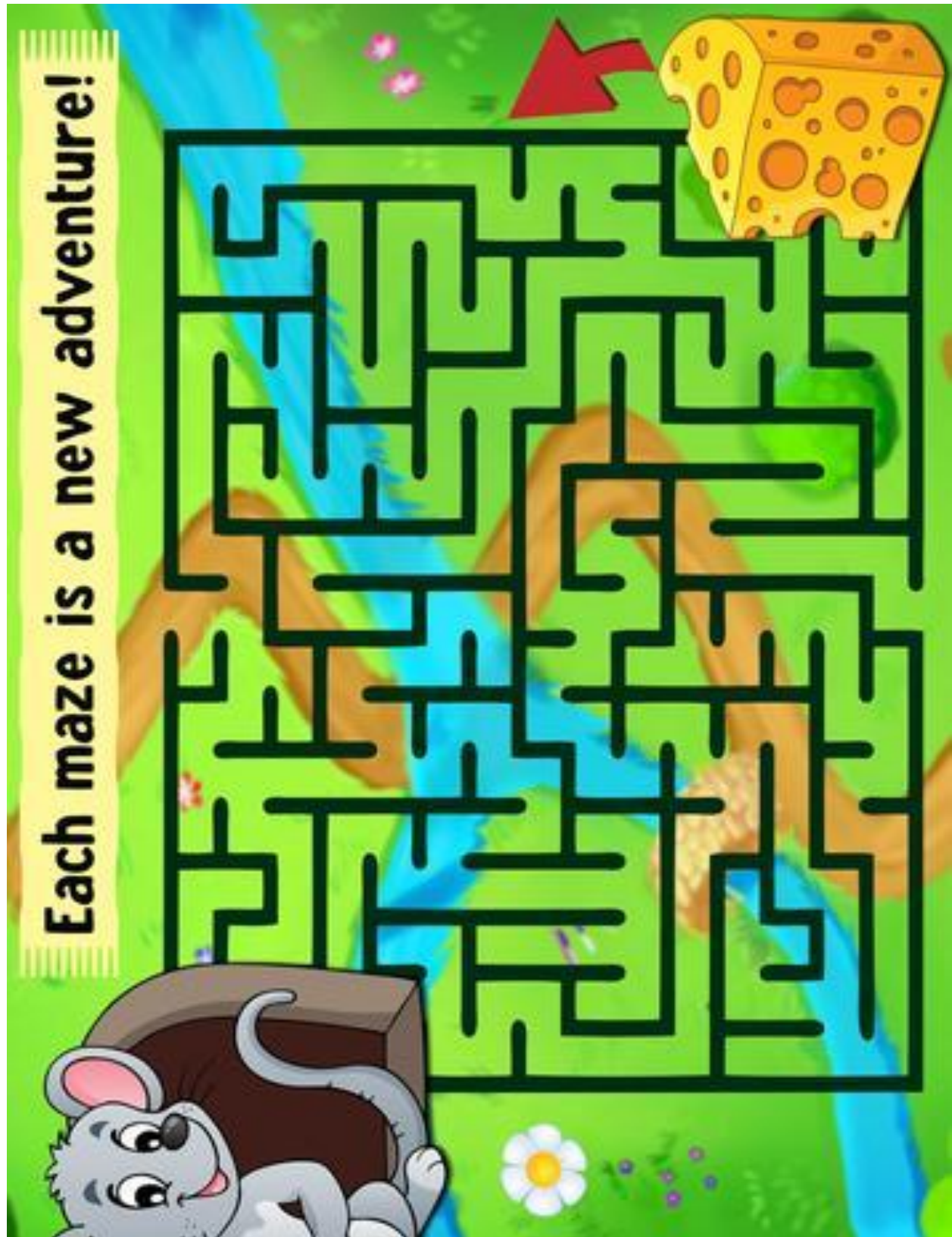
TIANA  
RAPUNZEL  
JASMINE



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Guide the mouse through the maze to find the cheese!



## Storm in a teacup

**Activity Details:** Time: 20 mins

### You will need

- Washing up liquid
- Access to water
- Jars with lids
- Sand



### Talk about tornadoes

Talk about what you know about tornadoes. What are they? Do we get them in this country? Where are most of the big ones found? How fast can they go?

