

# Put the Wind to Work

## Make some windmills

What you need:

- Coloured paper
- Scissors
- Green garden sticks
- Drawing pins or mapping pins with big heads

What you do:

1. Cut squares from the paper.
2. You could make patterns on the paper with crayons or chalk.
3. Fold the square from corner to corner to make guides, then cut from each corner to near the middle (you could draw pencil guide lines to help the children).
4. Bend each corner to the middle and pin to the stick. Make sure you leave the pin loose enough for the windmill to go round.
5. Go outside and test your toy!

Some other ideas for your windmills:

- Pin a row of windmills on the fence and watch them spin together.
- Fix windmills to the handlebars of bikes and scooters with elastic bands round the sticks
- Make windmill hats on bands of card (fix them with split pins for safety)
- Fix several windmills round a hoop and tie to the fence or a post.
- Make huge windmills from card or flexible plastic sheet, and put them in your garden.

And some other things:

- Make a weather centre in the garden. Put it where you can see it from inside. Pin a wind mill up, collect rain, hang a thermometer.
- Make wind wheels from paper plates or foil dishes. Make cuts all round the edges and fold them in. Pin the wheels to fences, trees, posts and watch them spin.
- Make cars or planes with Lego. Mobilo or other construction toys. Give them simple sails made from paper and small sticks, and let the wind whiz them along the path.
- Make some little boats from polystyrene and toothpicks. Give them sails and sail them along a piece of guttering filled with water.

# Make a Sound

## Make a wind chime

What you need:

- Metal objects (spoons, forks, foil trays, coins, buckles, metal buttons etc)
- Scissors, string
- A coat hanger or small hoop
- A large feather, a cork or a big bead

What you do:

1. Hang the metal things from the hanger or hoop with string.
2. Check they are near enough to strike, but far enough away not to get their strings tangled.
3. Hang one longer string in the middle with a feather, cork or bead on the end (to catch the wind).
4. Hang your wind chime in a tree, on a bush, a climbing frame or form a hook in the wall. Try different places for the best effect.

Some other ideas for sound in your garden:

- Hang old saucepan lids and metal kitchen tools in bushes or in the gaps between the fence. Use a wooden spoon to make music.
- Hang old CDs on strings for a gentle sound.
- Buy bells of different sizes and hang these singly or in groups.
- Look for wind chimes at a garden centre or 'pound shop'. Autumn and January sales are good times!
- Make a chime with lengths of bamboo or metal tubes hung on strings of different lengths attached to a coat hanger.

And some other things:

- Let the wind make sounds in tubes and bottles.
- Take some simple musical instruments outside and have a marching band round the garden to let off steam! Sing 'We can play on a windy day, and this is the way we do it. Bang, bang, bang on a windy day and this is the music to it'.
- Read 'The Happy Hedgehog Band'.
- Find a collection of stories about windy days, such as 'When the Wind Blew', 'Mrs Mapple's Washing Line'.
- Put up a pop up tent or other wind break and talk about how to shelter from the wind.

# Wet and Dry

## Make a car wash on a windy day

What you need:

- Wheeled toys
- Buckets, sponges, rollers, brushes, cloths, old towels, hose
- Bubble bath, aprons or overalls, wellies
- Playground chalk, plastic money, clip board, pen, 'tickets'

What you do:

1. Help the children to organise the car wash. Use chalk to make a waiting line. Make some tickets.
2. Mix the bubble bath with some warm water.
3. Help them decide who are going to be the washers. Agree ways of taking turns, play etc.
4. Use the bubbly water and the tools to wash the toys. Leave them in the wind to dry.
5. Make sure you build in clearing up time!

Some other ideas for drying things in your garden:

- Paint with water and watch the wind dry it.
- Have a washing day, where you wash equipment and use the wind to dry it.
- Wash the dolls' clothes and put up a washing line to dry them on.
- Even if you have a washing machine in your setting, use windy days to dry things outside.
- Make some puddles on purpose. Draw round them with chalk and watch them dry up in the wind. You could draw a new circle round the puddle every hour, and measure the differences as the puddle dries.

