

# Scotland Learns

Parents and Carers Newsletter - Summer Edition

2 July 2020



## Issue 9

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Summer learning activities

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Creativity challenges

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Hints about encouraging your child to keep up handwashing and good hygiene habits

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A mini directory of key organisations offering advice and support

In this edition you will find ideas for things to do over the summer. There are links to our summer learning activities, free summer activities and a mini directory of useful webpages and organisations who provide advice and support across a wide range of topics. There are also ten creativity challenges that are great fun.

We hope you have found the learning activities and links, hints and tips in #ScotlandLearns useful.

Our next newsletter will be a back to school special edition at the end of July. This will include information and advice for children's and young people's return to school in August.

Don't forget to sign up so you can receive a copy of our July special edition..

Sign up 

## Creativity Challenges



### What do a mouse and a refrigerator have in common?

Come up with as many answers as you can. If you get stuck, keep thinking and eventually you'll come up with many more!

### Invent your own super-game

Think of three favourite, very different sports and games. Your job is to mash them all together into one, amazing super-game. You might want to mix rugby, with snakes and ladders and I-Spy. How would your super-game work? Don't forget to give your game a name.

### Not a bin

Find something ordinary in your home like a small bin, basket, bucket or box. By picking it up and using it in different ways turn your bin into as many different things as you can. It might become a hat, or a chair, or a megaphone, or a black hole, or a cat, or a balloon, or a football. You could get the whole family involved, a bit like a party game.

### Make the boring interesting

Think of the most boring thing you have to do and strike a pose as if you were doing this thing. Everyone else has to look at your pose and come up with as many interesting things you could be doing as possible in that pose. You may be pretending to dust, but it looks like you are DJing or surfing or patting a llama.

### Ask difficult questions

Think of as many different difficult questions as you can about the things you can see from where you are. Why is the ceiling that height? Why are my eyes green? Who invented the light switch? Don't answer them. Just list as many as you can.



## Scotland Learns creativity challenges

We know that many of you have enjoyed the weekly creativity challenges during term 4. Here are ten more ideas for you to try out over summer – click on the title of each challenge to see a YouTube video with a fuller explanation.





### Scotland Learns creativity challenges

#### Create a family ritual

Each person thinks of something they want help with and creates an action and a sound to go with this thing. Like the moves of a haka or walking down an aisle at a wedding. You can now weave these actions and sounds together into one big family ritual. Be sure to perform it each time you're all together!

#### Can you tell what it is yet?

Draw the same squiggle on several pieces of paper, a single line that swirls around. Now take each doodle and turn it into something completely different by adding to the drawing. How many different masterpieces can you make from the one doodle?

#### Imagine the impossible

Imagine the most impossible person to walk into the room you are in. Try to out-do each other and see who can come up with the most interesting answer.

#### What if there was no gravity?

Come up with as many things that you think would change if there were no gravity. They could be little things like cups needing lids, or big things like the ocean floating off.

#### Evolving Animals

Pick three very different animals and merge them together to create your own super-animal, evolved to survive climate change. Will you create an animal with an eagle's eyesight, a dolphin's body and a cockroach's armour? Try creating a few!



# Summer Learning Activities



## Literacy and English



We recognise that the school summer holiday may be different for all of us this year and that you may not be doing the things that you usually plan to do. In this week's summer edition of Scotland Learns we have a wide range of ideas for activities to do indoors or outdoors, that you may wish to try as a family during the summer months.

### Thankfulness tree

Create a tree with thank you notes on the leaves for all the people who help you.

### Create a memory book of your holiday experiences

Collect items and photos to make a holiday scrapbook.

### Create a word search

Choose a topic to plan and make a word search puzzle for friends and family to complete.

### Dinner discussions

Think of an interesting topic to have a discussion with your family.

### Explore how to stay safe online

Create a poster about how to stay safe online.

### Investigate a theme

Watch a family movie then choose a topic or theme from the film to explore further.

### Letter body shapes

See if you can create a pose or movement for each letter of the alphabet.

### Make a 'who am I' game for your friends and family

Create your own game using famous characters from stories or films.

### Name ten things

A speed game. Choose a topic - how many things can you name in 60 seconds?

### Planning a picnic or barbecue

Plan a menu, and shopping list for a family picnic or barbecue.

