

# Activity pack for six to seven 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.

1.  $5 + 1 =$

9.  $6 + 4 =$

2.  $5 + 2 =$

10.  $7 + 1 =$

3.  $5 + 3 =$

11.  $7 + 2 =$

4.  $5 + 4 =$

12.  $7 + 3 =$

5.  $5 + 5 =$

13.  $8 + 1 =$

6.  $6 + 1 =$

14.  $8 + 2 =$

7.  $6 + 2 =$

15.  $9 + 1 =$

8.  $6 + 3 =$

See how many of the following subtractions you can solve in 1 minute.



$$\begin{array}{r} 9 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 20 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ - 10 \\ \hline \end{array}$$

$$\begin{array}{r} 25 \\ - 12 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 18 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ - 0 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 22 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 21 \\ - 1 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 14 \\ - 10 \\ \hline \end{array}$$

$$\begin{array}{r} 0 \\ - 0 \\ \hline \end{array}$$

$$\begin{array}{r} 24 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 17 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 1 \\ \hline \end{array}$$

$$\begin{array}{r} 16 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 20 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 14 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 23 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 4 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ - 9 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ - 10 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 24 \\ - 12 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ - 6 \\ \hline \end{array}$$

$$\begin{array}{r} 17 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 25 \\ - 10 \\ \hline \end{array}$$

$$\begin{array}{r} 14 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 20 \\ - 8 \\ \hline \end{array}$$



1. Count back in 5s from 25

2. Count back in 10s from 70

3. Count back in 2s from 22

4. Count back in 4s from 20

5. Count back in 5s from 40

6. Count back in 3s from 30

7. Count back in 4s from 40

## Telling Time Quarter Hour

Circle the correct time shown on each clock.



1.



3:15  
12:15  
12:45

2.



1:15  
2:45  
2:15

3.



2:45  
9:15  
3:15

4.



3:45  
7:15  
7:45

5.



5:45  
9:45  
6:15

6.



11:45  
9:45  
12:15

7.



3:45  
10:15  
10:45

8.



3:15  
6:15  
3:45

9.



4:45  
5:15  
5:45

10.



3:45  
9:15  
3:15



# EASTER STAR WARS WORD SEARCH

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

## WORD LIST



DARTHVADER	STORMTROOPER	CHICKADEE	BUNNY
LUKE	LEIA	YODA	DEATHSTAR
BASKET	EGGS	THEFORCE	SPRING
CHOCOLATE	SKYWALKER	HAPPYEASTER	CHEWBACCA
JELLYBEAN	CLONE	HOPPING	HANSOLO



# Disney FROZEN

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

ANNA  
 DUKE  
 HANS  
 KRISTOFF  
 OLAF  
 SNOW  
 TROLLS



CLIMBER  
 ELSA  
 ICY  
 MAGIC  
 QUEEN  
 SNOWMAN  
 WESELTON



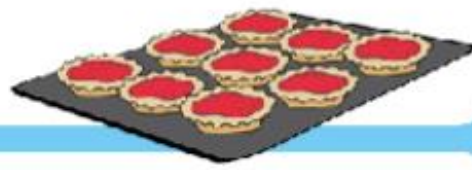
DISNEY  
 FROZEN  
 KINGDOM  
 MOUNTAIN  
 REINDEER  
 SVEN  
 WINTER



building  
 communities



## Jam Tarts



Use this recipe to practise measuring.  
Ask an adult to help you.

Makes 12 Jam Tarts.

### 1. Measure out:



110 g

plain flour



1 cup

jam



$\frac{1}{4}$  cup

water



55 g

cooking margarine  
(softened)



55 g

vegetable fat / lard  
(softened)



Mix in a bowl to  
make a dough.



2. Wrap in cling film. Put in the  
fridge for 30 minutes.

3. Roll the pastry very flat.  
Cut out circles.



4. Lay the circles in a muffin tin.  
Spoon in the jam.  
Ask an adult to bake them at 180°C for  
20 minutes until lightly golden brown.



Measure out and mix ingredients in a recipe

© Oxford University Press 2002.





