

Young Thurrock

Activity Booklet



Things to do at home

inspireyouthteam@thurrock.gov.uk

Young Thurrock
Inspire Youth Hub, Orsett Rd,
Grays
RM17 5EB

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Salt Painting

What you need:

- Paper
 - Salt
 - PVA glue
 - Food colouring
 - Paintbrush
 - Newspaper (to keep table clean)
-
- Draw or print an image (like a star, flower or rocket)
 - Trace your image with PVA Glue
 - Sprinkle your salt all over the paper to cover the glued areas
 - Shake off any excess salt
 - Paint your design using the food colouring
 - Wait for your design to dry and then it's finished.



Wool Letters

What you need:

- Cardboard
 - Scissors
 - Pencil
 - Various coloured wool
-
- Draw your chosen letter onto your cardboard
 - Using the scissors, cut out the letters from the cardboard
 - Choose your coloured wool and begin by wrapping the wool around the letter multiple times
 - Keep wrapping with various colours until you have achieved your look
 - Tie the end of your wool at the back of your letter.



Paper Plate Mask

What you need:

- Paper plates
- A pen or pencil
- Scissors
- Tempera paint or markers
- Paintbrushes
- Glue
- Decoration materials (glitter, tissue paper, rhinestones, ribbon)
- Decorative straws or craft sticks



- Use a pen or pencil to outline your mask onto a paper plate
- Cut out the mask shape you drew with scissors. For the eye holes, fold your mask in half and mark on one side where your eyes are. Cut out your eyehole while the plate is folded to get two symmetrical ovals
- Use paint, markers, or crayons to colour your mask
- Decorate your mask with glitter, tissue paper, rhinestones, ribbon,

DIY Phone Holder

What you need:

- Toilets rolls
- Scissors
- Coloured paper
- Paint
- Coloured pens



- Place your phone over the toilet paper roll and trace around it to mark the hole where the phone will stand once the holder is done
- Cut out the shape of your phone to make the hole
- Decorate the toilet roll with paint, tissue paper etc.

Sun Catchers

What you need:

- Tissue paper – rainbow colours
- Template of Rainbow
- Print or draw a rainbow template to use as a guide
- Cut the tissue paper into squares that are about 1 inch
- Cut the clear contact paper so it is slightly bigger than the rainbow template.
- Lay the contact paper sticky side up over top of the template.
- Crumple a tissue paper square and stick it to the contact paper (try to stay in the lines and go all the way the around the rainbow).



Ice Chalk

What you need:

- Ice cube tray
- Water
- Food colouring
- Wooden lolly sticks
- Fill an ice cube tray with water and add a small drop of food colouring in each cube
- Cut your sticks in half. Use the flat edge to mix the water and then leave the stick in the cube
- Freeze overnight then use to create colouring painting



Young Thurrock Art Challenge

Young Thurrock challenge you to create a picture to support local Key Workers.

Please send your picture to Young Thurrock at inspireyouthteam@thurrock.gov.uk Along with your name and age

Deadline: Friday 8th May 2020

The winner will be contacted the following week

DIY Tin Can Drums

What you need:

- Recycled tin can
- Balloon
- Scissors
- Wood skewers
- Styrofoam balls
- Paint (optional)



- Remove the label from the tin can
- Cut the end of the balloon off. Stretch the balloon over the top of the tin can
- To make the mallets, slide the styrofoam balls onto the end of a skewer
- Now it's ready for drumming!

DIY Easter Egg Maracas

What you need:

- Plastic spoons
- Plastic easter eggs
- Colourful duct tape or white packing tape
- Rice

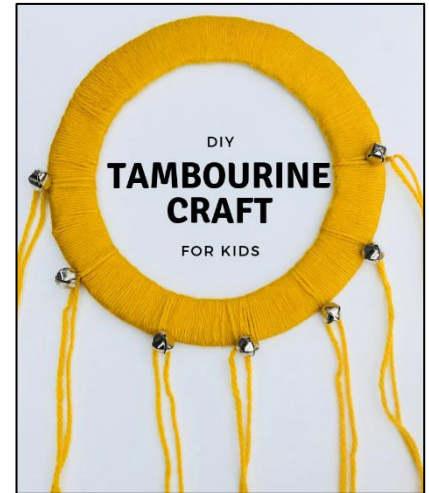


- Fill the eggs with rice
- Tape one spoon to the side of the egg, then tape the another spoon to the other side
- Cover the rest of the egg in colourful duct tape or white tape if you want to decorate.