And some other things:

- Take a water tray outside for washing all sorts of things from inside.
- Dip different sorts of fabrics in water, hang them on a washing line and see how long they take to dry.
- Go for a walk in the park or somewhere else in the neighbourhood and feel the wind in your hair.
- Put out a paddling pool, fill it with water and watch the wind make waves. Add some sailing boats.
- Have a doll's hairdressers outside and wash the dolls hair. Let the wind dry it.

# Squirt, Spray, Wash, Paint

## Spray away!

What you need:

- Several small plastic spray bottles
- Very liquid paint or water with food colouring
- Very large sheets of paper (rolls of wallpaper will do)
- Somewhere to fix the papers it is vertical

What you do:

1. Pin or fix the big sheets of paper to a wall, fence, shed or door. This is a collaborative activity!
2. Fill the spray bottles with several colours of paint, make sure it is very liquid.
3. Spray away! The resulting pattern will run down the paper and the colours will merge to make a wonderful rainbow design.
4. Try spraying the paper with water first.

Some other ideas for using sprays and squirters:

- Cover up well and use the sprays to spray each other (willing participants only!)
- Spray bikes and other toys with temporary colourings. Wash off with a hose.
- Chalk some shapes on the ground or wall and spray fill them with paint or water.
- Spray water or paint on pieces of fabric or plastic, pegged on a washing line.
- Spray water on windows and use a squeegee to scrape it off.
- Use sprays to water plants and bushes, to wash paths and paving stones, to bring the colour back to dusty leaves.

And some other things:

- You could have a garden spray working on a rainy day. Make sure everyone is water-proofed!
- Find some net and other fabrics with holds in (fruit bags, garden net, curtain net or lace). Put these on paper and spray over them. Remove the fabrics to reveal the patterns.
- Try the same thing with objects. Put flattish objects (e.g. shapes, animals, pencils, bricks, crayons) on paper, spray over them and remove to reveal their silhouettes. Try this with white paint on black paper.

# Shelters

Shelters provide security and a sense of fun. You can make them quickly with pegs, poles, bamboo canes, elastic tied around posts or fixed apparatus.

Use thin material for temporary shelters, so it can be secured by pegs or elastic. Use trees and fences to provide support for leaning sheets of card. Tie a rope round two uprights and hang a blanket over the rope to provide a classic tent.

If you want something more permanent, look in garden centres for gazebos, parasols, play houses, sheds and awnings. Look for sales prices at the end of summer.

Put up battens so you can suspend fabric or wood across corners or along walls to provide shade and protection from sun or the occasional shower.

Don't forget to add signs, notices and labels. Add small baskets of materials and equipment to stimulate play.

## Pop Ups

Pop up tents are cheap and easy to erect. They come in several sizes and provide quick and easy hiding places and role play bases.

Get them from early years catalogues or toyshops. A notice or sign will focus the play, a sleeping bag inside will add a new dimension.

## Huts and Sheds

When all the toys are out, use your shed for a role play corner or garage. You could put a table across the doorway to make a counter for a shop or café.

## Awnings

Fix a wooden batten to the wall, at about head height. Then you can pin or tape a fabric awning to it and tie the ends to two poles.

Make the shelter into a shop or use it to provide shade for table top games, books, sand or bricks.

## Boxes

Boxes - cardboard or wooden are free. Cut holes for windows and doors in the sides and paint them if you like. Put glue in the paint to make them shower proof. Make boats, houses, spaceships, submarines. Take them apart and use the big sheets to make structures and walls.

## Tents

If you have grass, pitch a real tent and peg it down. Or you could use a frame tent and weight it with bricks. Pairs of little tents make extra fun.

## Poles and Screening

Set some broom handles in buckets or big tins of concrete. When the concrete has set, use two or more to make screens by clipping or nailing trellis, fabric, card, bamboo screening, plastic sheet or hardboard to the broom handles.

