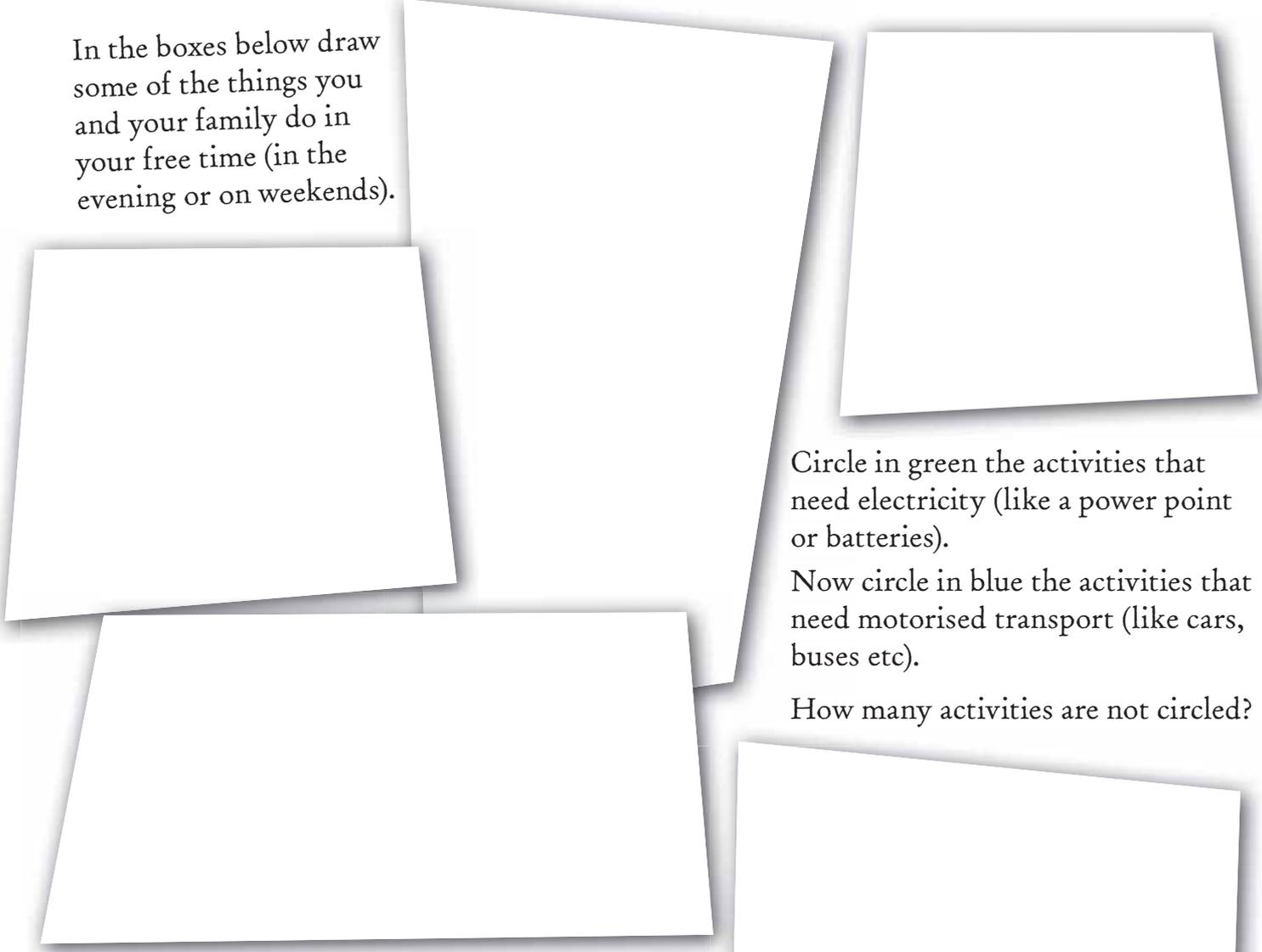


Free Time & Recreation Activity Sheet 1

In the boxes below draw some of the things you and your family do in your free time (in the evening or on weekends).



Circle in green the activities that need electricity (like a power point or batteries).

Now circle in blue the activities that need motorised transport (like cars, buses etc).

How many activities are not circled?

In the past, when there were no cars or electricity, people had fun in different ways.

Can you imagine what they may have done? Make a list.

On the back of this page, draw five different toys that **don't** need electricity. Then draw five of your toys.

Free Time & Recreation
Activity Sheet 2

Make a Peg Doll

For each peg doll you will need:

- 1 wooden peg (these can be purchased at hardware stores)
- 1 piece of fabric 15cm x 8cm
- 1 pipe cleaner
- 1 piece of lace 15cm
- 1 length of 5mm ribbon 20cm
- 1 length of wool 60cm
- Marker pen
- Needle and thread
- Fabric glue
- Scissors

1 Draw a face and shoes on the peg using a marker.

2 Stitch loosely along top long edge of fabric (gathering stitch) – this can be done by hand.

3 Glue or stitch lace to other long edge – this will be the hem of the skirt.

4 Wrap pipe cleaner around peg to form arms and glue into place.

5 Cut small holes in the fabric in line with the arms and pull the arms through. Pull the gathering thread to fit the doll's neck and tie off the thread.

