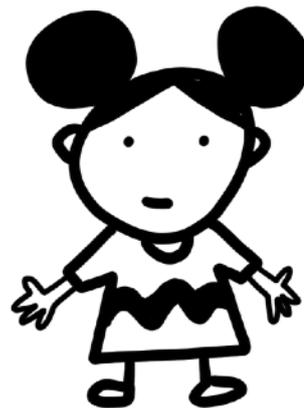


Community Family Pack



Home Body Weight Workouts!

This workout can be done in any space, indoor or outdoor and does not require any equipment. Run through it once for a speedy 10 min full body workout, or repeat 2 or 3 times if you want a longer session.

If you have any doubts about your ability to do this workout, consult your GP or a medical practitioner to ensure it is safe for you to undertake exercise. Listen to your body- if at any point an exercise hurts, you have trouble breathing, chest pains or feel faint, stop and rest. Contact a doctor if pain/difficulties continue.

1 Minute Warm Up:

- ★ At your own pace jog lightly on the spot
- ★ Twist from side to side at the waist, keeping your hips facing front
- ★ Rotate arms at the shoulder first forwards, then backwards either one at a time or both arms simultaneously
- ★ Kick your legs back as if you're trying to tap your bottom with your heels

Round 1:

Alternating Lunges (20 seconds on, 10 seconds off for 2 mins)

Chilled: Step forward with one leg, bend at the knee and lower the back knee till it hovers just above the ground. Step up to standing and alternate front leg. At the lowest point, aim to have both legs at right angles and do not let your front knee go beyond your front toes. Alternate for 20 seconds. Rest for 10 Seconds. Repeat for 2 mins.

Challenging: As above but hold a dumbbell in each hand or if you don't have weights, try holding two bottles of water, a can of beans or any suitably weighted object you have at home (equal weight in each hand). Repeat for 2 mins.

Beast Mode: As above, but instead of stepping to centre before alternating legs, try jumping from one lunge to the other. This can be done holding weights to really feel the burn or without.

Round 2:

Push Ups (20 seconds on, 10 seconds off for 2 mins)

Chilled: Assume a position on all fours with knees on the floor beneath hips and palms flat on the floor beneath shoulders (a table-top position). Bend at the elbows and lower your chest towards the floor. Push up, evenly distributing weight between both hands back into table-top position.

Challenging: Keep your palms flat on the floor, but come off your knees and on to your toes. Keep a flat back, pulling the tummy in and avoid sticking your bottom in the air (!) so your body should form a nice straight line. Bend at the elbows lowering your chest close to the floor or at least level with your elbow crease and push up.

Beast Mode: As above (Challenging), but bring your chest fully to the floor and raise your hands off the ground slightly before pushing yourself back up again so there is a split second where you're lying completely flat on your front.

Round 3:

Squats (20 seconds on, 10 seconds off for 2 mins)

Chilled: Stand with feet hip-width apart. Alternating legs, bring one knee up towards your chest and lower it to the ground. Squeeze your knee up at the top for extra burn in your glutes (bumcheeks!).

Challenging: Standing with feet hip-width above, bend at the knees and push your bottom back, sending body weight into the heels of the feet until your thighs are at 90 degree angle to the ground (like you're sitting in an invisible chair). Try to keep your chest up and proud with a straight back- not arched and not looking down at the ground. Press through the heels to come back up to standing and drive your hips forward before repeating.

Beast Mode: As above (challenging), but at the bottom of your squat, swing your arms forwards and jump up, trying to jump as high as you can with legs straight. Land softly, bending the knees straight back into the squat position. Build momentum so you can sustain one continuous movement of squatting, jumping, landing in a squat, jumping, landing in a squat...

Round 4:

Sit Ups (20 seconds on, 10 seconds off for 2 mins)

Chilled: Lie on your back with your knees pulled up and feet flat on the floor. Stretch your arms out in front of you (like a zombie) and try to tap your knees with your finger tips, lifting the shoulder gently off the ground, using your abs to lift you. Do not jerk your head forwards and if you feel strain in your neck, stop, focus on your tummy pulling you up. Keep your chin lightly tucked towards your chest and look up to the ceiling.