DIY Tambourine

What you need:

- Cardboard
- 1 skein of yarn
- Jingle bells
- Scissors
- 2 Bowls - one larger than the other
- Pen/Pencil



- Trace a circle on the cardboard using the large bowl as a guide
- Using the smaller bowl, make a smaller circle within the bigger circle
- Cut out both circles, leaving a circle frame. This is your tambourine
- Tie a knot with the yarn around the tambourine frame and continue to wrap the yarn around and around covering the frame completely. Cut yarn and tie off with a knot
- Make several strands of yarn by cutting 12"pieces. We needed 7 strands - 1 for each bell
- Thread 1 strand into 1 bell (this can be tricky), until each bell is threaded with 1 strand of yarn
- Attach each bell to the tambourine frame using a cow's knot. Try to space our bells evenly and keep them on only half of our tambourine.

DIY CD Cover

What you need:

- CD Cover Template
- Pencils or Pens
- Design your own CD cover including your favourite songs

Things you could include:

- A song you like with the colour you like
- A song you like with a number in the title
- A song you that reminds you of summer
- A song from the year you were born

Other Music Activities

Song Mash ups - select 2 songs you like to create one epic tune!

Recreate the tune - use items around the house and get your family to join in to make your own band and play along to one of your favourite songs

Online Karaoke- Video call family / friends have a karaoke night

Recreate Film Music Scene – Film a video with family and friend recreating films

Films you could recreate:

- Frozen – Let it Go
- High School Musical – We are all this Together
- Grease – Grease Lighting
- Dirty Dancing – Time of my life
- Les Miserables- One Day More
- Mamma Mia – Dancing Queen



Young Thurrock Music Challenge

Young Thurrock challenge you to re-write the lyrics to the song 'Happy' By Pharrell Williams and it needs to be about 'being in isolation during COVID-19'

Please send your lyrics to Young Thurrock at inspireyouthteam@thurrock.gov.uk

Along with your name and age

Deadline: Friday 8th May 2020

The winner will be contacted the following week

DIY Kite

What you need:

- A roll of clear contact paper
 - A ball of string
 - Straws (two for the width, three for the length)
 - Scissors to cut out tissue paper shapes
 - Ribbon
- Tie straws together at the center with string. Cut contact paper into two diamond shapes; peel backing off one and place sticky side up. Press straws onto paper.
 - Stick tissue paper shapes all over, then top with second diamond sheet. Loop string around each corner, then tie them together for the bridle. Add a ribbon tail.



DIY Tic Tac Toe Game

What you need:

- Pebbles x10
 - Paint
 - Paint brush
 - Chalk
- Paint a X on five of the pebbles
 - Paint a O on the other five pebbles, wait for paint to dry
 - Create your grid (3 by 3 squares)



Outdoor Scavenger Hunt



Collect all of the following items in a bag or basket;

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 PIECES OF GRASS
- SOMETHING YOU LOVE PLAYING WITH
- A PIECE OF TRASH YOU CAN RECYLCE
- SOMETHING THAT IS BROWN
- SOMETHING HEAVY
- SOMETHING REALLY LIGHT

Exercises at Home

Things you can do at home;

- Planks
- Push ups
- Crushes
- Cycling
- Lunges
- Running
- Stretching
- Yoga
- Walking
- Dancing



Uno Workout Challenge

Yellow: Jumping jacks

Green: Squats

Red: 30 seconds plank

Blue: Push Ups

Action Cards: 10 of your choice



Balloon Tennis

What you need:

- Paper plates
- Large lollipop sticks
- Balloon
- Glue



- Glue the lollipop sticks to the back of the paper plates and wait for them to dry.
- Use these as your tennis bats and try to keep your balloon in the air.