*Tornadoes are a tightly spinning wind. They're formed when warm, humid air collides with cold, dry air. We get them in the UK, but they're so small that they rarely cause much damage. Most of the big ones are found in the USA, where there are around 1,000 a year – the ones in the USA can be very destructive. Tornadoes can go at about 300mph, and travel about six miles in 10 minutes.*

Make a prediction about the tornadoes you'll make in jars. Will you be able to see them? How big will they be? How strong?

### Mix up a storm

1. Obtain a jar. Fill the jar with water until it's around three quarters full.
2. Add one drop of washing-up liquid to the water.
3. Add a sprinkle of sand. Most tornadoes are transparent – they get their grey colour from the dust and mud they pick up from the ground. We're adding the sand to be able to see ours.
4. Tightly screw on the lid of the jar and make sure it doesn't leak.
5. Turn the jar upside down and shake it vigorously in a circular motion.
6. Turn the jar back up the right way and put it down on a flat surface. Watch your storm brew, swirl, and dissipate.

## Reflection

This activity was about learning new skills. Did you learn anything new about tornadoes today? Tornadoes are really powerful but they only last for a short time. How did our experiment demonstrate that? Scientists are trying to harness the huge energy stored within a tornado (estimated to be 200 times the electricity-generating capacity of the entire world). How could that change our lives? (It would be a massively powerful renewable energy source, meaning we could be less reliant on fossil fuels, which are causing climate change.)

## Safety

### Science

Supervise young people, and only do science activities that are advised and age appropriate. Test activities first, to make sure you're confident you can lead them safely. Use protective clothing where necessary.

This mixture should not be ingested.

*All activities must be safely managed. Always get approval for the activity and have suitable supervision.*

## Interview your grandparents

This activity can be undertaken by telephone call / Facetime / Skype / Facebook Messenger (or any other virtual method of communication you use).

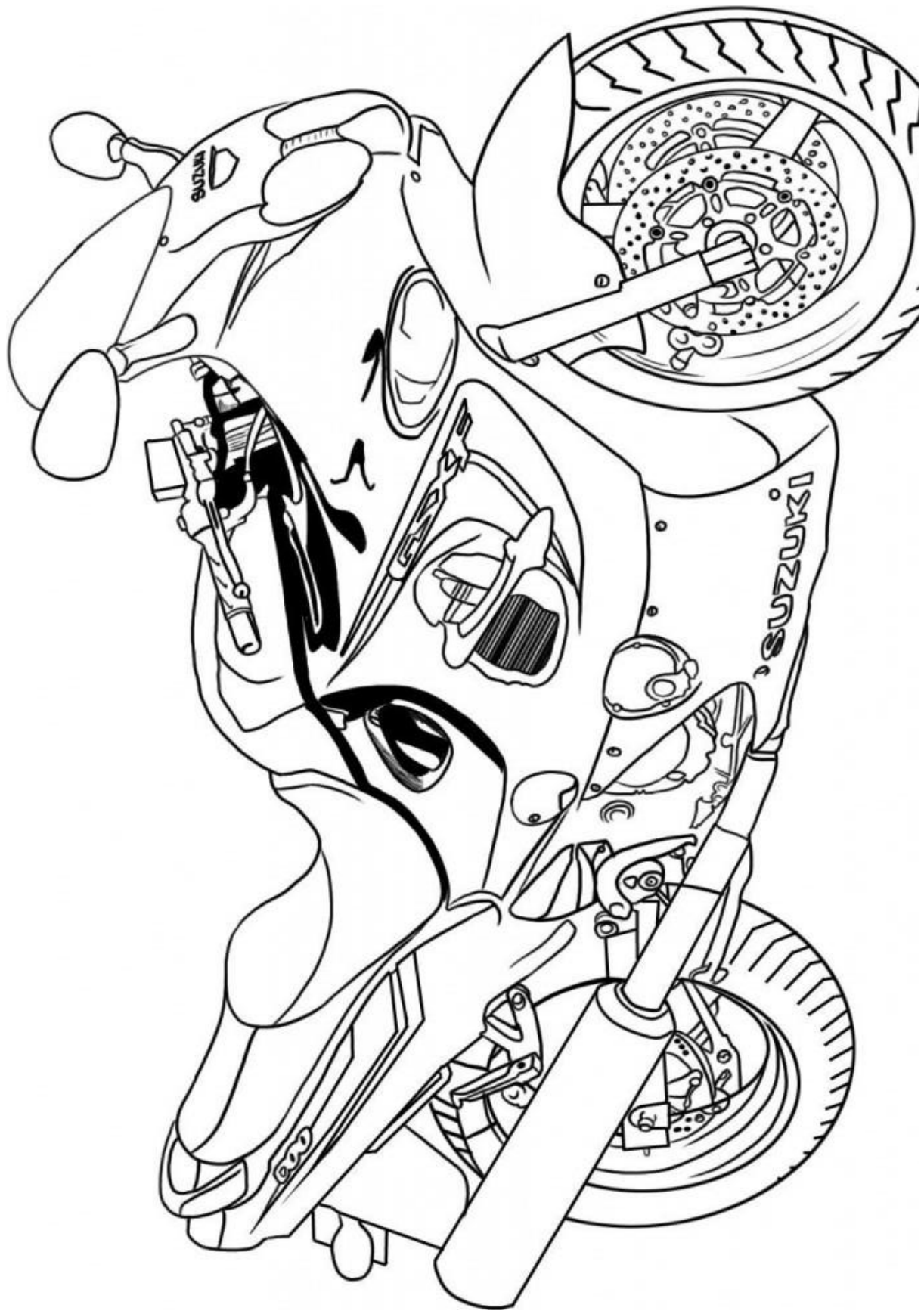
Ask your grandparents the following questions and make a note of their answers