# Textures

Providing textures in play situations extends children's opportunities to explore a wide range of natural and man made materials. Many children play exclusively with plastic toys and man made materials. Offering other textures will expand their experience and with it their language and vocabulary.

Provide textures for looking at, touching, walking on, blowing, wrapping yourself in, tossing, squeezing and stretching.

Try collecting a range of different textured materials and objects - ask parents to help with this. Then dip into your collection and hang, wrap, spread, cover, line, tip, shake, sort and discuss what things feel like to hands, feet, faces, noses as children handle the ones you offer or choose their own from a basket or box.

## **Hang It**

Try hanging things from trees, ropes, doorways, fixed apparatus etc. Ribbons, bead curtains, netting, sari material, strips of foil, feathers all stimulate the senses as you pass through them.

## **Sort It**

A basket of natural materials - nuts, large seeds, cones, twigs, bark, feathers, leaves and stones - will stimulate talk as children feel and sort them.

## **Snuggle It**

Collect some soft fabrics - fleece, wool, blanket, brushed cotton, fur fabric, lace, silk - and contrast them with plastic, leather, foil, raincoat material, rubber. Talk about comfort and about protection, about 'fitness for purpose'.

## **Spread It**

Spread one or more of these on a table or floor - sandpaper, bubble wrap, netting, carpet, plastic sheet. Get the children to feel them or walk across them in bare feet. Talk about contrasts and similarities - smooth, bumpy, soft, hard, cold, scratchy.

## **Feel It**

Try some barefoot experiences on fake grass, bubble wrap, netting, coconut matting, foil, fleece. Add a blindfold and see what they can tell you then.

## **Long and Short**

Collect a basket of ribbons, lace, card, string and braid. Use this for sorting, talking, waving, describing. Glue it on to card or print with it. Get the children to decorate themselves and their world with it. Or try some weaving on a big outdoor weaving frame.

# Art in the Garden

Art activities can be much more exciting in the garden. They can be messier, bigger, noisier, more physical than those indoors.

Everything you do indoors can be done bigger and with their whole bodies. Cut paper bigger, use bigger brushes and markers, leave activities out for longer. Use whole bodies for painting. Do big bubble prints, use huge sponges - spray, pour, blow, drip and squeeze paint. Use clay, collage and dough for group projects. Experience clay, plaster, sand etc with feet, hands, fingers. Use natural objects to make pictures, patterns and prints. Sew and weave on a big scale.

We have made suggestions for some permanent additions to your outside area as well as some activities that you might select from day to day.

## Fixtures

Screw a wooden batten to the wall so you can pin up paper or card for painting. Screw some boards to the fence for chalk and painting. Make these big, so that groups of children can work on the same picture. Paint a square of blackboard paint on a wall for pictures.

## You and Me

Make opportunities for children to work together on tables, walls or the ground. Discuss the activities and how to do them together. Give the children choices of where and when to do things.

## Hand On

Offer finger painting, hand and foot printing. Use big quantities of dough, gloop, slime, cooked or dry pasta. Feel big blocks of ice, walk on sand or gravel. Try plaster casting. Drive bikes and prams through paint and over paper. Make big group collages and 'cut and stick' pictures.

## Painting

Offer water to 'paint' the building, the bikes, the shed. Fill plastic spray bottles with runny paint and paint on paper or the fence. Use rolls of lining for long paintings in groups. Paint on the windows. Try using sheets of plastic for see through pictures.

## Think Big

Leave huge sheets of paper up or on the ground all day to encourage returning to the picture. Use decorator's rollers and big brushes. Glue on the sheets things you find outside.

## Natural Materials

Have a scavenger hunt to find natural materials - leaves, stones, sticks - that are in season. Sandwich these between sticky backed plastic and hang in the window or make mobiles, nature strings or collages. Make a weaving frame and weave grass, leaves, sticks, feathers etc.