### Play a game together

Board Game ideas.

### Put on a performance

Drama time - act out scenes from your favourite television programme, film or book.

### Send a card or letter

Design and write a card to someone you haven't seen for a while.

### Speaking in Scots - How many words do you use and know?

Learn more about Scots language.

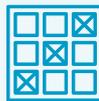
### Start a family book club

Reading together with family members.

[View the full list of activities →](#)

# Summer Learning Activities

## Numeracy and Mathematics



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### Bingo

Play a game of bingo and practise simple addition and subtraction sums.

### Birdwatch

Choose a spot outdoors to record the birds you see in a 15 minute window each day for 5 days.

### Cooking

Adapt recipes to suit different numbers of people.

### Countdown

Use cards numbered from 1-10 to create counting challenges.

### Guess my shape

A Yes or No Guessing Game.

### Junk models

Collect recycled items to make a junk model. Describe your model and the shapes you can see.

### Measuring

Use rulers and measuring tapes or even your feet and hands to measure household items.

### Number walk

Find numbers around your local community, for example on buses, road signs, houses or in shops.

### Picnic shopping

Work out your change from £20 when buying 5 items for a picnic.

### Ping pong

Play this game when you are out for a walk or on a journey to help practise your number facts.

### Playing cards

Use a deck of cards to make lots of different number games.

### Shape of the week

Focus on one shape this week – where do you see it?

### Symmetrical art

Find symmetry indoors or outside. Use what you see to create some artwork.

### Telling the time

Practise telling the time with both digital and analogue clocks. Be the family 'timekeeper'.

### TV guide

You can use a TV guide to explore time and the length of programmes.

[View the full list of activities →](#)

# Summer Learning Activities



## Health and wellbeing



We recognise that the school summer holiday may be different for all of us this year and that you may not be doing the things that you usually plan to do. In this week's summer edition of Scotland Learns we have a wide range of ideas for activities to do indoors or outdoors, that you may wish to try as a family during the summer months.

### Ball games

Build your skills in throwing and catching a ball. Create your own games.

### Cloud watching

Are there hidden shapes and pictures in the clouds today?

### Feel good time

Identify 3 good things that have happened each day. Build this up over a week.

### Feelings art

Choose to either draw, model or paint how you are feeling.

### Fitness fun

Make your own fitness trail in your home or garden.

### Fruit kebabs and salads

Create a healthy fruit snack.

### Gymnastics

Improve your balancing skills by moving across a series of 'spots' on the floor or ground.

### Growing veggies out of leftover vegetables

Which leftover vegetables can you use to regrow the plant? Now try it!

### Keeping hydrated in the summer

Make your own healthy drink and measure how much water you drink in a day.

### Nature walks

Use nature to create a fantastic piece of art.

### Photo challenge

Take a happy photo. Why does it make you smile?

### Glitter globe

Make your own glitter globe and use it to relax.

### Ten questions

Create a fun quiz to learn more about your family and friends.

### Wimbledon skills

Develop some tennis skills.

### Food quiz

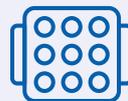
Take part in a simple quiz about food hygiene then create your own quiz.

[View the full list of activities →](#)

# Summer Learning Activities



## Themed learning



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### Animal shadow puppets

Use a lamp or torch to create shadows with your hands.

### Crazy golf

Make your own crazy golf course from items at home.

### Chocolate tray bake

A recipe to follow to make a delicious chocolate treat.

### Out walking - looking up!

Looking at local buildings in a different way – think about shapes and patterns.

### Alphabet hunt

Can you hunt for an item for every letter of the alphabet?

### Sound journey

Listen to sounds when out of the house on a journey and try to recreate these at home.

### Street survey

Find out what buildings on a local street are used for and record your findings.

### Cloud spotting

See how many different types of clouds you can see?

### Family tree

Make your own family tree, gathering information from family members.

### Music making

Fill bottles with different amounts of water and blow in them to make a tune.

### No questions!

An activity for two players – draw what player one describes they are drawing. You can't ask a question – do your pictures match?

### Painted rocks

Use your creativity to paint rocks and make trails of rocks for others to follow.

### Paper aeroplane

Make aeroplanes of different designs and see which flies furthest.