# Fruit Smoothies



Use this recipe to practise measuring.  
Ask an adult to help you.

## 1. Measure out:



8 strawberries



1 banana

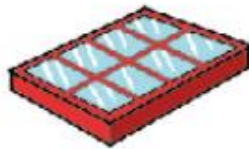


2 peaches



285ml

apple juice



ice

1 cup

## 2. Ask an adult to help you wash and chop the fruit.



## 3. Ask an adult to put everything into a blender. Blend for 30 seconds until smooth.

Measure out and mix ingredients in a recipe

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## Interview your grandparents

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

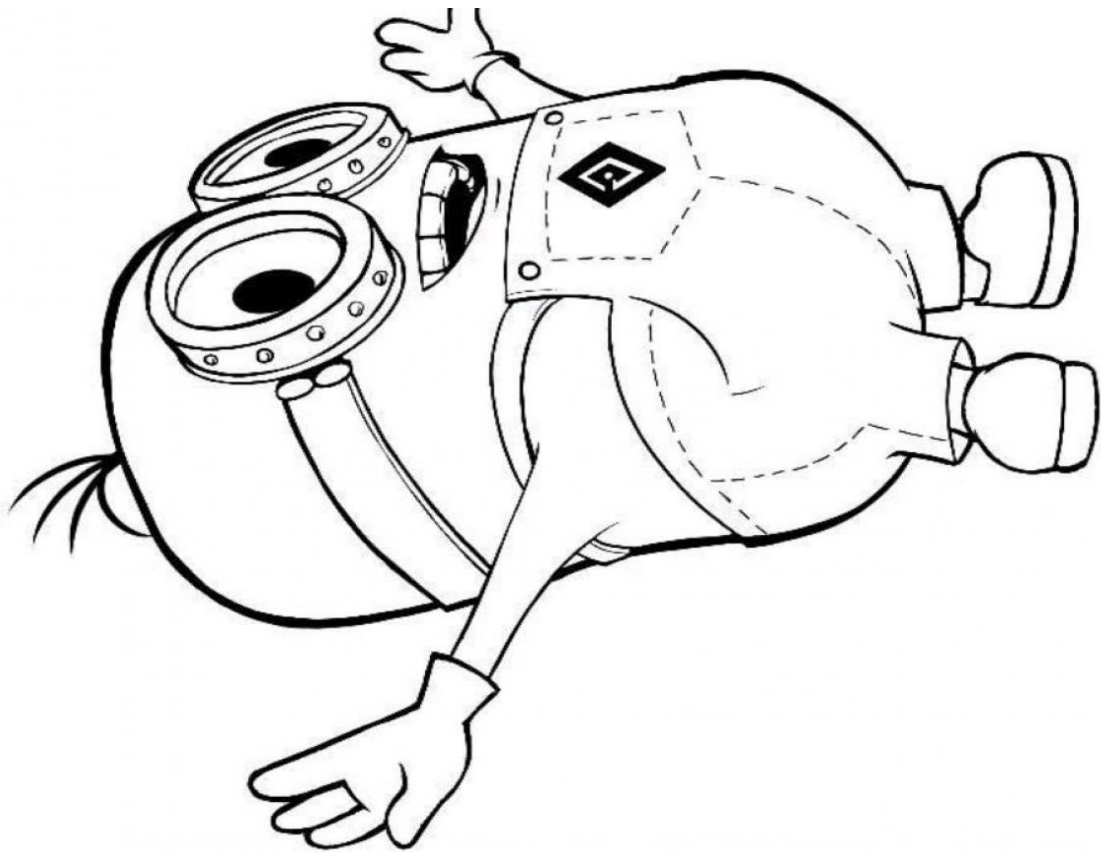
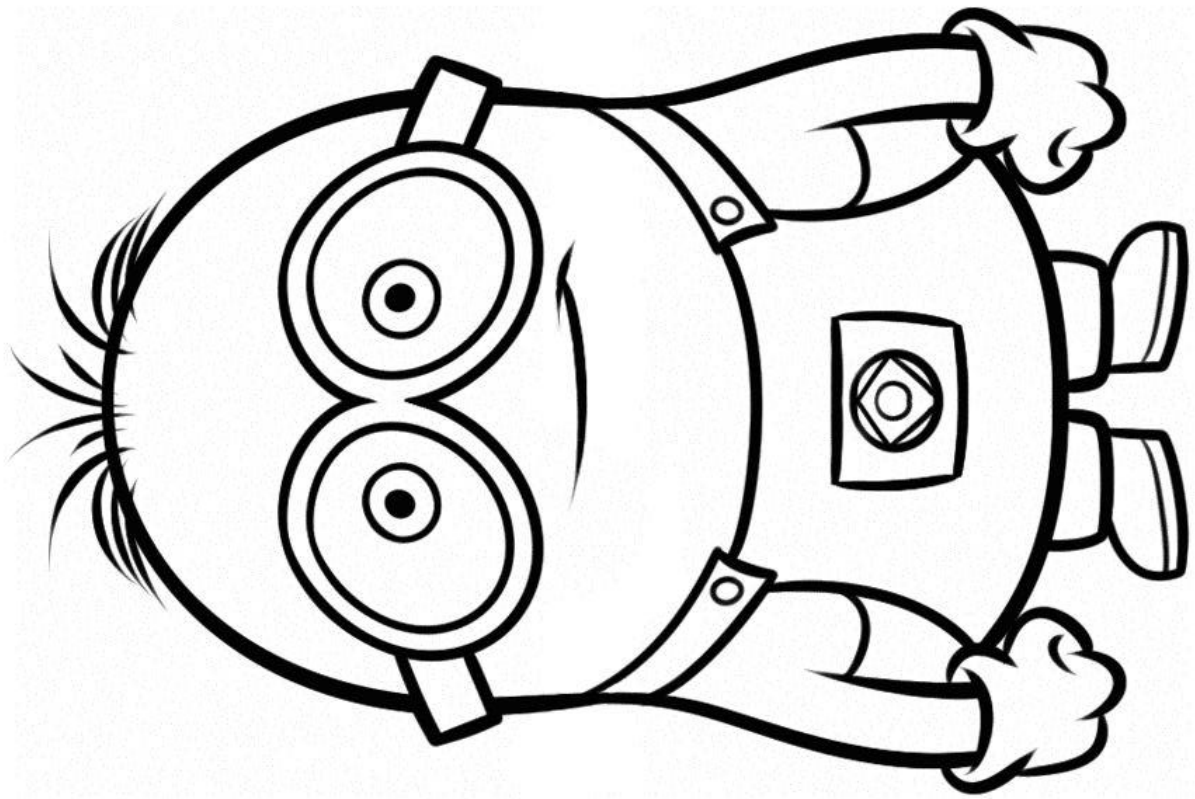
Ask your grandparents the following questions and make a note of their answers

