

Maypole Madness

Fun Activity Pack for the May Bank Holidays

May 2020



Maypole Madness Pack

“Feelings are much like waves, we can’t stop them from coming but we can choose which ones to surf”

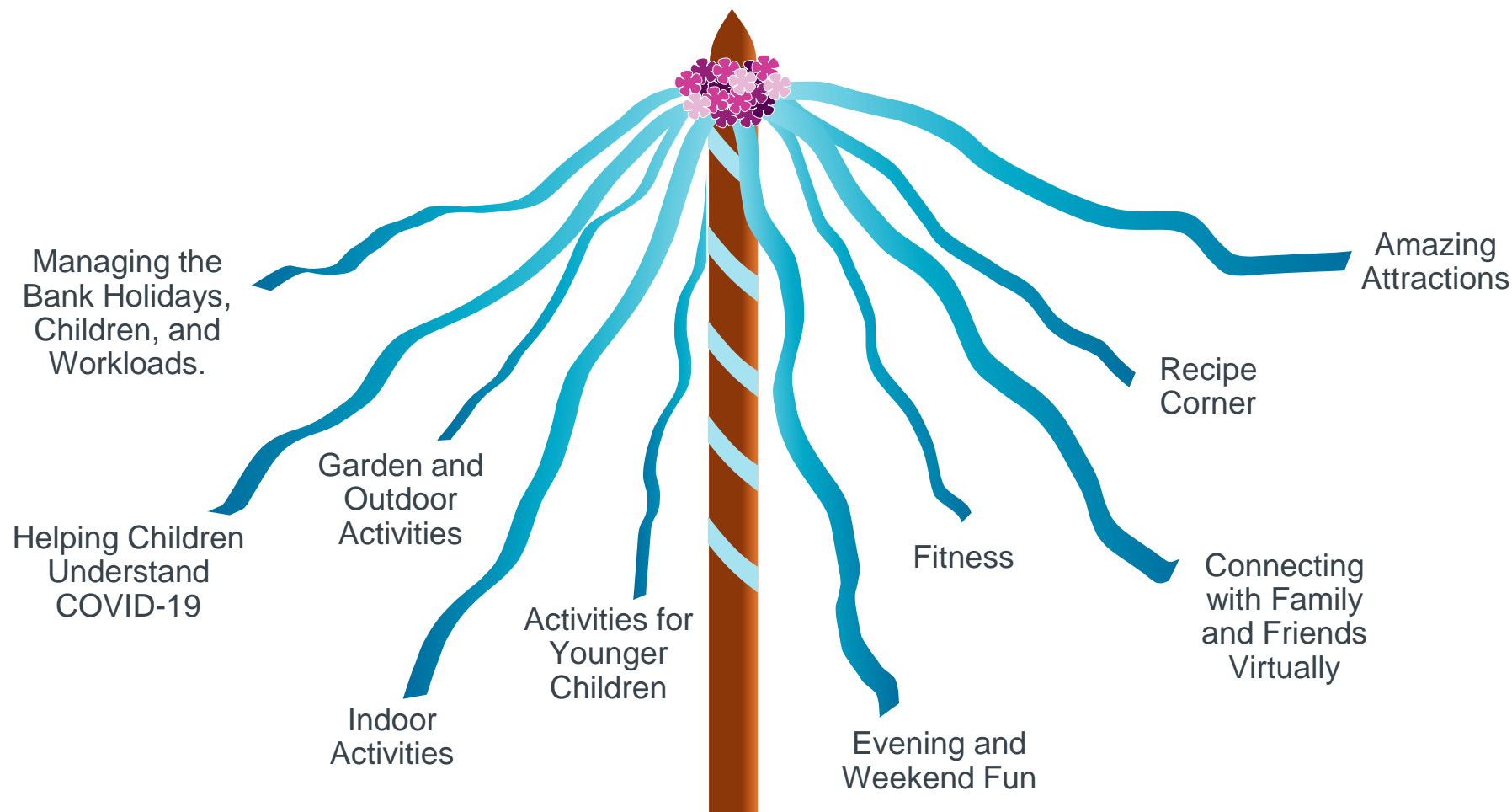
Jonatan Mårtensson.

“Do something for your head, your health, and your heart each day”

Mark Lehman,
Head of Learning, Talent and Inclusion,
Marsh UK&I

Contents

This pack is primarily aimed at parents, but there are some great activities, tips, and links for all. It is not an exhaustive list, but it is designed to give you ideas over the coming weeks to keep energies high and boredom low over the bank holiday weekends.



Managing the Holidays, Children, Family, and Workloads

Tips



Take time away from the people you are isolating with. Go for a run/bike ride/walk, read a book in another room, or take a bath.



Focus on your work/key tasks rather than the hours you are doing.