Young Thurrock Outdoor Challenge

Young Thurrock challenge you to send a picture of the things you found in the scavenger hunt.

Please send your picture of your Scavenger Hunt to Young Thurrock at inspireyouthteam@thurrock.gov.uk

Along with your name and age

Deadline: Friday 8th May 2020

The winner will be contacted the following week

Pizza Wraps

What you need:

- Wraps
- Tomato Puree
- Cheese
- Italian herbs (optional)
- Toppings of your choice (Ham, Chicken, Pineapple, Veg)



- Put the grill on to heat up
- Spread the tomato puree onto the wraps
- Sprinkle the cheese onto the wraps
- Add any topping you wish
- Put the Pizza's on the grill for 10 minutes

Potato Wedges

What you need:

- Sea salt
- Freshly ground black pepper
- 600 g baking potatoes
- Olive oil



- Preheat your oven to 200°C/400°F/gas 6. Put a large pan of salted water on to boil
- Scrub the potatoes clean and get rid of any gnarly bits. Cut the potatoes into chunky wedges. Add to the pan of boiling water and parboil for 8 minutes. Drain in a colander and leave to steam dry for a couple of minutes
- Transfer to a roasting tray and add a good lug of olive oil and a pinch of salt and pepper. Toss together so all the wedges are coated in the oil then spread out in one layer. Cook in the hot oven for 30 minutes until golden, crisp and cooked through.

Homemade Garlic Bread

What you need:

- 1 loaf french bread, approx. 24" long
 - 4 tbsp butter, room temperature
 - 2 tbsp olive oil
 - 3 cloves garlic, minced
 - 1/4 cup fresh parsley, chopped
 - A pinch salt
- Preheat the oven to 400°F. In a bowl, stir together the room temperature butter, olive oil, minced garlic, chopped parsley, and a pinch of salt until relatively smooth.
 - Cut the French bread into two 12" long pieces, then cut each piece open lengthwise. Lay the bread on a baking sheet cut sides facing up. Spread the garlic butter mixture evenly over the open surfaces of the bread.
 - Bake the bread for 10-15 minutes, or until the edges are golden brown and crispy. Cut the bread into 2-inch sections and serve hot.



M&M Energy Bites

What you need:

- Peanut Butter
 - Large Flake Oats
 - Honey
 - Mini M&M's
 - Mini Chocolate Chips
 - Vanilla
- Add all of the ingredients to a bowl and stir them up
 - Then roll them into 1.5" balls and place them on a silicone baking mat or parchment paper
 - Refrigerate for 20 minutes to help them harden (optional)
 - Store the leftovers in a zip lock bag in the fridge.



Chocolate Truffles



What you need:

Ingredients:

- 20 digestive biscuits
- 125g butter
- 200g condensed milk
- 2 tbsp cocoa powder
- Chocolate sprinkles / nuts or fruit to decorate

Equipment:

- Rolling pin
 - Mixing bowl
 - Saucepan
 - Wooden spoon
 - Small truffle cases
-
- Put the biscuits into the mixing bowl and crush them using a rolling pin until you have crumbs
 - Put the butter and condensed milk into the saucepan and heat gradually over a low heat, until the butter has melted. Allow to cool slightly
 - Add the crushed biscuits and coco powder to the melted ingredients in the saucepan and stir
 - Using your hands, form the mixture into truffles around the size of a ping pong ball
 - Put your chocolate sprinkles into a bowl and gently roll your truffles in the sprinkles
 - Place the truffles in the cases and chill in the fridge.