# Dip-Dye Tissue

What you need:

- Sheets of coloured tissue paper
- A few bowls
- Food colouring in several different colours
- Kitchen paper

Fold up sheets of tissue paper, then dip them in colourful food dyes to create beautifully patterned paper.

1. Place a few layers of kitchen paper on to your work surface to keep it clean. Then fold a sheet of tissue paper in half, then in half again, and so on, until you have a small square 8cm x 8cm. Press down firmly where you have folded to make sharp creases.
2. Pour a little of each food colouring into a separate bowl. Then, dilute the food colouring with some tap water.
3. Quickly dip a corner of the folded tissue paper into a dish of food colouring. The colour will quickly soak up into the paper, so don't leave it in the liquid for more than a few seconds. Dip the other corners, in the same way, using different colours.
4. When you have dipped all the corners, quickly unfold the tissue paper, holding it over the kitchen paper to catch any drips. Leave the paper to dry on a covered work surface. Now dip-dye some more tissue paper, experimenting with different ways of folding and dipping.

## Smart Dips!

- When your paper is dry, you can use it to wrap presents. Make the parcel look extra special with a ribbon and a homemade tag.
- Use dip-dyed tissue paper to cover your books or simply hang it on the wall.



# Splat

What you need:

- Newspaper
- Paints
- Paintbrush
- Water
- Three or four large sheets of paper
- Tissue paper (optional)

These simple paint techniques give paper a spectacular look when used again and again. Try them and get messy!

1. Cover the area you are going to be working on with lots of newspaper - this is a very messy project! Then, mix up some paint with water so it is ready to work with. It should be creamy, but not too runny.
2. Choose your background sheet of paper and place it on top of the newspaper, ready for decorating. Dip a large paintbrush in the paint and flick it downwards over the sheet of paper. Keep going until the paper is covered in paint splatters. Remember to keep re-loading your brush. Leave to dry.
3. For the next paint technique, you will need to scrunch up some newspaper or tissue paper. Dab this into some paint and then press it gently on to a large sheet of paper. Make lots of prints on the sheet and then leave to dry.
4. Finally, paint all over your own palm with paint and press your hand down firmly on the paper. Repeat until the paper is covered all over. Leave to dry.

## Paper Fun!

There are lots of different ways to use decorated paper. Here are some ideas:

- Cover old exercise books with it - the protection and decoration will give them a new lease of life!
- Add a homemade touch to presents by using it as wrapping paper. How handy!
- Make extra special gift tags - cut out a palm print and write your message on the unpainted side!

# Sand Picture

What you need:

- Sheet of card or thick paper
- Masking tape
- Scissors
- Pencil
- Teaspoon
- PVA glue
- Paintbrush
- Paints
- Sand
- Saucers
- Coloured card

A picture does not have to be flat - get crafty and use sand to bring some texture to your work!

1. Take the sheet of thick paper or card and stick masking tape along the sides to mark out an area to paint inside. You can make the picture area as big or small as you like.
2. Plan your picture inside the masking-tape frame. Use a pencil to mark out the outlines of what you want to draw.
3. Now, mix up the sandy paints. Put four teaspoons of sand, one teaspoon of glue and one teaspoon of paint in a saucer. Add a drop of water and stir it well with the paintbrush. Mix up as many colours as you need in separate saucers, then start to paint your picture. Brush the sandy mixture on to the paper just as you would with normal paint.
4. When the paint is dry, peel away the masking tape and shake any loose sand off into the bin. Then cut four, 3cm wide strips from the coloured card to make a frame for your picture. Glue them in place, then hang your sandy picture on the wall for all to see!

## Super Sand

Try making this desert scene from different kinds of sand:

- Simply brush glue on to the paper, then sprinkle different shades of sand on top. Shake off any loose grains into the bin.
- You can buy different grades of sand in small bags from model shops. The grading tells you how big the grains of sand are. Sand also comes in all sorts of different colours.