Mute social media apps if they become too much.



Plan your day and be mindful to take the pressure off yourself.



Be kind to yourself whether you have children or not.



If its possible – take holidays. At the end of the day or at weekends turn your laptop off and put it away. Give yourself a hard stop and don't feel guilty about it.

Helping Children Understand Covid-19

Stay at Home Heroes

My Hero is You

Lucy's in Lockdown

Nosy Crow



Garden and Outdoor Activities

Don't Forget Your Sun Cream

Great websites:

Wildlife Trust:

<https://www.wildlifetrusts.org/>

RSPB:

<https://www.rspb.org.uk/>

National History Museum:

<https://www.nhm.ac.uk/>

Ideas:

- Create a wild garden.
- Make a bee hotel or a bat box.
- Press flowers and leaves.
- Garden bird bingo.
- Create a bird house and feeder with a milk carton.
- Bird nests and feeders.
- Fairy tale scavenger hunt.
- Star gazing.
- Chalk challenge.
- Shooting water into buckets.
- Camp in the garden.
- Sleep out on the trampoline.
- Water fight!
- Paint stones/positive pebbles for the NHS.
- Make a fairy garden or dinosaur garden.
- Ice cube fun; Create a giant ice cube and fill with small toys – the children can make it melt to get to the treasure inside! Or you can put a plastic toy in a food bag, fill with (coloured) water and freeze.
- Make mud pies.
- Make a time capsule and bury it in the garden.
- Nature sketching.
- Skipping games.
- Wash the car.
- Make petal perfume.
- Paint an old bed sheet.
- Make paper boats.
- Garden art; Make an outdoor picture from what you can find in the garden.
- Junk modelling; If space allows, make a boat or pirate ship with your junk boxes!

Indoor Activities

Things to do:

- [How to make snow May blossom globes.](#)
- [Create a hygge corner.](#)
- [Make toilet roll animals.](#)
- [Make your own theatre/opera house.](#)
- [Dinosaur activities.](#)
- [Make an erupting volcano.](#)
- [Stained glass paper craft.](#)
- [History Royal Palaces](#)
- Create a time capsule.
- Paint with coffee.
- Create a mosaic picture of yourself.
- Create your own family photo shoot.
- Make sock puppets.
- Design your own family coat of arms.

Games:

- Design your own superhero, the world they come from, and make a costume to go with it. Then save the galaxy!
- Touch and feel box – guess the objects in the box without peeping.
- Cardboard nail painting – draw around your children’s hands, draw on some finger nails, and let your children paint on the nails.
- Who am I? – You’ll need a sheet of labels, write the name of a famous person and stick it on another person’s forehead. Ask yes/no questions to guess who you are.
- Blind drawing – two players sit back to back with one only giving unrelated words to draw the object, e.g. if drawing a flower, rather than saying “draw a petal”, you might say “draw hearts in a circle”.

Activities for Younger Children

Sensory play

- Colour hunt – get children to separate out the different colours on a tray.
- Letter hunt – send children to find something beginning with a letter of the alphabet and encourage them to describe it, e.g. the pointy pencil.
- Shape hunt – encourage children to find objects that look like shapes – square, circle, cylinder, triangle.
- Cheerio/spaghetti threading – stick spaghetti into bananas and thread Cheerios onto them.
- Kiddy pong – put out cups/paper plates and some balls (or scrunched up paper – challenge the children to throw the balls into the cups.
- Timed tower building – who can build the tallest tower in the allotted time?
- Write the outline of your child's name, add blobs of paint, and let them finger-paint the colours together.
- Put blobs of paint in a Ziploc and let children mash the paint together.
- Tray Play – freeze toys in water and let your child free their frozen toys.
- Paint a rainbow.
- Create a mud kitchen.

Evening and Weekend Fun for the Family you Live With

Activities:

- Invite your family to a formal dinner/black tie meal.
- Ask your children to wait on you for the night!
- Lockdown safari supper – everybody in the family makes a course.
- Create your family’s mock tail.
- Have a country themed night – go online, chose a country’s flag and other typical images, dress according to the country, eat the country’s food, dance to their music, watch a film connected with the country.
- Card games night.
- Board game night.
- Hold an “afternoon tea” party.
- Musical statues.

Events:

British Cheese Weekender: 8-10 May

- “Step this way for a bank holiday cheese nirvana! Taking place from 8-10 May (Fri-Sun), the inaugural British Cheese Weekender is a free, online cheese festival featuring live-streamed talks, tastings, farm tours, quizzes, and cookery demos by some of the country’s leading cheese experts.” (Academy of Cheese, 2020).

Watch dance, opera, and theatre performances from around the world

- Marquee TV, “a streaming service for dance, opera, music, documentaries and theatre from places like The Royal Ballet Company, The Royal Shakespeare Company, and Opera Zurich.” (Marquee TV, 2020).