Challenging: As above, but lifting your feet off the floor with your knees bent so your thighs are vertical and your shins/calves are parallel to the floor. With outstretched arms, reach forwards and try to tap the outside of each foot with each hand. Again, use the abs to lift yourself up, do not jerk and do not put strain on your leg. Tuck the chin lightly and look up to the ceiling.

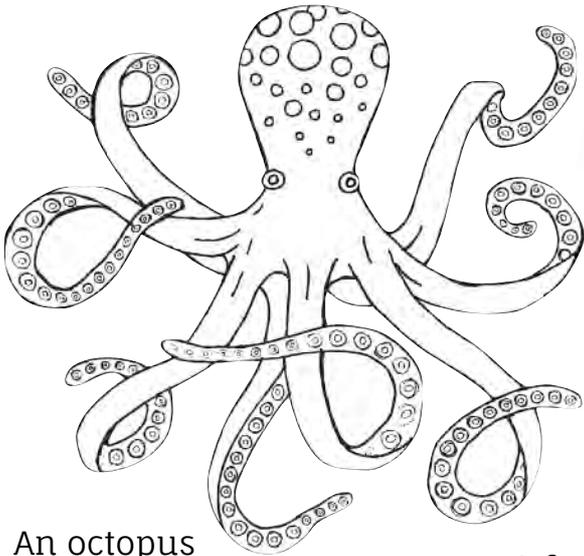
Beast Mode: As above, but with legs raised upwards and straight with the soles of your feet facing the ceiling. If you can't straighten your legs fully, don't worry, a small bend in the knee is fine. Outstretch your arms, again, like a zombie, reach upwards and aim to tap your toes with your fingers. Don't worry if you can't actually tap your toes, aim for them and don't jerk up or strain your neck.

1 Minute Cool Down:

- ★ Shake out any tension in your arms/legs
- ★ Bending at the knee, pull your heel towards your bottom and hold it (feel free to hold on to a wall/ a buddy to keep your balance). You should feel a stretch in the front of the thigh. Change legs and do the same.
- ★ Stretch one arm across your chest and hook your other arm vertically across it and gently pull till you can feel a stretch in the back of the shoulder. Change arms.
- ★ Raise your arm, bend at the elbow and aim to put your palm flat on the top of your back (as if you're reaching to touch the middle of your shoulder blades). Gently place your other hand on the top of your elbow and for extra stretch, push down slightly to feel a stretch in your tricep/the back of your upper arm. Repeat on the other side.

Poplar Union takes no responsibility for any personal injury or damage incurred whilst undertaking this workout. It is the responsibility of the individual to obtain the correct medical advice regarding physical activity. The warm up and cool down are a guide, feel free to take longer with each if needed.

