The background of the slide features three large, overlapping circles in a medium blue color, set against a dark gray background. The circles are arranged horizontally, with the middle circle overlapping the other two. A white horizontal band runs across the center of the image, containing the main text.

Remember what's important! Be together,
play together, talk together.

A challenge a day

Week 3

Bananas and strawberries



3 ingredients banana, strawberry and milk smoothie



Why not freeze the smoothie in ice cube trays to make ice pops

Health benefits of bananas

<https://www.bbcgoodfood.com/howto/guide/health-benefits-bananas>

Bananas are an excellent source of potassium and supply vitamin B6, fibre and carbohydrate, and some vitamin C.

Health benefits of strawberries

<https://www.bbcgoodfood.com/howto/guide/ingredient-focus-strawberries>

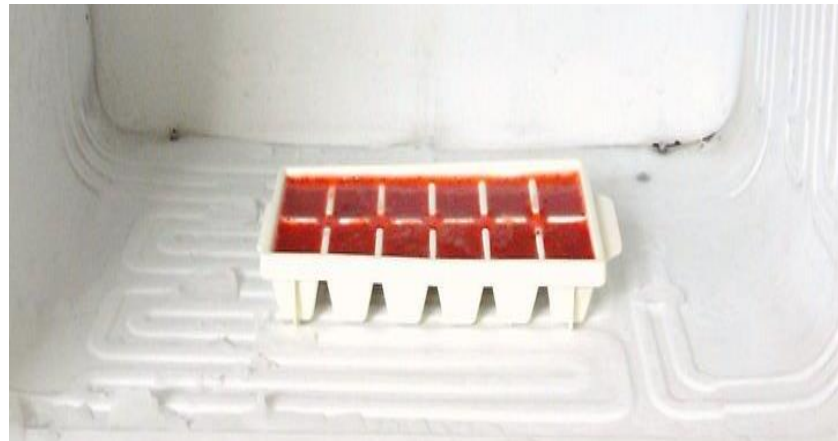
Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fibre, folic acid, manganese and potassium.



Cut cocktail sticks in half to form lolly sticks



Add sticks before freezing the cubes



Freeze



Pop out and have as mini-ice pops

Delicious

Guess the sound

- Choose 5 or 6 items that make a sound and such as keys, crisp packet, bell, bottle half filled with water.
 - Introduce them to your child, let them hear the sounds
 - Put them in a box or bag
 - Make a sound (don't let them see)
 - Did they guess right?
-
- Change it up by putting familiar items in the bag that they have to guess from the description. It's round and bounces, or you use it to write with



**What's
in the
bag?**

Water painting


- Now the weather is warming up collect buckets of water and some paint brushes or rollers and paint on the pavements and walls outside
- How long before the image disappears?
- Research together why the image disappears



Make your own rainfall meter gauge

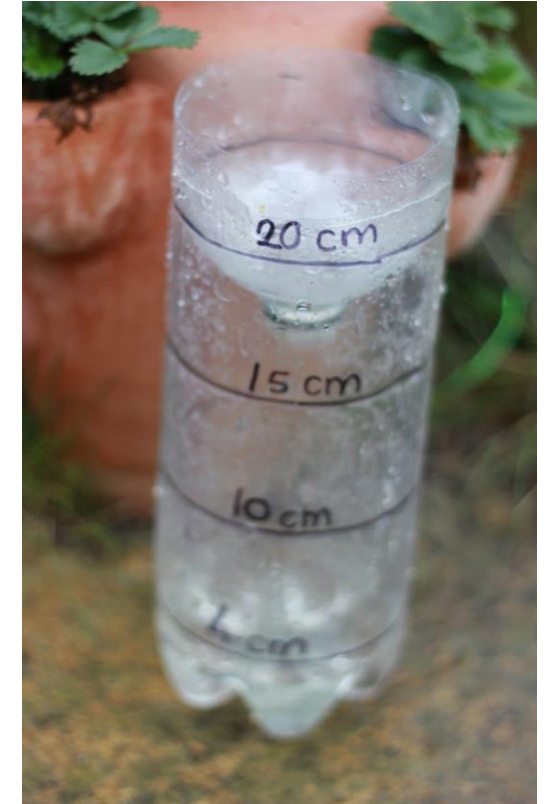
At the same time each day measure how much rainfall.

Record your findings

 **How much rain?**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

How much rainwater did you collect over the week?



Straw plane – looks nothing like a plane but flies well

- Cut two strips of card, one 1 inch by 10 inches, and the other 1 inch by 5 inches. Tape them into two circle shapes.
- Take a plastic drinking straw and stick each to the ends of the straw. You're done!
- Now hold it by the middle of the straw, and propel your wrist forward releasing it into the air. It keeps going and going and going.

This idea came from [Discover Explore Learn](#).



- Ideas of things to include;
 - A Lego
 - Ice
 - A wooden block
 - A rock
 - Butter
 - A cube of cheese
 - A marble
 - A coin
 - A piece of chocolate
 - A crayon
 - A cube cut off a bar of soap
- Encourage children to guess which items will melt
- Keep a list, check back to see if they were right
- <https://frugalfun4boys.com/simple-science-experiment-for-kids-what-melts-in-the-sun/>



What Melts in the Sun?



One for outside.....you have been warned

- Plastic Bags
- Clothes pegs
- Food Colouring
- 1/3 cup Vinegar (for each bag)
- 2 Tbsp Baking Soda (for each bag)
- Pour the vinegar into a baggie and add food colouring to it.
- Twist the baggie just above the liquid and secure with a clothes peg, leaving a space at the top
- Add the baking soda to the empty space and seal the bag
- When you're ready for the fun, remove the clothes peg and allow the baking soda to fall into the vinegar. Watch as the bags fill with gas and explode in a fizzing mess!