### Park guide

Use a map to find and visit local parks and talk about what you like about them.

### Registration plate game

Play this game when out and about by spotting letters and numbers in vehicle registration plates.

[View the full list of activities →](#)

# Summer Learning Activities



## Foghlam Meadhan Gàidhlig



We recognise that the school summer holiday may be different for all of us this year and that you may not be doing the things that you usually plan to do. In this week's summer edition of Scotland Learns we have a wide range of ideas for activities to do indoors or outdoors, that you may wish to try as a family during the summer months.

### Literacy and Gàidhlig | Health and wellbeing | Numeracy and mathematics | Themed learning

Going on a bear hunt.  
**A' dol a shealg mathan.**

Make a game for your friends and family.  
**Dèan suas gèam 'Cò Mi?' do na caraidean agus don teaghlach agad.**

Become a nature detective!  
**bi nad lorg-phoileas nàdair!**

Park guide.  
**Leabhran-iùil pàirce.**

Dinner discussions.  
**Deasbad aig àm dinneir.**

The entertainer.  
**am fèistear.**

Paper aeroplane.  
**Plèana pàipeir.**

Create a memory book of your holiday experiences.  
**Cruthaich leabhar chuimhneachain mu eòlasan nan saor-làithean agad.**

A treasure hunt.  
**sireadh ulaidh.**

Painted rocks.  
**Creagan air am peantadh.**

Thankfulness tree.  
**Craobh taingealachd.**

Picnic shopping.  
**A' ceannach airson cuirm-chnuic.**

Animal shadow puppets.  
**Pupaidean sgàile bheathaichean.**

Start a family book club.  
**Tòisich club leabhraichean teaghlaich.**

Measuring.  
**Tomhas.**

Fitness fun.  
**Spòrs fallaineachd.**

Name ten things.  
**Ainmich deich nithean.**

Bingo.  
**Bingo.**

Ten questions.  
**Deich ceistean.**

TV guide.  
**Lùil TBh.**

Telling the time.  
**Ag innse na h-uarach.**

Photo challenge.  
**Dùbhlán dhealbhan.**

Summer drama.  
**Dràma samhraidh.**

Registration plate game.  
**Gèam pleata clàraidh.**

[View the full list of activities →](#)

## Ideas and activities for making the most of the outdoors



### New resource with links and ideas for family fun outdoors

Being outdoors is a great way to enjoy spending time with your child. It can be good for everyone's physical and mental health. You can use gardens, local parks, woodlands and other areas in your community. Think about where you can go for walking, cycling, to take part in fun games and to relax. Help your child look and listen for nature. What birds can they hear, can they spot small bugs? One idea is to see how many different trees they can see. They can collect leaves and take rubbings of bark.

We have collated suggestions for activities for you to do with your family on this [new website](#). Throughout the summer we will be updating this collection with ideas or activities for you to enjoy outdoors, so keep checking the website.



If you need to access a fully accessible disabled toilet when out and about [PAMIS](#) have a list disabled people can book to use as lockdown eases. Check the changing places [UK toilet map](#). [Euan's guide](#) have accessibility reviews of open spaces and venues and links to places that hire beach wheelchairs to open up access to the beaches. Please remember that some facilities may not yet be open, so always check in advance.



### Foghlam Meadhan Gàidhlig

### Learning Gaelic while enjoying the outdoors

- [Comunn na Gàidhlig](#) and [Spòrs Gàidhlig](#) offer a wide range of activities where children can learn outdoors, whilst developing their fluency.
- Have you seen [Scottish Natural Heritage's](#) resources in Gaelic? A [dictionary](#) of Gaelic nature words is also available to help with naming different plants and trees in Gaelic.
- Check out [Stòrlann Nàiseanta na Gàidhlig's](#) [Powerpoint presentations](#) on mapping.

## Foghlam Meadhan Gàidhlig



[View activities](#)

### Abairtean Phrases

Saor-làithean spòrsail dhuibh!  
Have fun during the holidays!



