

Coventry Holiday Activities

Home Activity and Healthy Breakfast Pack

Easter Holidays 2021

Delivered with partners by Coventry City Council, funded by Department of Education



How to use this pack

This pack has been prepared as part of the Coventry Holiday Activities programme, funded by the Department of Education and distributed by the Coventry Food network with a Healthy Breakfast pack.

In your Healthy Breakfast pack, you should have the following:

- Ready Steady Grow Kit, prepared by Team Springboard
- Passport of Kindness, prepared and funded by Coventry City of Culture Trust
- A frisbee or a beachball and a tennis ball to help with the activities

We hope that in this pack you will find fun activities and ideas for you and your children to enjoy in the Easter Holidays. It has been designed to be used over four days exploring the following themes:

Day 1 – Our City – people and places important to Coventry

Day 2 – Collaborative City – Our City's Community

Day 3 – Dynamic City – Our City's Legacy (Transport)

Day 4 – Caring City – Our City's Wellbeing

Each day we suggest activities that develop understanding of nutrition, healthy cooking and suggest ideas for physical activities. Ideally, all children should be active for at least an hour a day and we hope you find new ideas in this pack to help your family keep active this Easter.

We have prepared three strands of activities for each day. Feel free to choose what you think your child will most enjoy.

Stream – prepared with Reception to Year 2 children in mind (KS1, 4-7yrs)

River – prepared with Year 3 to Year 6 children in mind (KS2, 7-11yrs)

Ocean – prepared with teenagers in mind (KS3 & 4, 11+)

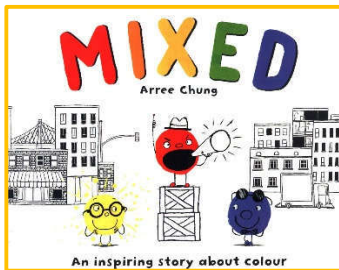
Once you have finished the activities, please e-mail photographs of anything you/ yourchild would like to share to hafprogramme@coventry.gov.uk.

DAY 2 – Collaborative City – Our City's community

Stream

1. **Storytime:** Visit the website and listen to Mixed by Arree Chung

coventry.gov.uk/easterbreakstories



Published by MacMillan Children's Books
Coventry is a city of peace, and this lovely story is all about how the colours Red, Yellow and Blue learn to get along together and make friends. They also make lots of new colours along the way!

2. **Learn:** After English, the most common nationality of residents in Coventry is Indian. Visit the website below to learn an Indian Dance and learn facts about India (page 21)

activederbyshire.org.uk/india

3. **Be musical:** Learn a song about Peace, hear a Djembe drum from East Africa, listen to music made with everyday objects in the garden! (page 22)
4. **Be active:** Play a game with a friend or someone in your family using your frisbee/beach ball (page 26)
5. **Enjoy food:** Help cook dinner one night this week using one of the recipes, prepared by Groundwork at the back of this pack.

River

1. **Learn:** Coventry is twinned with 26 cities. Which countries are they in? Which continents are they in? (pages 23-25)
2. **Be musical:** Learn a song about Peace, hear a Djembe drum from East Africa, listen to music made with everyday objects in the garden! (page 22)
3. **Be active:** Play a game with a friend or someone in your family using your frisbee/beach ball (page 26)
4. **Enjoy food:** Help cook dinner one night this week using one of the recipes, prepared by Groundwork at the back of this pack.

Ocean

1. **Learn:** Watch this video to hear the story of the blitz and learn why Coventry is a City of peace and reconciliation.

youtu.be/fUW6rDh030Y

2. **Symbols of peace:** Make a colourful set of cranes using the coloured paper in your pack. Hang them in your window to remind passers-by of our identity as a city of peace and reconciliation (page 27)
3. **Be musical:** Watch Video 6 at the link below. Create your own drum and bass song in Launchpad. Devise a spoken word exploration of a character sending someone or being sent, to Coventry.

coventrymusichub.co.uk/HAFHolidayVideos

4. **Be active:** Play frisbee or beach volleyball using your frisbee/ beach ball with a friend or someone in your family. (You might want to look at the other games you could try on page 26.)
5. **Enjoy food:** Cook dinner one night this week using one of the recipes, prepared by Groundwork at the back of this pack.