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?

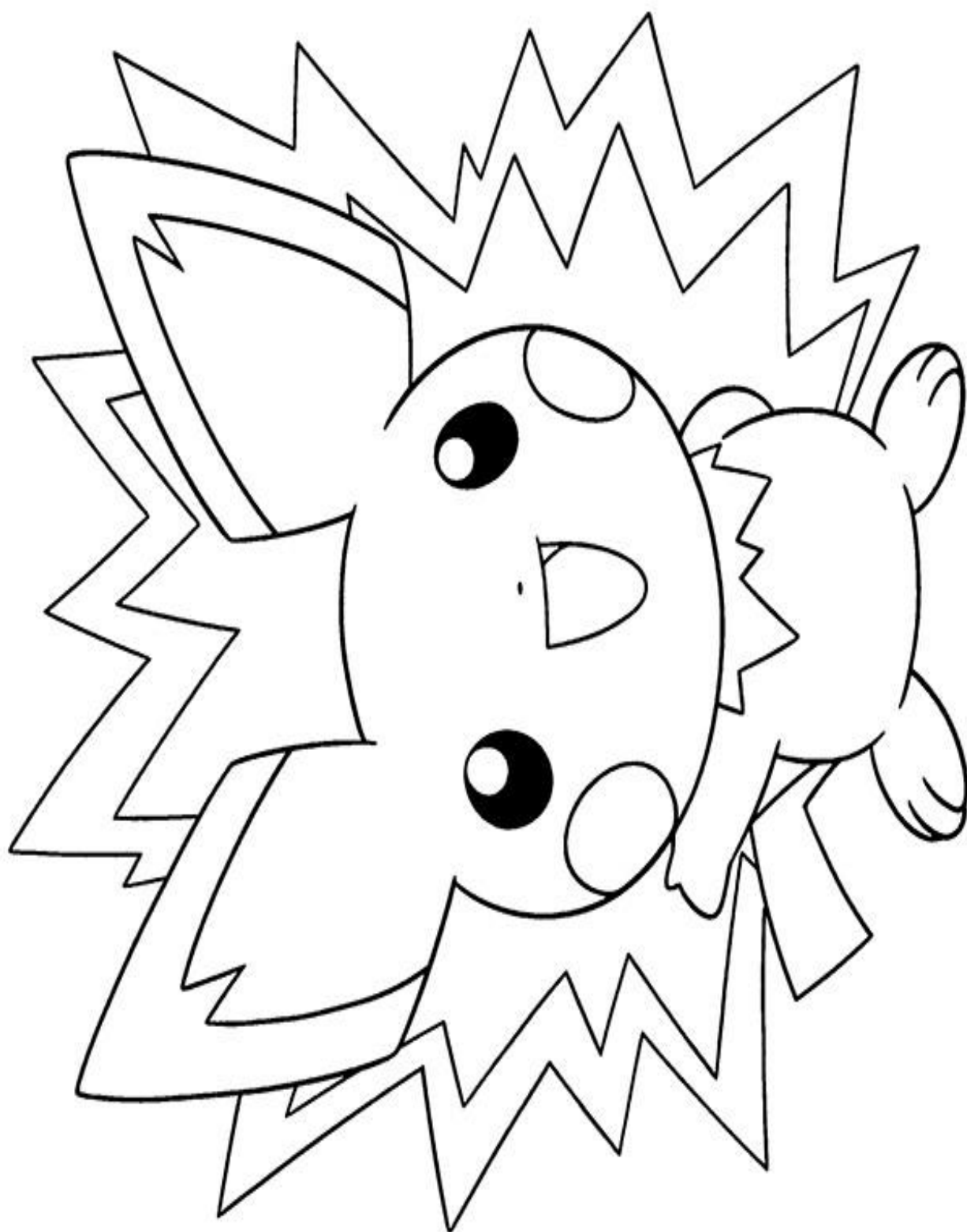
After your call, do you feel you know your grandparents more now?