Young Thurrock Cooking / Baking Challenge

Young Thurrock challenge you to send a picture of the things you have baked / cooked from our booklet

Please send your picture to Young Thurrock at inspireyouthteam@thurrock.gov.uk

Along with your name and age

Deadline: Friday 8th May 2020

The winner will be contacted the following week

DIY Lavender Bags

What you need:

- Dried lavender
- Rice
- Fabric of your choice (anything breathable)
- Needle and thread
- Scissors



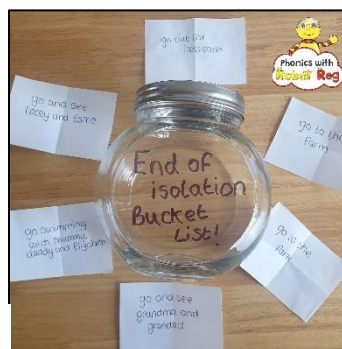
- In a bowl, combine two parts lavender with one part rice; this is your sachet filling
- Prepare squares. Cut two 3 1/2-inch squares of fabric and align them with the sides you like facing inward. (You'll be sewing the sachets inside out before finishing)
- Hand sew the squares. Use a simple running stitch to hand sew around three of the four sides of your sachet square, about 1/4-inch in from the edge of the fabric. You can even sew most of the fourth side, leaving a few inches open to fit the width of a spoon. Work carefully to ensure the finished pillows are even shapes (you can also pin them in place before beginning)
- Fill them up. Once you're finished sewing, snip the pointed corners to avoid bunching. Turn the pouch inside out so you're left with an empty, nearly fully sewn sachet, and then use a spoon or your palm to stuff the sachet with filling
- Sew them up. Fold unsewn fabric sides inward and finish sewing with a blind stitch, or keep the raw edge of the final side exposed like I did—a simple running stitch with a knot will do, in that case.

End of Isolation Bucket List

What you need:

- Jam Jar
- Pen
- 30 Pieces of Paper

- Decorate the jam jar (optional)
- Write one thing on each piece, things you would like to do once isolation has ending
- Fold the pieces of paper in half, put them into the jam jar.



Self-Care at Home

MIND

- Do a crossword or Sudoku
- Read a Book
- Set some short term goals
- Read some inspirational quotes
- Listen to Calming Music
- Colour Mandalas
- Stay off social media
- Learn a new skill
- Clear your room
- Create a vision board
- Meditate
- Take a walk

SOUL

- Spend a day in the garden
- Plant a flower
- Buy fresh flowers
- Watch a sunset
- Write a journal
- Hang out with your pet
- Burn a favourite candle
- Bake something
- Dress up for no reason

BODY

- Cook a healthy recipe
- Drink Water
- Get plenty of sleep
- Practice Yoga
- Take a dance class online
- Take a Bath
- Wear Comfortable clothes
- Have a healthy breakfast
- Stretch in the morning
- Rest

No act of
KINDNESS
no matter
how small
is ever
wasted.

Paper Chain of Kindness

What you need:

- Coloured paper
- Scissors
- Glue
- Ruler
- Pen/ Note pad



- Write down any random acts of kindness idea you can do at home
- Cut your coloured paper into strips, 1" wide by 8.5" long. This way, one piece of paper will make 11 even strips
- Write one random act of kindness on each strip of paper
- All you need to do is to glue the far ends of one paper strip together into a ring.
- Once you have one ring, thread another strip of paper through the center of the loop. Now, join the ends of this second strip together with glue
- Continue in the same pattern until your chain is as long as you want it.

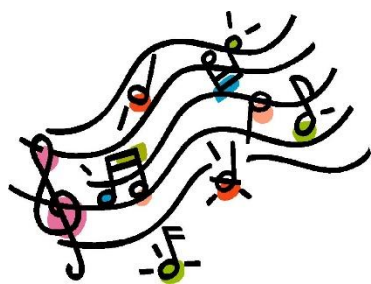
DIY Stress Ball

What you need:

- Balloon
- Baking soda (160 grams)
- Sharpie
- Funnel
- Peg



- Gather an uninflated balloon. Don't use water balloon which are too thin and weak for this and can easily burst
- Blow up the balloon slightly, then pinch the neck using a pen shut without tying it
- Stick a funnel into the neck, fill the balloon slowly
- Pinch the neck and tie the balloon
- Use the sharpie, add a face onto the balloon (optional)