INTRODUCTION TO

INDIA

FACTS ABOUT INDIA

- About 1.2 billion people live in India
- India is the 7th largest country in the world
- The main religion in India is Hinduism
- Animals found in India include the Bengal tigers, elephants, flying foxes, lions and macaques
- The peacock is the national bird of India
- Hockey is India's national game



HENNA HAND

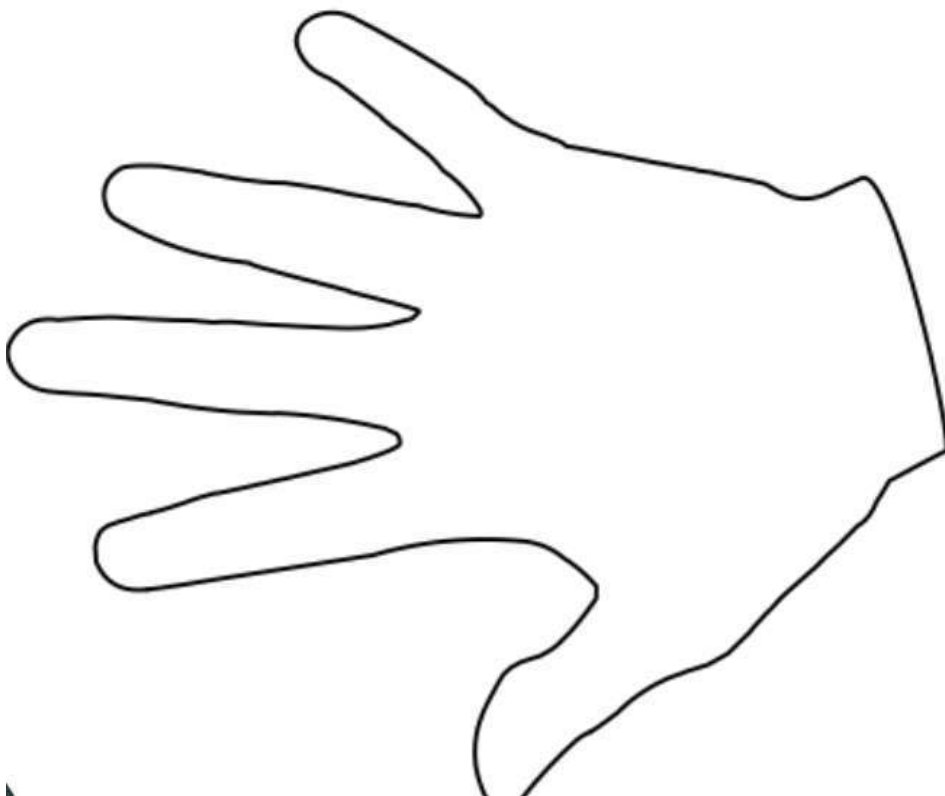
Henna is a plant and is used for temporary tattooing, this is called "mehndi". Can you make your own henna hand pattern? Think about different shapes you can make; fine lines, leaves, flowers and swirls. Use the template to have a go!

FOOD WORD SEARCH

India is known for food full of flavours. Can you find these 5 types of dishes below;

- ☐ Naan
- ☐ Korma
- ☐ Vindaloo
- ☐ Chutney
- ☐ Raita

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



Be Musical – Video 2

1. Watch Video 2 at the link below:

coventrymusichub.co.uk/HAFHolidayVideos

2. Sing along with Claire to 'Peace is flowing like a river'.

Peace is flowing like a river,
Flowing out through you and me,
Spreading out into the desert,
Setting all the people free.

Love is flowing like a river,
Flowing out through you and me,
Spreading out into the desert,
Setting all the people free.

Joy is flowing like a river,
Flowing out through you and me,
Spreading out into the desert,
Setting all the people free.

Hope is flowing like a river,
Flowing out through you and me,
Spreading out into the desert,
Setting all the people free.