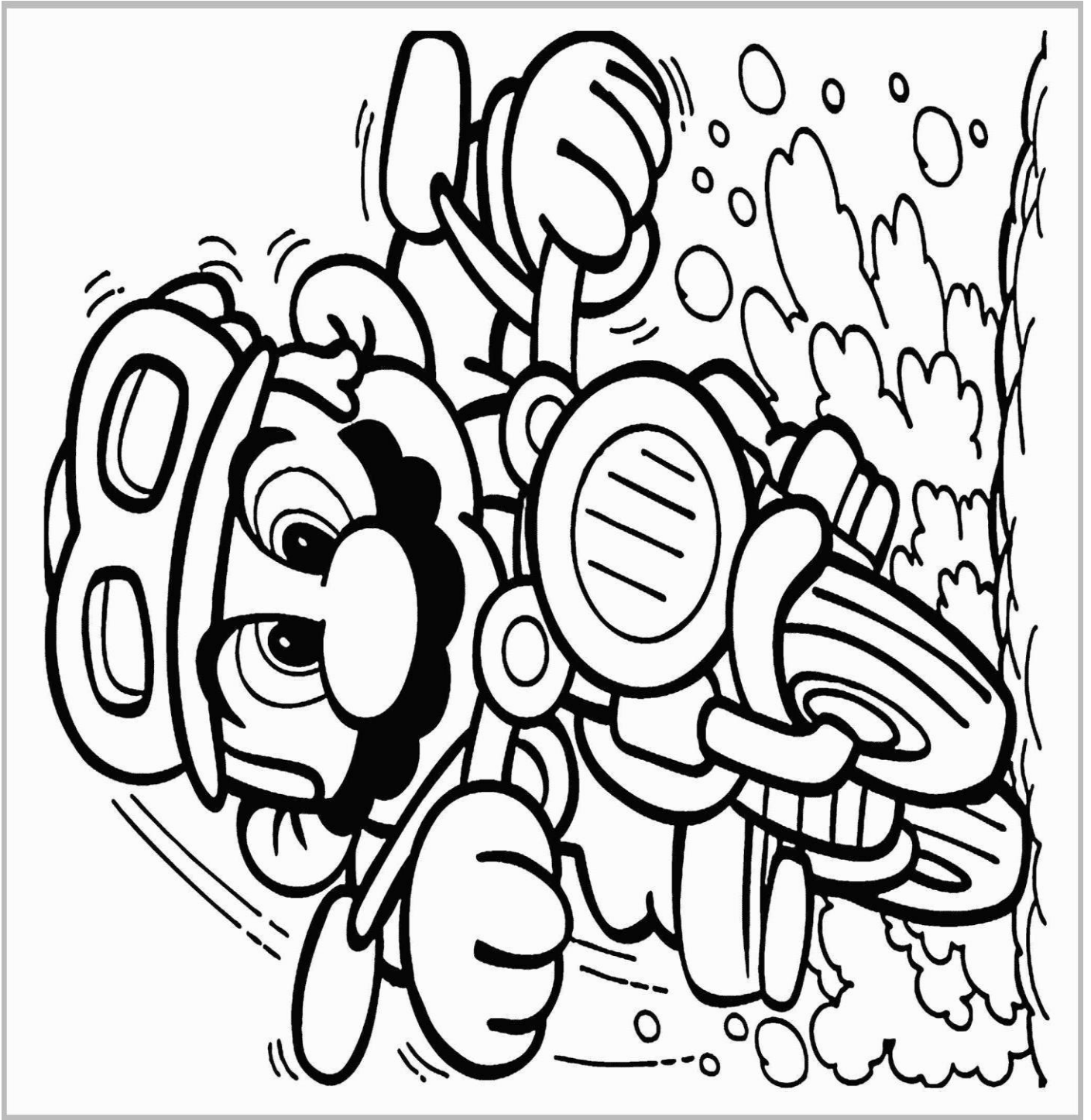












## The Lion and the Mouse

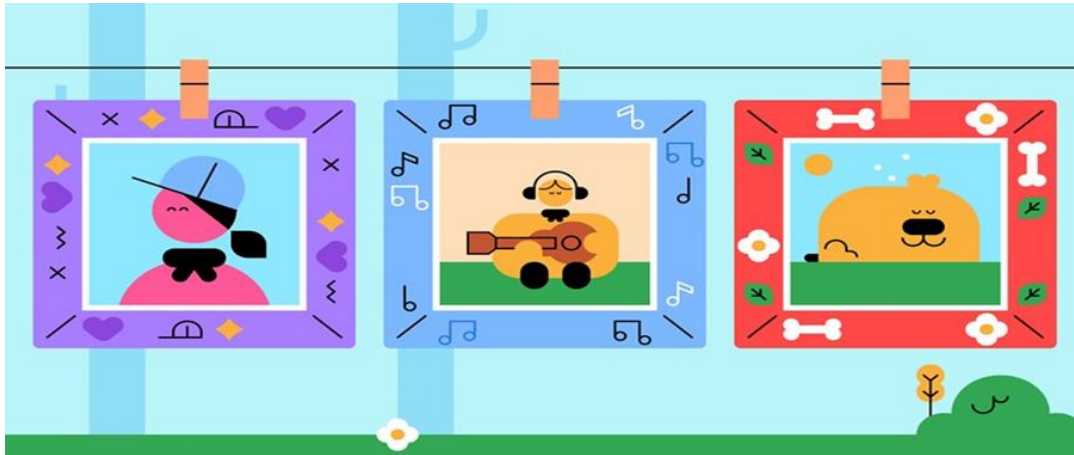


## Gulliver's Travels



## Practical activities

### Fabulous fancy frames



What makes you happy? Craft a frame for a photograph that makes you smile then make a gallery for everyone to admire.