Calming Playlist

One Call Away by Charlie Puth

Mercy by Shawn Mendes

Let Her Go by Passenger

Say You Won't Let Go by James Arthur

Love Yourself by Justin Bieber

Please Don't Go by Joel Adams

Happier by Ed Sheeran

Dancing On My Own by Calum Scott

This Town by Niall Horan

Let It Go by James Bay

Love Me Like you Do by Ellie Goulding

Count On Me – Bruno Mars

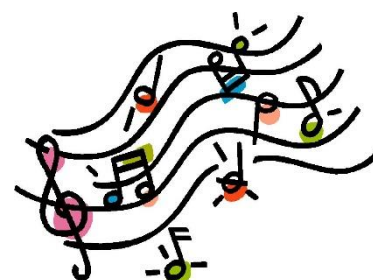
Just The Way You Are – Bruno Mars

Treat You Better by Shawn Mendes

7 Years by Lukas Graham

Photograph by Ed Sheeran

See You Again by Wiz Khalifa



Scrapbook

What you need:

- Scrapbook
- Photos
- Coloured paper (patterned, plain, glittery)
- Stickers
- Magazines



Things you could do:

- Things that make you happy
- Colouring
- Pictures of things you have made
- Daily journal while in Isolation



Young Thurrock Well-Being Challenge

Young Thurrock challenge you to create a self-care calendar for a week

Please send a picture of your self-care calendars to Young Thurrock at
inspireyouthteam@thurrock.gov.uk

Along with your name and age

Deadline: Friday 8th May 2020

The winner will be contacted the following week

Sudoku

		6	8		5		9	
			6			8	4	3
	1			9	4			
2		7				6		
3								5
		1				3		4
			7	5			6	
6	2	9			8			
	8		9		6	1		

	4	7						
	3		7	2		8		
		2					9	
	1	6			2	5	4	7
			9		7			
7	2	3	4			9	6	
	7					1		
		5		3	8		7	
						6	2	

							1	4
				5		2	7	3
			1			9		
	5			6	9			1
9		6	4	1	3	7		2
1			5	7			4	
		9			7			
6	7	5		4				
2	4							

2	5	4			7	6	3	
		7	2	4				
8				6				
			1		6		5	
		1		8		4		
	9		7		4			
				1				7
				7	2	8		
	7	6	9			3	2	4

HUB-WORDS 01

How many words can you make from the letters in the wheel? Each word must contain the hub letter **I**. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?



HUB-WORDS 04

How many words can you make from the letters in the wheel? Each word must contain the hub letter **G**. Can you find a 9-letter word and at least 25 other words of four letters or more avoiding proper nouns?



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

HIGH PAYING JOBS WORD LIST

AIR TRAFFIC
 AIRLINE PILOT
 CEO
 CFO
 COMPUTER MGR
 DENTIST
 ENGINEER MGR
 FAMILY DOCTOR
 INTERNIST
 LAW TEACHER

LAWYER
 MARKETING MGR
 OBSTETRICIAN
 OPTOMETRIST
 ORTHODONTIST
 PEDIATRICIAN
 PODIATRIST
 PSYCHIATRIST
 SALES MGR
 SURGEON

Football Teams

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

Arsenal
Aston Villa
Blackburn
Bolton
Burnley
Chelsea

Everton
Fulham
Hull City
Liverpool
Man City
Man United

Norwich
QPR
Stoke City



How can you stay connected when staying at home?

- Video Call – Speak to friends and family on FaceTime, Zoom, Skype, WhatsApp
- House Party App – Allows friends and family to stay in connect and to play games
- Host an online Quiz – Create a quiz for friends and family
- Write a letter – Write to a friend, family, someone in a care home or Key Worker
- Group Chats – create a group chat for friends and family



A message from us....

Young Thurrock hope that you are all keeping safe and finding ways to stay motivated, fit and active.

We are looking forward to seeing all your pictures!

Remember all deadlines for the challenges is **Friday 17th April 2020**

We have many more fun activities coming very soon!

In the meantime, remember to keep smiling 😊

Kind Regards,

Young Thurrock