1. When and where were you born?
2. Did you have a nickname at school?
3. Did you have any pets, if so what kind?
4. What were your favourite and least favourite subjects at school?
5. What kind of games did you play growing up?
6. What did you want to be when you grew up?
7. What was your first job?
8. How did you meet Granddad/Grandma?
9. What's been your favourite age so far?
10. What were your favourite sweets when you were a child?
11. Where has been your favourite place in the world to visit?
12. What was your school like?
13. What was it like when you were growing up?
14. Looking back at your life what is your proudest achievement?
15. What would you like your grandchildren to remember about you?

After your call, do you feel you know your grandparents more now?

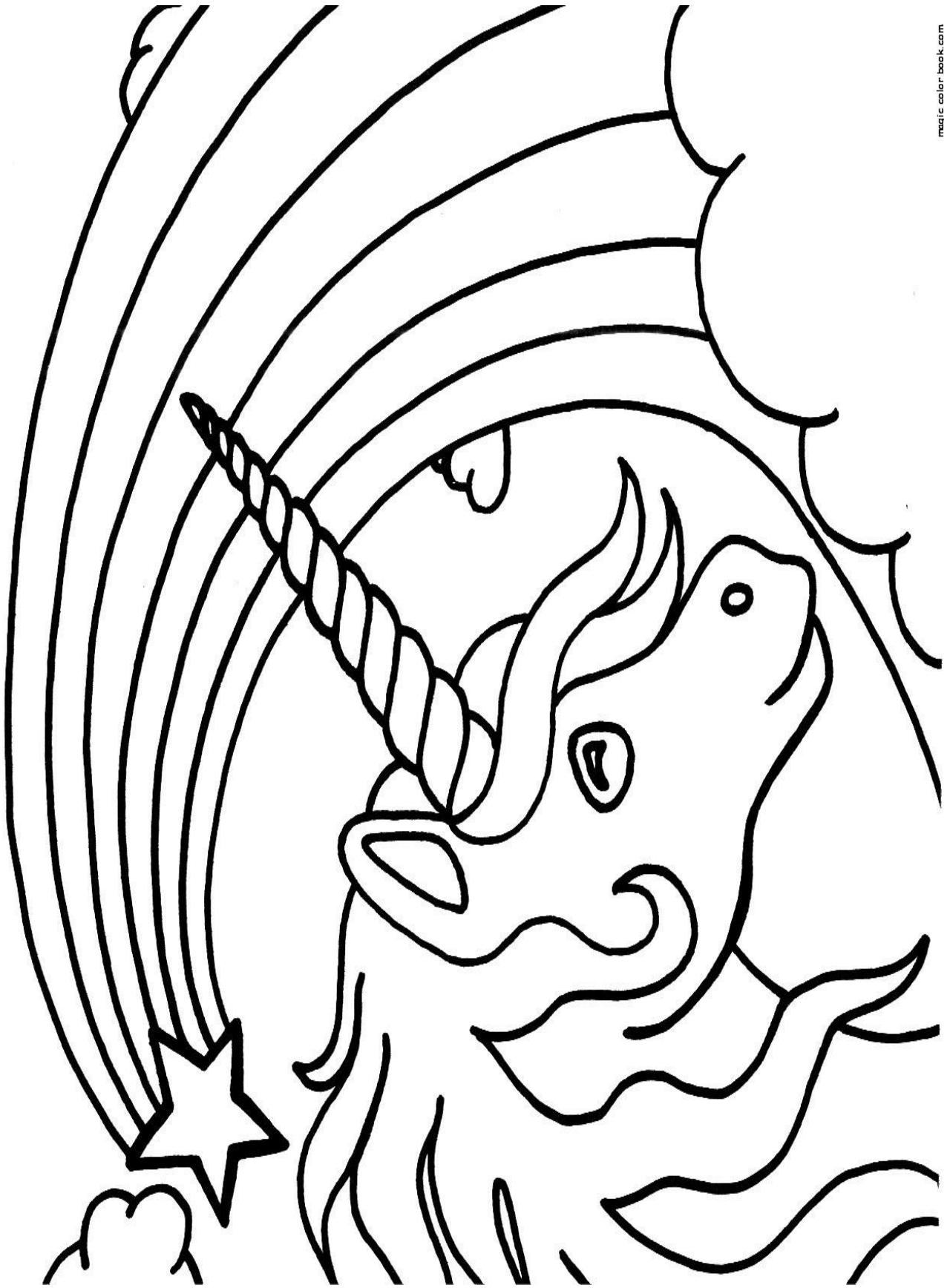


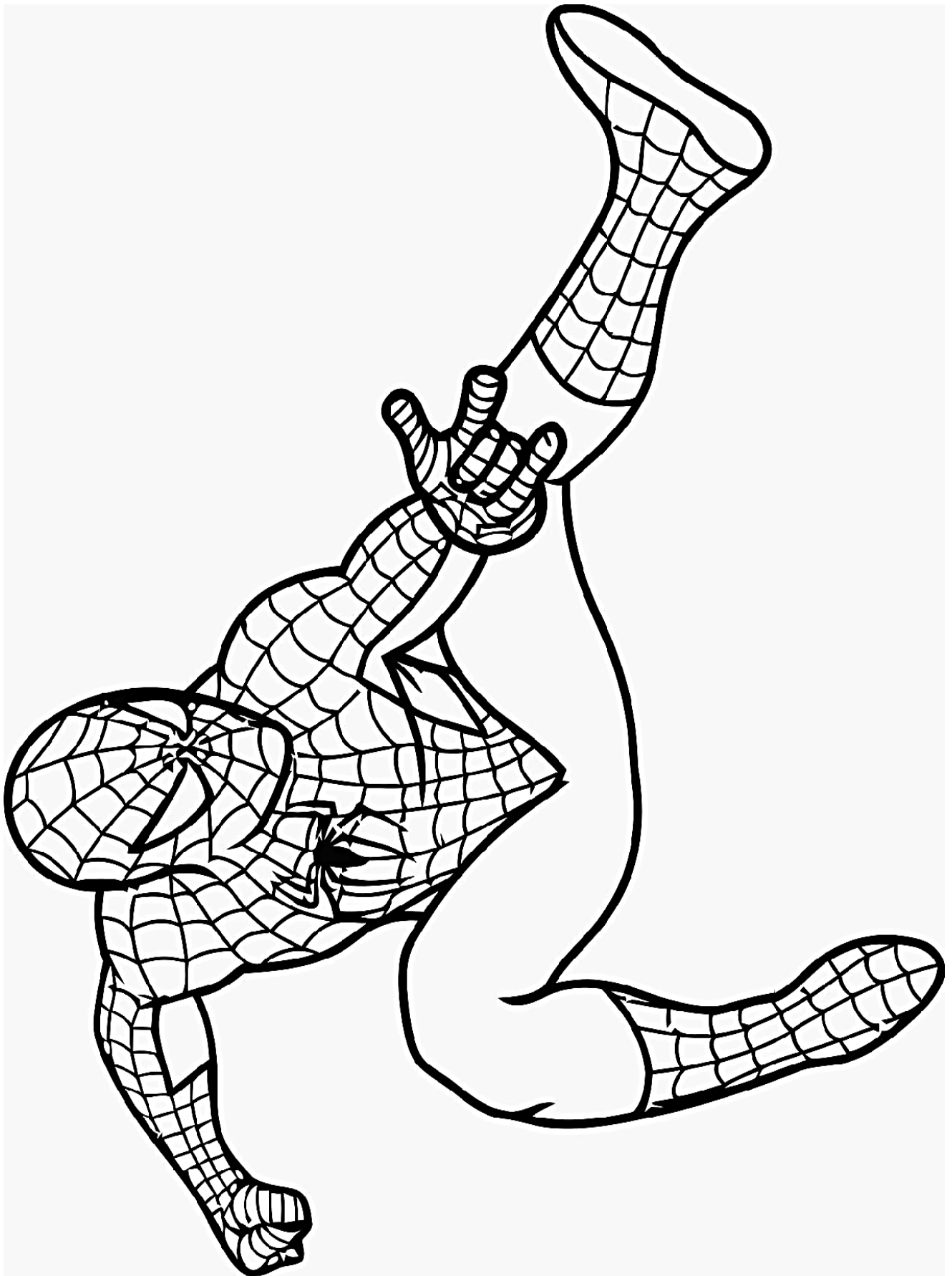












Rapunzel Kids story and Rapunzel songs



We Need Spidey & Black Panther



## Fireworks in many colours

Have your kids go berserk with paints and create bizarre effects with simple art tricks!

### You will need –

- Watercolor paints
- Paintbrushes
- Small bowl for water
- Light-colored watercolor paper
- Straws

### Directions –

- Slip into your apron and start working on this activity because it promises to be messy!