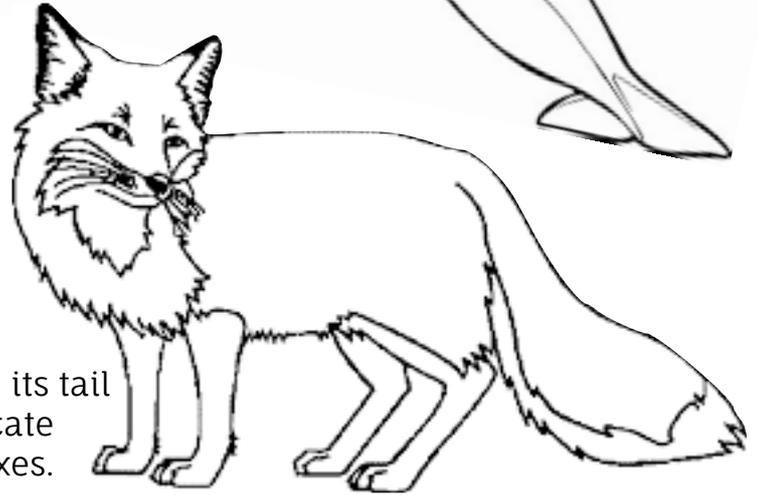
Animal Fact sheet



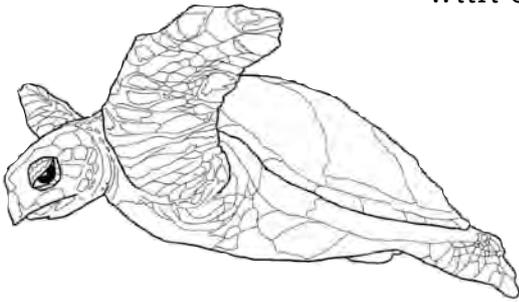
An octopus has 3 hearts



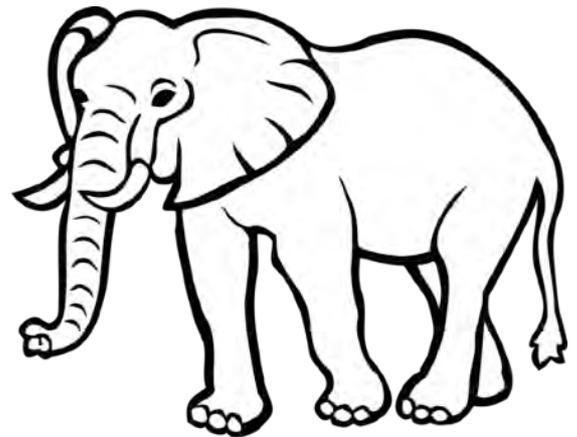
A dolphin sleeps with one eye open



A fox can use its tail to communicate with other foxes.



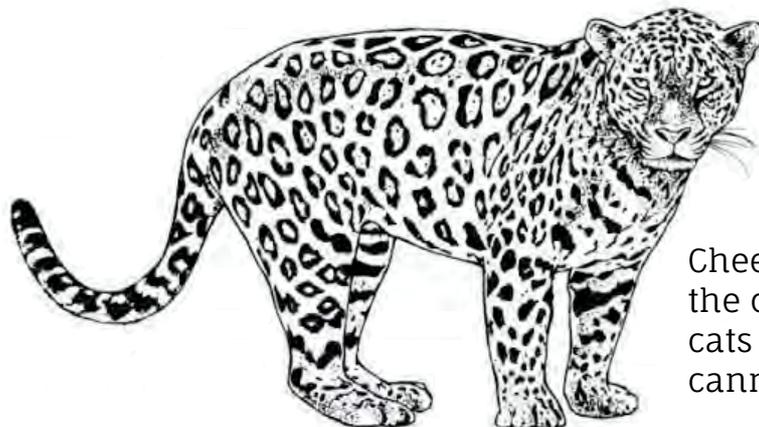
There are 7 species of sea turtles in the world and the Hawksbill turtle is critically endangered