# Combed Collage

What you need:

- Thick cardboard
- Ruler
- Craft knife
- Scissors
- Paints
- Flour
- Wooden spoon
- Sheets of paper
- Thick paintbrush
- Sheet of card
- Glue

There won't be any nasty tangles with this kind of combing. Just drag the teeth across thick paint to create perfectly-groomed patterns!

1. First you need to make a comb to create the patterns. Ask an adult to cut a rectangle out of a piece of thick cardboard measuring about 15cm x 10cm. With scissors, cut a row of triangles out of the long edge. The points that are left make the teeth of the comb. For a variety of effects cut out several combs with different-sized spaces between the teeth.
2. Now, choose your colours and pour each paint into a separate saucer. Add a little flour to each colour. Mix it up well with a wooden spoon to make a thick, smooth paste. The paint needs to be quite thick so that the comb will leave tracks in it.
3. Paint a sheet of paper with bands of different colours. While the paint is still wet, take a comb and drag it across the paper. Make wavy patterns and criss-crossed patterns. Do some more sheets, trying different colour combinations. Leave them all to dry.
4. Cut out the prettiest parts of your comb-patterned paper. Arrange the shapes on a piece of card to make an interesting collage. When you are happy with the arrangement, glue all the pieces down and trim off any overhanging paper around the edge.

## Smart Tips

- You can use lots of different things to drag patterns in paint. Try a plastic fork, an old toothbrush or an old plastic comb.
- Use your patterned paper to cover books or to wrap presents.

# Pasta Picture

What you need:

- Dried pasta - spaghetti, tubes, twirls, bows etc
- Ruler
- Sheet of cardboard
- Scissors
- White paint
- Paintbrush
- Glue
- Pencil

Don't just serve up pasta for supper! Make the most of all the lovely dried shapes it comes in and create a cool, culinary picture!

1. First, measure the length of a spaghetti strand and cut your cardboard to the same width. Then, paint the cardboard white all over and leave it to dry.
2. Brush the cardboard with glue, then stick on strands of spaghetti, positioning them horizontally to cover the whole sheet. Make sure there aren't too many gaps in between the strands. The spaghetti is the background for your picture.
3. Decide what you want your picture to be of - choose a simple image, such as the sailing boat shown here. Carefully sketch out your idea on the spaghetti background, using a pencil.
4. Now, use the different pasta shapes to fill in different areas of your picture. Apply glue first, then stick them on firmly, one at a time. We used tubes for the sail and mast, bows for the hull and coils for the choppy sea.
5. Leave a 3-4cm gap all around the edge and stick macaroni along the straight edges and bows at the corners to make a frame. Leave the glue to dry before you hang up your picture.

## Smart Tips

- Dried pasta is brittle and breaks very easily. When your picture is finished, brush on a thin layer of PVA glue to protect it.
- There are some really unusual pasta shapes and colours available now - great for pasta picture-making!

# Wild Mobile

What you need:

- Large sheet of card
- Pencil
- Scissors
- Paints
- Paintbrush
- Sewing needle with a large eye
- Five craft balls (available in art shops)
- Coloured string
- Stick or length of dowel, 50cm long

This mobile is easy to make, but hard to balance. Have a go and see how long it takes you to straighten it up!

1. Draw three shapes on the card. You can copy the ones shown in the picture or make up your own. Fish, birds and robots are easy to draw. Ask an adult to help you cut them out.
2. Now, paint one side of the shapes in bright colours. Let each colour dry before you add another to avoid smudging. When the paint is dry, turn the shapes over and paint the other side - use completely different colours if you want to. Leave to dry.
3. Ask an adult to make a small hole in the top of each shape using the large needle. Cut the string into eight different lengths and thread one piece through each of your shapes.
4. Next, paint your balls. When they are dry, ask an adult to help you thread the other lengths of string through them using the needle. Knot the string at the bottom of each ball. Then, cut some string to hang your mobile from and tie it to the middle of the stick.
5. Tie the balls and shapes to the stick in different places. The aim is to get the mobile to balance, so you will need to move the balls and shapes around (and perhaps adjust the lengths of the string) until you manage to achieve this.