6 Tie the ribbon around the waist.

7 Cut strands of wool approximately 10cm long, lay together and tie a knot in the middle. Glue to top of head for the hair.



Free Time & Recreation
Activity Sheet 3

Make Your Own Pressed Flowers

You will need:

- Flowers, leaves and/or weeds (yes, even weeds can look great after being pressed!). Small flowers with thin stems and leaves are best.
- Blotting paper or tissue paper
- A heavy book (eg, an old telephone book).

1 Open your heavy book towards the back.

2 Lay a piece of blotting paper or a double layer of tissue paper on the open page.

3 Place a flower on the blotting/tissue paper.

4 Cover the flower with another piece of blotting paper or double layer of tissue, and close some pages of the book.

5 Repeat the process a few times, giving you four or five "pressings", making sure to leave quite a few pages between each one.

6 Put your book down flat in a dry place where it will be out of the way, then carefully stack more heavy books or other items on top to add more pressure.

7 Leave the book for at least two weeks, preferably four weeks.



Free Time & Recreation
Activity Sheet 4

Make a Paper Windmill

For each windmill you will need:

- 1 paddlepop stick
- 1 square of paper
- Glue
- 1 thumbtack
- Small piece of wire
- Pencil
- Ruler
- Scissors
- Masking Tape

1 With the ruler, draw a line from one corner of the paper to the other. Repeat so you have a cross.

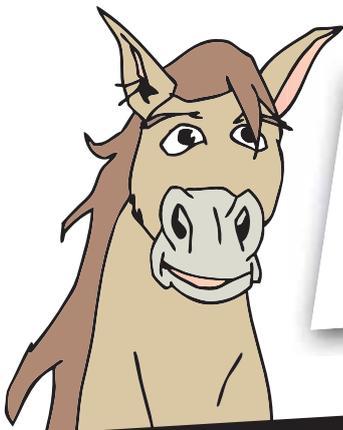
2 Starting at each corner, cut along the lines making sure you stop about 2cm from the centre.

3 Put a dab of glue in the centre and fold every second point into the centre. Hold down with your finger until dry.

4 Using the thumbtack, carefully make a hole in the paddlepop stick, near one end.

5 Curl over one end of the wire into a small circle. Put the other end through the centre of the paper and through the stick.

6 Bend over the excess wire and tape it to the stick.



You are ready to take it into the wind!

Free Time & Recreation Activity Sheet 5

Make a Rainbow Spinner

For each spinner you will need:

- Scissors
- Thick cardboard
- String or wool
- Coloured markers or paints
- A ruler
- A compass

1 Set the compass to about 5cm and draw a circle onto the cardboard. Cut it out.

2 Hold the ruler across the circle so that it goes through the centrepoint. Mark two points along this line, both about 1cm from the centre.

3 Use the compass point or thumbtack to make tiny holes at the two points.

4 Colour the circle in interesting patterns. It will be spinning so spirals or pie wedges work well.

5 Cut about a metre of string or wool and thread it through the holes so that the spinner sits in the middle. Tie the ends together.



Start spinning!

Hold the loops of string in each hand with the spinner in the middle. Move your hands in a circular motion so the string starts to 'wind up'. When the string has gone as tight as it can, pull our hands apart and watch the spinner go.

Free Time & Recreation Activity Sheet 6 – Games

Oranges and Lemons

'Oranges and Lemons' say the bells of St Clement's.

'You owe me five farthings' say the bells of St Martin's.

'When will you pay me?' say the bells of Old Bailey.

'When I grow rich' say the bells of Shoreditch.

'When will that be?' say the bells of Stepney.

'I do not know' says the great Bell of Bow.

Two children form an arch by facing each other, joining hands and then raising their arms above their heads. The other children walk through the arch in pairs.

The song can be used as a part of a game with the addition of two more lines:

Here comes a candle to light you to bed.

Here comes a chopper to take off your head.

On the last words, 'take off your head', the children forming the arch drop their arms to catch the pair of children currently passing through, who are then 'out'. They form another arch next to the existing one, and the game continues until only one pair remains or, alternatively, all of the children are caught.

A Ring a-Ring-o-Rosie

A-ring a-ring-o-rosie
A pocketful of posies
Ah-tishoo, ah-tishoo
We all fall down.

The cows are in the meadows
Eating buttercups
Ah-tishoo, ah-tishoo
We all jump up.

This rhyme can be used in this simple, fun game. Children stand in a circle holding hands and all skip in the same direction as they sing the song. At the end of the last line, the group falls down. Then at the end of the second verse, the group jumps up.