Elephants are the largest land animals



Baby rabbits are called kittens



Cheetahs are the only big cats that cannot roar

Animal eye masks



make a hole - use some string, ribbon or elastic to fit the mask



Animal eye masks



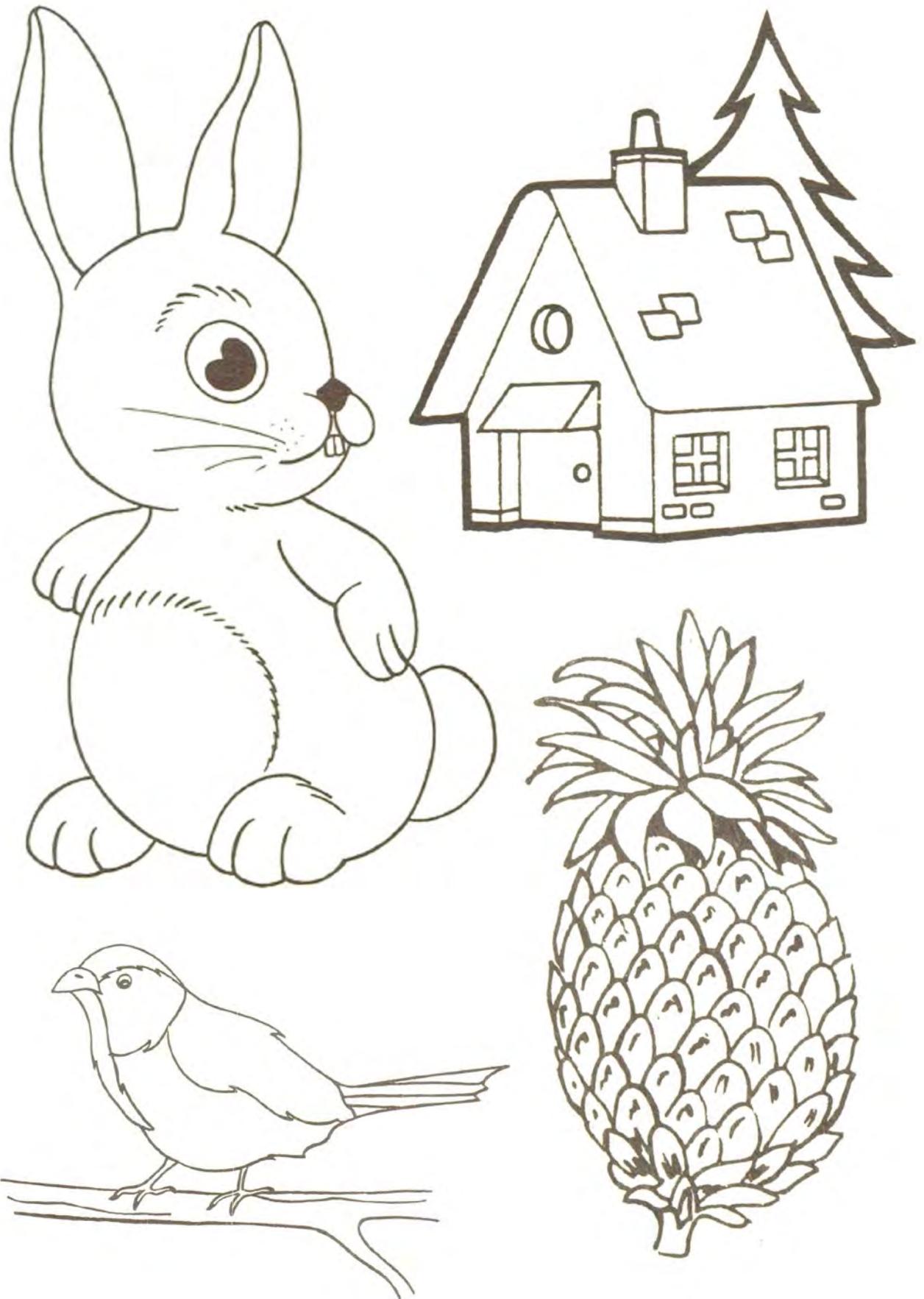
make a hole - use some string, ribbon or elastic to fit the mask



Colouring in!



Colouring in!



Colouring in!



Split-pin penguin puppet

We are having a flipp-ing good time with this penguin! You can use split-pins to create moving parts on any puppet you choose to make, but to make a penguin like this, you will need:

- ❖ Some coloured card (make your penguin as colourful as you like!)
- ❖ Scissors
- ❖ Pens to decorate
- ❖ Glue stick
- ❖ X2 split-pins
- ❖ Pencil
- ❖ Blu-tac

- 1) Draw the shape of a penguin head and body and cut this out
- 2) Cut out a smaller piece of card for the penguin's tummy
- 3) Cut out 2 small triangles for the penguin's flipper feet
- 4) Cut out a beak and some eyes, drawing on the pupils of the eyes
- 5) Cut out two flipper shape pieces of card – there needs to be quite a bit of card behind the body, as well as the bit of flipper sticking out



6) Glue the tummy onto the body, the beak over the tummy and the eyes onto the face. Glue the flipper feet to the bottom of the body, so the widest part of the triangle is showing.

7) Put one of the flippers in place. Lay the part where the body piece and the flipper overlap onto a piece of blu-tac (or a rubber), and push a pencil down through the 2 pieces of card to make a small hole.

8) Remove the two pieces from the blu-tac and push through a split pin. Open the split-pin up on the back.



9) You can now move this flipper!



10) Repeat steps 6 & 7 on the other side, then you will have two moving flippers!

11) Now you can make up a story for this penguin and maybe even make some more split-pin puppets!