**Activity Details:** Time: 45 mins

#### You will need

- A4 card
- Colored pens or pencils
- Craft materials (for example, tissue paper, pipe cleaners, stickers)
- String
- Glue sticks
- Wooden clothes pegs
- Photos

#### Before you begin

- Before you meet, collect some photos you've taken that make you feel happy. They might be of friends and family, pets, holidays, or special places.
- It's best if you don't bring the only copy of the photograph. If they're really special, you may want to take a photo of the photo and use that instead.

#### Make the frames

1. Take a piece of card and put your photo in the middle. Move it around until you're happy with where it is.
2. Draw around your photo with a pencil, and then put the photo to one side.
3. Decorate the border of the frame with pens, stamps, stickers etc. Try to make sure every bit is bright and colorful but leave the middle rectangle blank (this will be covered by the photo).

Why not choose a theme for the frame that matches the photo? For example, a picture of a cat could be framed with doodles of paw prints, whiskers, and mice, or a picture of a beach holiday could be framed with pictures of sun, sea, and sand.

4. Glue your photo onto the rectangle space in the middle of the frame.

Display the photos

1. While the glue dries, decorate a wooden clothes peg.
2. Use the clothes peg to hang your framed photo on the washing line for everyone to admire.

## Reflection

This activity helped you to think about what makes you happy—and hopefully it helped you to feel happy, too. Look at all of the framed photos—which is your favorite? Which one makes you feel happiest, and why.

Do the frames help the photos stand out? What do the frames tell people about the photos in them? Share your ideas with other people, and see what people think about your frame—remember to keep your answers kind and think about other people's feelings.

## Safety

### Scissors

Supervise young people appropriately when they're using scissors. Store all sharp objects securely, out of the reach of young people

### Glue and solvents

Supervise young people appropriately when they're using glue and solvent products. Make sure there's plenty of ventilation. Be aware of any medical conditions which could be affected by glue or solvent use and make adjustments as needed.

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

## 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)

- **Music with bottles**

Set up the foundation for understanding the basic concepts of music and let your child start exploring the tones by themselves.

Arrange all glass bottles of the same type and size. Fill them up in varying quantities of water and place them on a platform. Let your child use a steel spoon and tap the bottles one after the other. Change the levels of water and explore how the music changes.

- **Milk Art**

Take a bowl and add milk to it. Put in a few drops of different food colours right at the centre. Then add a tinge of liquid soap right on them and watch them swirl around in various shades. Let your child experiment by putting the drops in different locations of the bowl.

Apart from letting your child know how specific molecules react with each other, the swirling colours can let them experiment with different painting styles.

- **Simon Says**

The parent gets to be Simon and your child/children need to follow each order that you say out loud, as long as it is prefixed with the phrase 'Simon Says'. If you don't say 'Simon Says' and your child still follows it, then they are out of the game.

While making your child more attentive, they also learn how to control their activities concerning the 'order' they receive.

## Outdoor activities

- **Hopscotch**

Hopscotch is one of the simplest maths activities for 6-7 year olds which will have your child fall in love with arithmetic instantly.



Chalk out the hopscotch squares on the ground in your back garden or on the path if you have one. Then start by asking simple arithmetic problems at them and let them hop to the answer. Kids can get a grip on addition and subtraction and let it become a second habit in their life.

- **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.

- **Rock Painting**

Get outside with your children to collect rocks, and then paint them, for a rock activity that kids are sure to love! Smooth rocks are best for most rock painting projects.



### 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 theater, 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.**