## **Go galactic and make a shiny space mobile!**

- Turn balls into planets by covering them in tin foil. Glue crater spots cut out of card on to them.
- Cut a thin card hoop and attach it to a ball so that it hangs around the outside.
- Make rockets out of card and paint them spacey colours. Zany!

# Bread Rolls

What you need:

(Makes 12 rolls or 2 loaves)

## Ingredients

- 50ml warm water
- 7g packet of dried yeast
- 1 tspn sugar
- 225ml milk
- 50g butter
- 1 tspn salt
- 999g strong white flour, plus two tbsp for kneading
- Oil

## Utensils

- Small bowl
- Wooden spoon
- Small saucepan
- Two large mixing bowls
- Damp tea towel
- Baking tray
- Oven gloves

Make a batch of delicious rolls, then eat them still warm from the oven.

1. Put the water into a small bowl and sprinkle the yeast on top. Add the sugar and stir well. Leave the mixture in a warm place for about 10 minutes, until it starts to bubble.
2. Put the milk, butter and salt into the pan and place it over a low heat until the butter has melted. Ask an adult to pour the hot mixture into a large mixing bowl. Add the bubbling yeast to the bowl.
3. Now, add the flour to the bowl, little by little, stirring all the time. When the dough is smooth and elastic, plat it on a floured surface and knead it until it becomes stretchy.
4. Lightly oil the inside of a mixing bowl and place the dough in it. Cover the bowl with a damp tea towel for about an hour. Ask an adult to heat the oven to 190°C/375°F/Gas mark 5.
5. When the dough has doubled in size, knead it again and shape it into rolls. Place them on a floured baking tray and ask an adult to put them into the oven for 30 minutes. After 10 minutes, turn the heat down to 180°C/350°F/Gas mark 4.

# Shake and Sip

What you need:  
(serves two people)

## Ingredients

- Six strawberries
- 1 tsp sugar
- 500ml milk

## Utensils

- Chopping board
- Chopping knife
- Fork
- Jar with a screw top
- Two tall glasses
- Two straws

Summer strawberries and creamy milk make a fruity, frothy smoothie that everyone will love. Slurp and enjoy!

1. Rinse the strawberries. Remove any green stalks from them. The easiest way to do this is to twist them off in your fingers. Ask an adult to help you chop up the strawberries into small pieces on a chopping board.
2. Put the strawberries into a bowl and sprinkle the sugar over them. Mash everything together with a fork until the mixture is quite smooth.
3. Spoon the strawberry mash into the jar. Carefully pour in the milk, but leave a space at the top of the jar so that the smoothie has plenty of room to froth up.
4. Screw the top on to the jar tightly. Now for the fun bit! Shake the jar as hard as you can, up and down and side to side. The strawberries and milk need to be mixed thoroughly for the best result. Unscrew the jar and pour the liquid into two tall glasses. Add straws, sit back and sip your cool smoothie!

## Smart Tips

- You can use lots of different fruits in a smoothie. Why not try banana, papaya or a mango or even an exotic mixture of all three?!
- Add a dash of vanilla or almond essence for an even bigger taste sensation!

# Pirate Biscuits

What you need:

## Ingredients

- 175g wholemeal flour ( a little extra for rolling)
- 50g fine oatmeal
- $\frac{1}{2}$  tsp salt
- 1 tsp baking powder
- 25g dark brown sugar
- 75g margarine
- 3-4 tbsp milk

## Utensils

- Mixing bowl
- Wooden spoon
- Rolling pin
- Small glass or cup
- Baking tray

Ha, ha, me hearties! The one tasty treat of a pirate's diet was these crunchy cookies! Try baking some for yourself!