Gabh a' ghrian  
Sunbathe



Slàinte is sonas  
Health and happiness



### Looking for activities to do in Gaelic over the summer?

- Fèisean nan Gàidheal are doing a free Gaelic Drama Summer School between 6-10 July. This is for young people aged 13-17. [Find more information.](#)
- [Check other events.](#)
- Why don't you share what you enjoy doing at Gaelic events using [#cleachdiaigantaigh](#) [#Scotlandlearns](#).
- If you wish to discuss Gaelic Medium Education over the holidays, please get in touch with [Comann nam Pàrant \(@CnPNaيسةanta\)](#).
- Check out other ideas for [Gaelic activities](#).

### Hygiene, handwashing and face coverings

- Encourage children to be independent and look after their personal hygiene.
- [Check this video clip](#) on good handwashing practice.
- Also, for younger children this [cartoon animation](#) helps to explain why, when and how hands should be washed.
- [Parent Club](#) have [more advice](#) about Covid-19, including about using face coverings.

### Hints and tips



Each week we will share top tips and helpful advice for you as a family. Here are our top tips for this week.

## What's New?

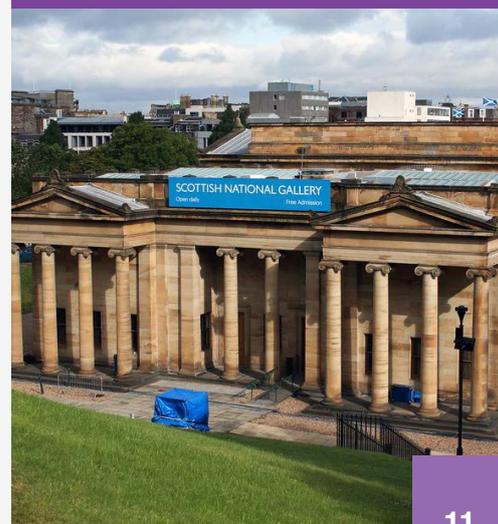


- Are you a parent of a child aged between 2 and 7 years old? Public Health Scotland would like to ask you about your experiences of life at home during the Covid-19 pandemic. Find out more at Parentzone Scotland at the [Covid-19 Early Years Resilience and Impact Survey](#) webpage.
- Parentzone Scotland have advice if you feel your child needs additional support. This includes help to identify needs and information about how schools plan support. This helps to answer what are additional support needs?

- **Scottish Booktrust** have developed a [Home Activities Hub](#).
- **National Galleries Scotland** post creative challenges for children of all ages each week called [home is where the art is](#).
- **Sketching Scotland** are producing [videos](#) to help young people and adults interested in drawing Scotland's landscapes and famous landmarks.
- **Youth and uniformed organisations** are creating activities for children and young people. For example, [Girlguiding adventures at home](#). The Scouts also have ideas such as [why we headed into the #greatindoors](#).

Image: "Scottish National Gallery, Edinburgh" by Stephen Zann. Follow is licensed under CC BY-SA 2.0.

## Links to more ideas and free activities



## Support advice



If you are looking for support, advice, resources or activities to do with your children, here are some organisations that have information for parents and carers.

**Children 1st Parentline** or telephone 08000 28 22 33

**Parentzone Scotland**

**Parent Club activities for teens**

**National Parent Forum of Scotland**

**Connect**

**Parenting across Scotland**

**Home Start**

**One Parent Families Scotland** or telephone 0808 801 0323.

**Fathers Network Scotland**, being a dad during the coronavirus pandemic

**Ready, steady toddler**

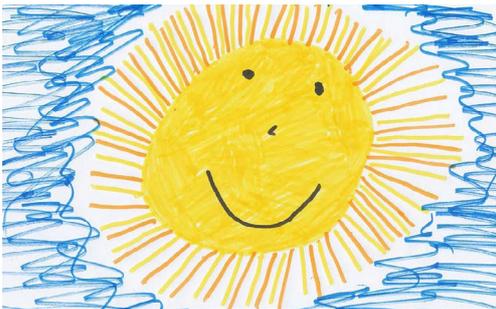
**The NHS Mental health and wellbeing**

**MIND How to improve your mental wellbeing**

BBC Bitesize **parent's wellbeing toolkit**

**The Recognition of Prior Learning (RPL)** process from SCQF (Scottish Credit and Qualifications Framework) might be useful for parents or young people being forced to reconsider career/learning paths.

**Comann nam Pàrant (@CnPNaiseanta)**



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Or pass it on to anyone you think might be interested?