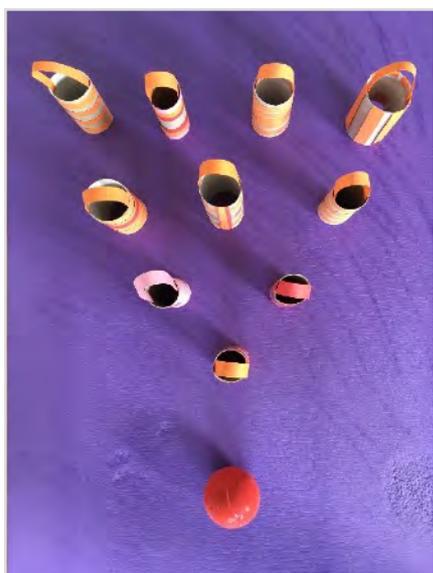
Indoor 10-pin bowling game

To play you will need:

- ❖ X10 toilet roll tubes (or kitchen roll tubes) - you can decorate them with paper, pens, pencils, stickers - whatever you have!
- ❖ Soft ball (or a piece of paper scrunched up into a ball)
- ❖ Yoga mat, blanket, towel or clear floor area, for your bowling lane

How to play:

1. Set up the x10 pins at one end of your yoga mat/towel/blanket or clear floor area. Start with a row of 4 pins, then in front of this row, set up a row of 3 pins in the spaces between the 4 pins; repeat this with a row of 2 pins, then the last pin goes in front - from above you will have made a triangle shape that looks like this:



2. Use the soft or paper ball to try and knock over the pins. The winner is the person who can knock over the most pins in their go. Have a go and see if you can get a half-strike (knocking down 5 pins in one go) or a strike (knocking down all 10 pins in one go).



10 pins set up



half-strike



strike!

3. You can play this game by yourself, with another person or in teams. Decide with the other players how many rounds you are going to play and keep score as you go. For example, if you are playing with someone else, you could play a 'best of 5 rounds' - so you each bowl 5 times, taking it in turns. To keep score, add up the number of pins you knock over each time you bowl. Whoever has knocked over the most pins in the 5 rounds has won the match.

Origami rose tutorial

How to make an Origami Rose

1. Choose a piece of square paper
2. Fold the paper diagonally, both ways (so you end up with a cross of folds)
3. Fold the paper horizontally, both ways (so now you have a 4 folds)
4. Hold the folded paper horizontally, with the fold at the top



5. Push the point at the end of the fold down /under, to create a triangle shape - do this on both sides. You will then end up with a double triangle.



6. Fold the four triangle tips up to the top point of the main triangle shape you created in point 5, to make a square shape.



7. Fold the tips back over themselves, on all 4, to create 4 smaller triangles



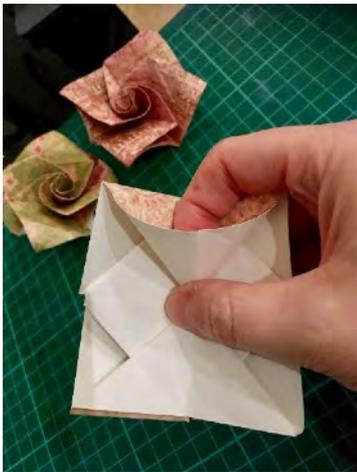
8. Use your thumb and finger to open up the smaller triangles and flatten them into squares. Do this for all 4 of them.



9. Fold the triangle over one side of the squares you have just created.
10. Hold the paper with the triangle point and the open edges facing you.



11. Move your fingers and thumb between the inner triangles - push it back on itself to make a triangle on the inside of the paper. Do this on both sides, so it looks like you have two triangles pointing at each other over two small squares on the inside of the paper.



12. Pattern side up, lift up the triangle
13. Use your thumb in the gap between the raised triangle, to lift the paper over to form a firm square and a raised edge. Repeat on the other side and a raised 4-way point will appear.



14. Pinch the tip of the point and twist to form the rose. There is one direction that works better than the other, depending on the paper and folds - try both ways, you will feel which direction works best for you.



15. Use a pencil, or something similar, to roll back the four tips, to create the outer petals of the rose.



16. To make the stem, use a small piece of sticky tape to attach a straw or equivalent (the straws pictured are very old and are finding ways to be used creatively - not purchased especially for origami rose stems!).