1. Ask an adult to pre-heat the oven to 190°C/375°F/Gas mark 5. Mix the flour, oatmeal, salt, baking powder and sugar together in a bowl. Add the margarine and rub it into the dry ingredients with your fingers until the mixture looks like breadcrumbs.
2. Now, pour in the milk and mix to a firm dough using a wooden spoon.
3. Lightly sprinkle a work surface with flour. Place the dough on this and roll it out thinly with the rolling pin. Use a glass or cup to cut out the biscuits from the dough.
4. Put the biscuits on a greased baking tray. Bake them for 15-20 minutes until they look golden brown. Ask an adult to remove them from the oven and leave to cool.

## Smart Tips

- The biscuits will keep for up to a week in an airtight container once they have cooled.
- Try freezing some biscuit dough. Then, when your biscuit tin is empty, just defrost the dough and bake as instructed.
- Why not have a pirate party? Invite all your friends to dress up as pirates and, when you are through with raiding and looting, tuck into a plateful of the yummy biscuits you have made!



# Munchy Muffins

What you need:

(Makes 12 muffins)

## Ingredients

- 115g butter
- 285g self raising flour
- Pinch of salt
- Two eggs
- 85g caster sugar
- 220ml milk
- 225g blueberries

## Utensils

- Knife
- Saucepan
- Sieve
- Small mixing bowl
- Large mixing bowl
- Whisk
- Tablespoon
- Muffin tray with 12 cups
- Paper cake cases
- Wire cooling rack

Bake a batch of these mouth-water muffins. They smell so delicious, your friends and family will be queuing up to taste them!

1. Ask an adult to set the oven to 200°C/400°F/Gas mark 6. Cut the butter into cubes, then melt it gently in a saucepan. Sift the flour and a pinch of salt into a small bowl.
2. Beat the eggs in the large mixing bowl with a whisk, then add the sugar, milk and melted butter. Gently fold in the sifted flour with a tablespoon.
3. Add the blueberries and mix again. Put a paper cake case into each of the cups in the tray, then carefully spoon the muffin mixture into the cases.
4. Ask an adult to pop them in the oven for 25 to 30 minutes. When your muffins are ready, place them on a wire rack to cool. Then, hand them round for your friends and family to enjoy!

## More Munchies!

**Blueberry muffins are delicious, but try some of these fab flavours, too.**

- Use chopped raspberries or blackberries, or both mixed together!
- Dried fruit makes a tasty alternative. Chop up dried apricots and use them with raisins and sultanas.

- Use chocolate drops and chopped nuts instead of fruit, for a sweet treat.

## Birdie Bowls

What you need:

- Six empty, soft drink cans
- Pencil
- Ruler
- Scissors
- Sticky-backed plastic in different colours
- Permanent black marker pen
- Compass
- Acrylic paints
- Paintbrush
- Tennis ball

This game is a knock out! Transform tin cans into little birds and get ready for some target practice - can you send them flying?

1. First, rinse out six drink cans and leave them to dry. Draw two rectangles on each of the different colours of stick-backed plastic, 9.5cm x 20cm. It's best to draw your guidelines onto the paper backing. Cut them out.
2. Lay a rectangle on your work surface, plastic-side down, and peel off the backing paper. Now place a can on one of the short edges of the rectangle and roll it along carefully until the plastic is completely wrapped around the can.
3. To turn your cans into birds, cut out two wing shapes and a small triangular beak for each one. Use contrasting colours of sticky-backed plastic. Stick the wings and the beaks in place. Draw on oval eyes with a permanent marker pen.
4. Now, mix some acrylic paint to match the colours of your tin-can birds and paint the rims of the cans. Set your compass to measure 2.5cm between the point and pencil. Draw six circles on the sticky-backed plastic - two in each colour. Cut them out and stick a circle on to the top of each can. Now your flock is ready to be knocked flying!

### How to play

Take the cans outside and line them up on the top of a wall. If you can't find a wall nearby, balance a plank or pieces of garden cane across two flower pots or large coffee cans. Now line up your birdie cans in a row. Take about four big paces away from your tin can targets and take aim with a tennis ball!