- Wet your paintbrush thoroughly and swirl it in a color pot.
- Spread the paint on the watercolor paper in any shape that you like!
- Hold the straw a little away from the color spreads on the paper and blow through it. The paint will begin to splatter through the page, creating the effect of fireworks!
- Continue to blow through the straw and create fireworks on paper!
- Set aside your masterpiece to try, after you are done!



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## Cooking time with your parents/guardian

### Iced biscuits



**Preparation time:** 30 mins

**Cooking time:** 10 to 30 mins

**Makes 24 biscuits**

#### Ingredients

- 100g/3½oz unsalted [butter](#), softened at room temperature
- 100g/3½oz [caster sugar](#)
- 1 medium free-range [egg](#), lightly beaten
- 275g/10oz [plain flour](#)
- 1 tsp [vanilla extract](#)

#### To decorate

- 400g/14oz [icing sugar](#)
- 3-4 tbsp water
- 2-3 drops [food colorings](#)

#### Method

1. Preheat the oven to 190c/170c Fan/Gas 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl until combined.
3. Beat in the egg and vanilla extract, a little at a time, until well combined.
4. Stir in the flour until the mixture comes together as a dough.
5. Roll the dough out on a lightly floured work surface to a thickness of 1cm/ ½ in.
6. Using biscuit cutters, cut biscuits out of the dough and carefully place onto the baking tray.
7. Bake for 8-10 minutes, or until pale golden brown. Set aside to harden for 5 minutes, then cool on a wire rack.
8. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food coloring.
9. Carefully spread the icing onto the biscuits using a knife and set aside until the icing hardens.

## Window pictures

Spread some joy and draw a picture, put it in your front window for people to see when they walk past your house and ask your friends to do this too!



Week 1 – draw a rainbow

Week 2 – draw a picture of your family

Week 3 – draw an Easter bunny or Easter egg

Week 4 – draw your favorite animal

Week 5 – draw a flower

Week 6 – a smiley face

## Indoor activities (guidance for parents)

- **Family tree**

Amongst all of the lovely activities for 8-year olds at home, this one really helps you bond with your child.

Give your child a pencil and a large paper to draw a tree. Then use your family albums to go through the photos, identifying your family member and placing them in an appropriate position on the tree.

This activity helps your child understand and appreciate their family better.

- **Playing cards**

Get the usual deck of cards and teach your child a variety of games such as rummy, don't hold the joker and so on. Start with simple ones at the very beginning.

