



Breakfast Club

We hope you are all keeping well and have been able to enjoy some of the wonderful sunshine. It certainly helps you to feel more cheerful about things at the moment. If you have been able to get outdoors you might have noticed all the beautiful works of art in peoples windows. Next time have a look for pictures of "Where's Wally?" or search for the Bear on a door to door Bear Hunt,

We have heard that so many of you have been busy baking and trying out some new recipes'. We thought you might like to try out a Breakfast Smoothie. Not only are they a great way to start the day but ensure that fruit is not wasted. You will be able to find some more recipes online or create your own.

The easiest way to make a smoothie is with a blender but you can use a masher and a whisk.

PLEASE REMEMBER TO PUT A LID ON YOUR CONTAINER OR THINGS COULD GET VERY MESSY!

Banana Blast

- 2 bananas
- 225ml (8 fl oz) semi-skimmed milk
- 4 tablespoons water
- 1 tablespoon brown sugar or Honey.
- 8 ice cubes.

In a blender combine bananas and milk. Pulse until bananas are chopped. Pour in water and brown sugar. Blend until smooth. Toss in ice cubes and blend until smooth. Pour into 4 glasses and serve immediately'



Squishy Fun!



We know that a lot of you enjoy collecting Squishies and often use them as a sensory aid or stress reliever. Mrs Harris has had a go at making some . You might like to try the examples given or ask an adult to look on Pinterest with you where you will find plenty of inspiration.

Make some Noise!

Each Thursday we are being encouraged to clap to show our support and thanks to the NHS and other Key Workers. Why not create some shakers or instruments and play them as loud as you can at 8.00pm.



You might choose to make some Pom Poms instead. If you don't have any tissue paper don't worry you can cut up old plastic carrier bags, they make a great sound and you will be recycling them too!



We hope you will enjoy trying out these activities over the next few weeks. Look out for more ideas from us soon.

Take Care from all the Team at Breakfast Club.

Make your own Squishy

1.



2.



Draw your design outline on a clean dry sponge. The type used for washing cars are ideal but a bath sponge would be fine. Ask a grown up to help you cut it out.,

Mix paints with 2 parts PVA glue

3.



4.



5.



Paint your design and allow to dry well before adding any further detail.

Add any fine details with paint or marker pen.

You might like to cut a corner off and paint the inside in white or pale yellow so it looks as though someone has taken a bite!

As you paint, the sponge will absorb some of the paint and will stay quite wet and sticky. We used a hair dryer to help speed up the drying process. We recommend leaving it a day to ensure it has dried and bonded to the sponge. Then you are free to Squish away !



Draw outline and cut out. You may need help cutting out the middle of the circle. Glue the ears onto the top of the doughnut shape. Decorate your animal doughnut !

Happy Squishing!