17. Pop your roses in a vase and enjoy!



Origami tulip tutorial

How to make an Origami Tulip

1. Choose a piece of square paper
2. Fold the paper diagonally, both ways (so you end up with a cross of folds)
3. Fold the paper horizontally, both ways (so now you have a 4 folds)
4. Hold the folded paper horizontally, with the fold at the top



5. Push the point at the end of the fold down /under, to create a triangle shape - do this on both sides. You will then end up with a double triangle.



6. Fold the four triangle tips up to the top point of the main triangle shape you created in point 5, to make a square shape.



7. Fold one of the triangles over the seams, to create a smooth side of the square. Repeat on the other side, so that both sides of the square are seam free.



8. You now have a cross shape - hold it with the seams facing you.



9. Bend up two sides and tuck one of the points into the crease on the other side. Push it all the way in and flatten to form a kite shape. Repeat on the other side.

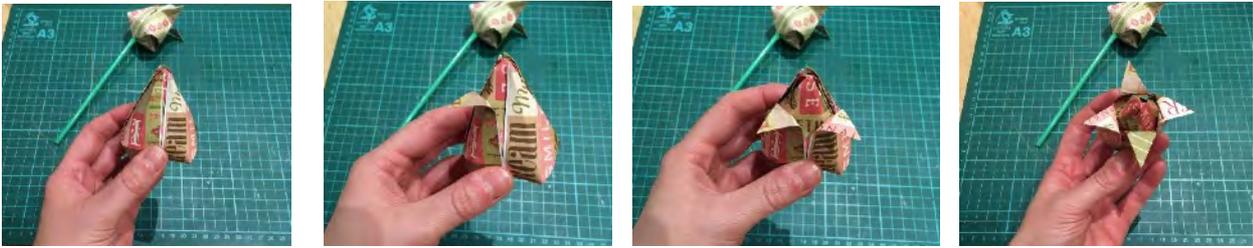


10. Gently open up the two cone shapes.

11. Gently blow into the small hole that appears between the two cones, to fully inflate the tulip.



12. Turn the tulip point side up and gently peel back the outer layers of paper to form the outer petals. Repeat until all four outer petals are turned out.



13. To make the stem, insert a straw or equivalent into the hole on the underside of the tulip (the straws pictured are very old and are finding ways to be used creatively - not purchased especially for origami tulip stems!).



14. Put your tulips in a vase and enjoy!



Playdough recipe & ideas for model making

Playdough is lots of fun to play with as you can squish it, roll it, form it into all sorts of shapes.

Here is a simple recipe from BBC Good Food to make your own at home – this recipe makes quite a lot of dough, so halve the recipe if you want to make less, or you could make the whole batch, spilt the dough up and dye it different colours! You can also use natural ingredients to colour the playdough if you don't have any food colouring – we've used some beetroot vinegar to make a pink colour, turmeric would work to make it yellow.

You will need

- ❖ 8 tbsp plain flour
- ❖ 2 tbsp table salt
- ❖ 60ml warm water
- ❖ food colouring
- ❖ 1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air), or a plastic box in the fridge to keep it fresh. You can make a batch of colours and give away as kids' party bag favours or hold a playdough party for your child's next birthday.

Recipe & video tutorial available here:

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

We had fun making a flower, some pigs and a bunch of grapes! What will you make?



Something to Cook

Betty's Red'n'Crunchy

Summer Salad

This is a personal favourite of PU's Artistic Director Beth 'Betty' Watton. It's a delicious, protein packed vegan salad ideal for a nutritious meal or the perfect accompaniment to Summer BBQ's. Warning- the beetroot will have you doing 'disco wees' for days, so don't be alarmed!

Serves 4-6

(depending on portion size e.g. main or side salad)

Ingredients:

- ◆ Quinoa 1x cup (if quinoa's not your bag, this also works with cous cous [gluten], or rice)
- ◆ 3x Diced Large Red Apples
- ◆ 3x Diced Cooked Beetroot
- ◆ ¼ - ½ Shredded Raw Red Cabbage
- ◆ Handful of crushed walnuts (optional)
- ◆ Splash of Apple Cider Vinegar (to taste)
- ◆ Salt & Pepper (to taste)
- ◆ 1tsp Sumac (optional)



Method:

Measure out 1 cup of quinoa (grain of your choosing) and pop it in a saucepan with a good pinch of salt and stir (dry) over a medium heat while the kettle boils. Add 2 cups of boiling water carefully (it might hiss/spit a bit as the pan is hot). Stir once, put the lid of the pan on and turn the heat down to a simmer for approximately 15 mins or until all the water has been absorbed by the quinoa. I sometimes add a bit of sumac to the water for a bit of extra flavour, but this is optional.