Your child will learn all about strategic thinking, arithmetic and shape recognition through a simple card game.

- **Magazine Art**

Get out all those old magazines and let your child turn them into a work of art.

Give your child a theme around which they need to create something interesting. Let them peruse each magazine, cut out any parts they want and create something wonderful.

Your child will begin to understand how to wade through a lot of unnecessary stuff to find out which matters the most.

## Outdoor activities

- **Washing the car**

Who knew washing a car could be perceived as a fun activity instead of a chore? Your child may love behaving like a grown up and this would be the perfect opportunity to help them do so. All it takes is a bucket, a sponge, soapy water and a cloth.

Get those soapy solutions and buckets ready. Make sure your child is wearing clothes that are comfortable even when they get wet and let them have a gala time cleaning your car.

It makes the entire concept of car cleaning a fun-filled activity. Your child can also use their imagination to write or draw anything they wish on the car with the soap suds of course then wiping it clean!

- **Reverse Hide and Seek (with parents or other children)**

The game starts with one child hiding, while everybody else looks for them. Whenever someone finds them, they have to hide with them as well! It ends up with one child looking for everyone hiding in the same space altogether!

Teaches your child about team effort and compromising with others.

- **Walking the dog**

Dogs are the best companions for children as they are loving, playful and, if well trained, obedient. Your child will have a great time playing with the dog, especially if they are an only child. Getting your child involved in exercising the dog will help them get more exercise, whilst also teaching them how to be responsible for another living creature.

## Parent time - join in!

### Here are some other learning ideas you can do together

- Read books of all kinds to your child - picture, words and pictures, pop up, information and poetry.
- After a busy day of play, end your evening with a family movie night. But this isn't any ordinary family movie night. Tonight, you are turning your house into a movie theatre, complete with a concession stand, homemade movie tickets, and movie reviews after the credits roll.
- Cooking with your child is not only fun but it's an excellent way to begin to talk about maths – counting eggs for a cake recipe, more or fewer toppings for a pizza. Let them pour liquids or spoon flour to develop eye-hand co-ordination and control. Best of all, you both get to enjoy a tasty treat at the end!



## Keep active and keep talking!

Even though your children can't attend their usual weekly clubs or play with their friends at the moment there are still many fun activities we can do together to keep fit and healthy. It is also important to keep talking to the children and reassuring them at this tricky time.

- Joe Wicks (The Body Coach) is running a daily online PE class for all children and parents. It is hugely popular with over 6 million households from around the world taking part in the first two days. You can even post messages and pictures on his social media pages to get a shout out live on air! **Tune in at 9am every week day on You Tube by searching for The Body Coach TV.**
- Cosmic Kids Yoga is a You Tube channel offering lots of different themed kids yoga routines and mindfulness techniques which will help with their anxieties. The storytelling they use alongside the exercises will keep your children engaged. **Search for "Cosmic kids yoga" on You Tube.**
- If you are not having to self-isolate, then ensure you go out for a daily local walk with your children which will burn off some energy and help with any anxieties your children might be experiencing.

Every week day there are many free resources available online for your children covering most subject areas:

9.00am - PE with Joe Wicks [https://youtu.be/6v-a\\_dpwhro](https://youtu.be/6v-a_dpwhro)  
10.00am - Maths with Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)  
11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>  
12.00pm - Lunch (cooking with Jamie Oliver) <https://m.youtube.com/watch...>  
1.00pm - Music with Myleene Klass  
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>  
1.30pm - Dance with Darcey Bussell  
<https://twitter.com/diversedance.../status/1241098264373592065>  
2.00pm - History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>  
4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri)  
<https://www.instagram.com/theocooks>

## Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests  
<https://cosmicshambles.com/stayathome/upcoming-schedule>  
9.30am Wednesday 25 March - Geography with Steve Backshall  
<https://twitter.com/SteveBacksha.../status/1242058846941712385>

**If your children are feeling particularly anxious and are asking lots of questions, then here are a few tips on how to reassure them ([youngminds.org.uk](https://www.youngminds.org.uk))**

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
2. Talk to your child about what is going on, you could start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

**Please note that information and materials contained in this guide have been sourced from external websites which are free to use for the general public. Further details are available upon request.**