Coventry's twin cities

Coventry's twin cities: coventry.gov.uk/twintownsandcities

Test your knowledge of Coventry's twin cities with these online games or do the cross words on page 24:

warwick.ac.uk/fac/soc/ces/research/current/twinning/learningspace/

Twinned cities: Do you know where they are?



Twin city crosswords

Can you find out what countries these twin cities are in to help solve the crossword puzzles?

A crossword puzzle grid on an orange background. The grid consists of white circles. Numbered starting points are: 1 (top left, vertical), 2 (top right, vertical), 3 (second row, first column, vertical), 4 (third row, first column, vertical), 5 (third row, fourth column, horizontal), and 6 (bottom, horizontal).

00:10

Best time
-

→ Horizontal

- 3 Coventry
- 4 Kiel
- 6 Bologna

↓ Vertical

- 1 Dunaujvaros
- 2 Warsaw
- 5 Volgograd

A crossword puzzle grid on an orange background. The grid consists of white circles. Numbered starting points are: 1 (top right, vertical), 2 (top right, vertical), 3 (top left, vertical), 4 (middle, horizontal), 5 (middle, horizontal), and 6 (bottom, horizontal).

00:35

Best time
04:40

→ Horizontal

- 5 Arnhem
- 6 St. Etienne

↓ Vertical

- 1 Dunaujvaros
- 2 Volgograd
- 3 Galati
- 4 Jinan

00:09

Best time 04:18

→ Horizontal

1 Kingston

6 Arnhem

↓ Vertical

2 Parkes

3 Cork

4 Bologna

5 Graz

00:10

Best time 02:54

→ Horizontal

6 Arnhem

↓ Vertical

1 Kiel

2 Warsaw

3 Bologna

4 St. Etienne

5 Kingston

Fun with a Frisbee!

1. Choose a distance between two spots. Fill your frisbee with water and see how quickly you can run between the two spots without spilling the water. Can you beat your personal best? Who is the quickest?
2. Find 3-8 plastic bottles and arrange them like bowling pins. How many can you knock over with your frisbee? Take turns and write down how many bottles you knock down with each turn. Work out the total at the end to find the winner! You might want to write points on your bottles so that some bottles win more points than others!
3. Roll a tennis ball along the ground. Each take a turn throwing the frisbee. The winner is the one who lands the frisbee closest to the tennis ball.

Fun with a Beach ball!

1. Throw your beach ball up in the air and see how many times you can clap before catching it. Can you turn around on the spot before catching it?
2. Roll a dice and see if you can complete the beach ball challenge according to the number on the dice. Why not choose your own challenges?
 1. Throw and catch with one hand
 2. Balance on your head
 3. Dribble along the ground
 4. Bounce up and down on one knee
 5. Lie down flat on the floor and put the beach ball on your ankles. Roll the ball from your ankles to your chin without using your hands
 6. Find a bucket you can use as a goal. See if you can throw the beach ball in to the bucket.
3. Write points on post-it notes and stick the post-it notes at different heights on a door. Take it in turns to throw the beachball at the door, if you hit a post-it note you get the points. How many points have you got after 10 turns? Who is the winner?

Symbols of Peace³

Discover the story of **Sadako Sasaki, a Japanese girl** who became known for her incredible achievement of folding **1600 origami cranes**.

Sadako's Story

Sadako Sasaki was a Japanese girl born in 1943, in Hiroshima. She was two years old when the USA dropped an atomic bomb on Hiroshima, on 6th August 1945 as part of the second world war. The bomb didn't directly injure Sadako. However, nine years later she fell ill with leukaemia, a type of cancer.

Nowadays most people survive leukaemia, but in 1954 most people did not. Her illness got worse and Sadako had to stay in hospital.

Her father told her a Japanese legend. If you fold one thousand paper cranes you will be granted a wish. Sadako started to fold them, despite paper being hard to come by. But she managed to fold 1000.

She wished that she would get home soon and that her parents would find money for her medicines. Then she started to fold another 1000 but sadly she only managed to fold about 600 before she died.