Whilst the quinoa is cooking, chop up all of your fresh ingredients. No need to peel the apples as the skin adds texture, colour and crunch. I like to dice my beetroot and apples and shred my cabbage, but you can decide how chunky/fine you want your salad to be.

Put all the ingredients (besides the quinoa) into a large bowl and toss together, adding in seasoning and vinegar to taste. When the quinoa is cooked, all the water will have evaporated and the little tail-like germ of each grain will appear. Pop your quinoa into a separate bowl to cool.

Once the quinoa is cool, add it to your fresh mixture and toss it together turning your grains a beautiful pink colour. Serve cold as a main or a side salad.

Optional extras:

- * Pomegranate seeds are a beautiful and tasty addition
- * Grated raw carrot can add sweetness and crunch
- * Not a fan of nuts but want some extra protein? Scatter in some mixed seeds instead
- * Betty's a veggie so she'll take this as a main, but she's told it's also a delicious side to lamb and fish dishes!

Something to Bake

Best Ever Shortbreads

This is an absolute classic bringing buttery, crumbly goodness to biscuit tins across the country and through generations! It's a super simple recipe with mouth-watering results!

Makes 8

Ingredients:

- ◆ 100g (4oz) butter, softened
- ◆ 50g (2oz) caster sugar
- ◆ 150g (5oz) plain flour
- ◆ 25g (1oz) semolina
- ◆ Extra caster sugar for sprinkling



Method:

- * Cream the butter and sugar together until it goes light and fluffy. This can be done using a mixer, electric hand beaters or a good old wooden spoon. When you think it's done, just go a bit longer, as the lighter in colour and fluffier in texture the better.
- * Mix the flour and semolina together in a separate bowl
- * Slowly add in the flour/semolina mix, a tbsp at a time until a dough starts to form and
- * Draw the mixture together with fingertips, but try not to handle the dough too much as the heat from your hands will make the dough greasy/dense
- * If you have time and can bear to wait, wrap the dough in cling film and pop it in the fridge for an hour or so. It'll be easier to roll out and will give you a tastier biscuit. If you don't have time...
- * Grab a rolling-pin (if you don't have one a bottle of wine/any smooth, glass bottle is great) and roll out your dough till it's about a cm thick.
- * Take a biscuit cutter (size of your choosing) and cut out as many biscuits you can yield from the dough. If you don't have cutters, cut around the lid of a jam jar or be a total maverick and cut out shapes freehand with a knife.
- * Using a fork, prick each of your biscuits a couple of times (not going all the way through the dough)
- * Place on to a lined/ greased oven tray and bake at 170degrees C (325F) Mark 3 for about 40 mins or until biscuits are a pale golden colour.
- * Remove from the oven and leave to cool on a cooling wrack (or take out a cool oven shelf and use that!)
- * Sprinkle caster sugar over your biscuits and enjoy!



Optional Extras:

You might want to halve your dough and mix in some dried fruit and nuts of your choosing for added crunch and flavour.

Once the biscuits are cool, you can melt chocolate of your choosing and either drizzle or coat your shortbreads with some chocolatey goodness!

Food faces

We've had some fun making these food faces for a meal! We've used veggies to make these 4 faces, but you can use any food you have available.

Remember to wash your hands before preparing and eating food. This activity works best when you 'play' with the ingredients for a meal you are preparing as then you get to eat your creation!

What pictures can you arrange on your plate? If you have patterned plates, can you incorporate the pattern into your design?



Photo 1

uses: carrot, celery leaves, mushroom, yellow pepper, cucumber, radish, green olive, black olive, mangetout



Photo 2

uses: celery, babycorn, yellow pepper, radish, cucumber, carrot, red pepper



Photo 3

uses: celery, mushroom, yellow pepper, carrot, tomato, green olive, babycorn



Photo 4

mangetout, yellow pepper, carrot, black olive, babycorn, red pepper, celery