Fitness

Great websites:

- **NHS fitness:**
<https://www.nhs.uk/conditions/nhs-fitness-studio/>
- **Review of the best fitness apps to keep in shape while on lockdown:**
<https://www.wired.co.uk/article/best-fitness-workout-apps>

Ideas:

- The outdoor daily walk challenge.
- Handstand challenge – challenge a friend to do a handstand every day.
- Create your own sports day.
- Create an obstacle course.
- Design your own Olympic games.
- Give back – go out for a walk and litter pick.
- Learn to hula hoop.
- Have a step competition with friends – 10,000 steps a day is the recommended daily amount. Can you beat it?

Connecting with Family and Friends Virtually

Virtual things to do:

- Quiz night – each participant creates a round or nominate a quiz master to host it!
- Host an online bingo night.
- Virtual cheese and wine tasting night.
- Create a music playlist and hold a virtual dance party.
- Join a Netflix Party. It's the new way to watch Netflix with your friends online.
- Organise book club chats – read a book a week and meet up virtually to discuss.
- Bucket list challenge – share your bucket list ideas.
- Contact a friend or family member you have been thinking about and send them an email.
- Play “two truths and one lie” via video conferencing.
- Guess the baby photo. The host collects baby photos and a clue from each friend and challenges the rest to guess.
- Virtual scrabble. The classic word game is known and beloved all over the world. There are app versions – that can played with friends.
- Create a “pets’ pictures” virtual chat group and share pictures and funny stories about your pets.

Recipe Corner

Muffins (12 small; 8 large)

- 140g sugar (granulated or castor; brown or white).
- 100g softened butter.
- Beat these two together until they are soft and creamy.
- 2 medium to large eggs – beaten together in a cup.
- Add these gradually to the sugar and butter – beating all the time. Do this very gradually.
- Next, beat in 100-120g of yoghurt (any yoghurt). If you have vanilla essence add a teaspoon here.

For Chocolate Muffin:

- Add 200g of plain flour combined with 50g of chocolate powder (anything from a good quality chocolate or drinking chocolate) and 1.5 teaspoon of baking powder.
- Add 100g of chopped chocolate of your choice – milk, dark, white, chocolate nibs, fudge, or a combination of any of these.

For Blueberry (or any other berry muffin):

- Add 250g of plain flour - with 1.5 teaspoons of baking powder.
- Add about 120g berries at the end.
- If your mixture is too thick, add a little drop of milk.
- Spoon the mixture into the muffin cases evenly (approx. 60g into a small muffin case; 100g into a large muffin case).
- Bake in a preheated oven 180c (170c for fan oven). Check after 10 minutes; rotate tray if they are not baking evenly; bake for another 5-6 minutes.

Butternut Squash Soup – with left-over fun for children

- 1 butternut squash roughly chopped. Discard the stalky ends; put the seeds to one side.
- 2 white onions roughly chopped.
- A thumbnail of fresh ginger – peeled and roughly chopped.
- 3 cloves of garlic – peeled and roughly chopped.
- 1 chilli (red for hot; green for milder) – seeds removed and roughly chopped.
- Gently fry everything on a low heat with a little oil – you don't want anything to brown, just soften which will bring out the flavours (or place in a roasting tray with a little oil; put in at about 150c for 30-40 minutes – keep an eye to make sure they don't brown).
- Now transfer ingredients into a large saucepan and cover with cold water. Add a vegetable stock cube. Bring to the boil slowly and then gently simmer for an hour and a half. You might have to top up the water.
- Once everything is nice and soft use whatever blender you have to blend to a silky smooth liquid. Season with salt and pepper to taste.
- This will last in the fridge for about 5 days.

For the children

- Take some of the seeds.
- Place in small seed pots (7.5cm) or a seed tray (nicely spaced – about 8cm apart) with some all-purpose or potting compost. sow them about 1.5cm deep. Place in a warm room with plenty of light. They will start to sprout within a week – very satisfying!
- These can then be transferred into bigger planter or out into the garden end May or early June.

Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comforts of your home while self-isolating.