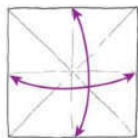
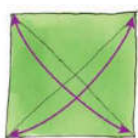
Sadako's friends wanted to keep her memory alive, so they collected money to build a statue of her. In 1958, they built a statue of Sadako holding a life-size golden crane in Hiroshima Peace Park. It is called **the Children's Peace Monument**. At the bottom of the statue it says: *'This is our cry, this is our prayer, peace in the world.'*

Sadako has become a symbol of hope, for child victims of war and of peace. People all over the world fold their own paper cranes and wish for peace in the world.

Use the coloured paper in your pack to make a **colourful** set of cranes to hang in your window as a reminder to the City of our identity as a City of Peace and Reconciliation.

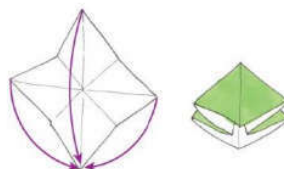
³ Adapted from 'Peace Cranes' published by the Woodcraft folk accessed online on 09/08/2021 at <https://dreambigathome.uk/activity/peace-cranes/>

Instructions



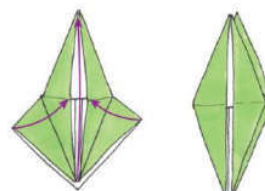
1. Start with a square piece of paper, fold it in half to make a triangle, then open out and make a triangle the other way. Open the paper flat again and turn it over, fold in half first to make a wide rectangle and then a tall rectangle. Make all the creases very sharp and precise. Open it out again.

2. Bring the 4 corners together, using the folds you have made to form a flat square shape. There will be one end which is open and where all the corners meet, this should be facing you.

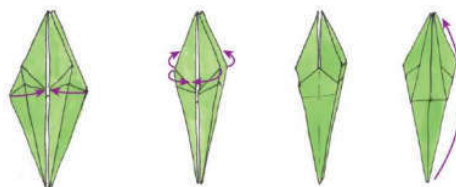


3. Fold the side corners to the middle and the top corner down to make sharp folds. Open it out back to the square.

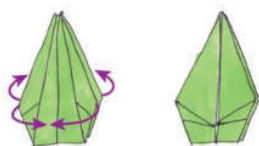
4. Lift up the top layer of the bottom corner and bring it high up, tuck the sides of that layer in to form a long diamond shape on top of a square behind. Turn over and repeat step 3 and 4 on the other side. You should now have a long diamond shape with 'legs' facing you.



5. Fold the top layer into the centre, turn over and do the same on the other side. Then do a 'book fold' – take your outside corners and bring the top ones forward and the bottom ones back. You are left with a shape that looks like a wolf.

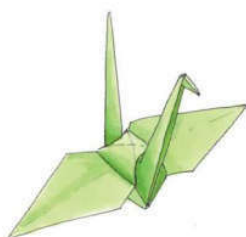
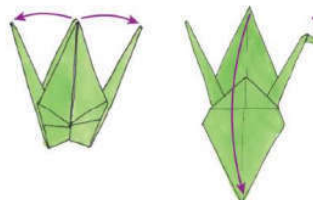


6. Turn the top layer of the wolf's nose up to the tips of its ears, turn over and do the same on the other side. These will become the crane's neck and tail.



7. Now do another book fold. This folds the neck and tail inside the wings.

8. Pull the neck and tail out and redo the crease at the base of the crane to hold them in this position. Now fold one end down to form a head, and fold the wings down.



9. Open out your crane gently and it is ready to fly.

Answers

Page 11 - Coventry Firsts

Coventry First	Year	Number (1-20)
First all seater football stadium (no areas just for standing)	1981	8
First alcohol-free zone in a city centre	1988	7
First twin city	1944	14
First shopping precinct for pedestrians only (no cars allowed)	1958	6
First purpose-built civic theatre	1958	16
First British firm to produce nylon yarn	1941	4
First British cycle factory	1871	9
First jet engine	1937	13
First 'black cab'	1919	20

Page 24 - Twin cities