Museums

- **Anne Franke Museum, Amsterdam, Netherlands**
<https://www.annefrank.org/en/museum/web-and-digital/>
- **British Museum, London**
<https://britishmuseum.withgoogle.com/>
- **Guggenheim, Bilbao, Spain**
<https://www.guggenheim-bilbao.eus/en>
- **Hermitage Museum, St Petersburg, Russia**
<https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>
- **Louvre Museum, Paris**
<https://www.louvre.fr/en/visites-en-ligne>
- **MASP, Sao Paulo, Brazil**
<https://masp.org.br/en>
- **Met Museum, New York**
<https://www.metmuseum.org/art/online-features/met-360-project>
- **Musée d'Orsay, Paris**
<https://m.musee-orsay.fr/en/home.html>
- **Musei Vaticani, Vatican City**
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- **Museum Of London Docklands**
<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- **National Gallery Of Arts, Washington DC**
<https://www.nga.gov/>
- **National Gallery, London**
<https://www.nationalgallery.org.uk/visiting/virtual-tours>
- **National Museum Of US Air Forces**
<https://www.nationalmuseum.af.mil/>
- **Natural History Museum, London**
<https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- **Palestine Museum**
<https://www.palmuseum.org/ehxibitions/virtual-exhibitions>
- **Picasso Museum, Barcelona**
<http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- **Rijksmuseum, Amsterdam, Netherlands**
<https://artsandculture.google.com/partner/rijksmuseum>
- **Royal Academy Of Arts, London**
<https://britishart.yale.edu/>
- **Salvatore Dali Museum, Figueres, Spain**
<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- **Tate Britain, London**
<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- **The J. Paul Getty Museum, Los Angeles, United States**
<https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- **The Museum of Flight -**
<https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- **The National Museum of Computing on Bletchley Park**
<https://britishart.yale.edu/>
- **Uffizi Gallery, Florence, Italy**
<https://artsandculture.google.com/partner/uffizi-gallery>
- **US Holocaust Museum**
<https://www.ushmm.org/information/exhibitions/online-exhibitions>
- **Van Gogh Museum, Amsterdam, Netherlands**
<https://artsandculture.google.com/partner/van-gogh-museum>
- **Virginia Living Museum**
<https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- **Women's History Museum, Virginia, USA**
<https://www.womenshistory.org/womens-history/online-exhibits>
- **Yale Centre For British Art**
<https://britishart.yale.edu/>

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A list of museums, zoos, and other attractions from around the world to visit from the comforts of your home while we self-isolate.

Tourist Destinations

- **Buckingham Palace, London**
<https://www.royal.uk/virtual-tours-buckingham-palace>
- **Colosseum, Rome**
<https://tinyurl.com/thrprzf>
- **Machu Picchu, Peru**
<https://www.youvisit.com/tour/machupicchu?pl=f>
- **Northern Lights**
<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>
- **Pyramids**
<https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- **Stonehenge**
<https://tinyurl.com/wz3xgz7>
- **Street Art with Google**
<https://streetart.withgoogle.com/en/>
- **Taj Mahal, Agra, India**
<https://tinyurl.com/qpz7vmt>
- **The Great Wall Of China**
<https://www.thechinaguide.com/destination/great-wall-of-china>
- **Tour of Rome, Italy**
<https://tinyurl.com/s5vlzbc>

General Sites

- **AirPano**
<https://www.airpano.com/>
- **Berliner Philharmoniker**
<https://www.digitalconcerthall.com/en/home>
- **ExoPlanets NASA**
<https://exoplanets.nasa.gov/>
- **Legoland**
<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>
- **NASA, Langley Research Centre**
<https://oh.larc.nasa.gov/oh/>
- **The Kennedy Centre**
<https://www.kennedy-center.org/digitalstage/>
- **Walt Disney Parks**
<https://tinyurl.com/v7qano5>
- **Wellcome Collection**
<https://my.matterport.com/show/?m=rMGsprcVCAR>

Zoos

- **African Animals**
<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>
- **Atlanta Zoo**
<https://zooatlanta.org/panda-cam/>
- **Cincinnati Zoo**
<https://www.facebook.com/events/2915534028492292/>
- **Dublin Zoo**
<https://www.dublinzoo.ie/animals/animal-webcams/elephants/>
- **Edinburgh Zoo**
<https://www.edinburghzoo.org.uk/webcams/panda-cam/>
- **Explore.org Live Cams**
<https://explore.org/livecams>
- **Flamingo Land**
<https://www.flamingoland.co.uk/virtual-tour/>
- **Florida Aquarium**
<http://www.flaquarium.org/sea-span>
- **Hirakawa Zoo, Japan**
<https://hirakawazoo.jp/animal/movie>
- **International Wolf Centre**
<https://wolf.org/wolf-cams2/>
- **Kansas City Zoo**
<https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>
- **Melbourne Zoo**
<https://www.zoo.org.au/animal-house>
- **National Aquarium, USA**
<https://www.aqua.org/Experience/live>
- **National Zoo, Washington DC**
<https://nationalzoo.si.edu/webcams>
- **Osaka Zoo**
<http://www.wombat-tv.com/>
- **San Diego, California, Zoo**
<https://zoo.sandiegozoo.org/live-cams>
- **Smithsonian, Washington DC**
<https://nationalzoo.si.edu/webcams>
- **Yellowstone National Park**
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>



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