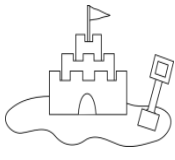
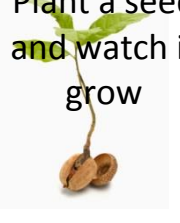

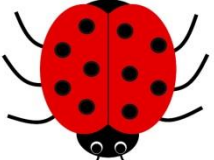

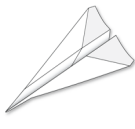


Childs Name:
Parents name:
Contact number:

Basingstoke Children's Centre Summer Challenge

Complete as many of these activities as you can over the summer and return to the children centre to be in with a chance to win a prize.

<p>No-cook Play dough</p> <p>4 cups flour 1 cup salt 1 Tsp cooking oil 1-1 ½ cups cold water Food colouring Method :</p> <ul style="list-style-type: none"> Mix flour, salt, oil. Add food colouring to water. Gradually add water to flour mixture. Knead. Store in a plastic bag in the fridge <p>Then add herbs, glitter, or essence to add excitement to your play dough.</p> <p>Basingstoke and Deane Children, young people and families partnership activity book. Pick one of these up from your local centre and complete the activities, return to the Civic offices to be in with a chance to win an Asda voucher</p> <p>Sun safety</p> <p>Encourage your child to play in the shade – for example, under trees – especially between 11am and 3pm, when the sun is at its strongest.</p> <p>Keep babies under the age of six months out of direct sunlight, especially around midday.</p> <p>Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks and the tops of their feet. Reapply often throughout the day.</p> <p>Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.</p> <p>Cover your child up in loose, baggy cotton clothes, such as an oversized T-shirt with sleeves.</p> <p>Get your child to wear a floppy hat with a wide brim that shades their face and neck.</p> <p>Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the "CE" mark (check the label or ask the manufacturer).</p> <p>If your child is swimming, use a waterproof sunblock of factor 15 or above. Reapply after toweling</p>	<p>Make play dough</p> <p>See our no cook recipe its easy.</p>	<p>Learn a new nursery rhyme</p> <p>http://www.bbc.co.uk/schoolradio/subjects/earlylearning/nurserysongs</p>	<p>Try a new fruit or vegetable</p>	<p>Do an obstacle course</p> <p>(This could be at the park, on a field or at home. Think about over under, round and balancing)</p>	<p>Build a sand castle</p> 	<p>Visit the park</p>	<p>Plant a seed and watch it grow</p> 	<p>Tell us</p> <p>We would love to be kept up to date with all the exciting activities you're doing, why not post on our facebook page or email us to let us know how you're getting on.</p> <p>Return your challenge sheet to our sessions at the end of the summer, complete an evaluation form to have your name entered into our prize draw. If you are unable to attend the sessions please pop your challenged into a hub centre Pebbles or Honeycomb before</p> <p>5th September 2015 to be in with a chance to win a prize.</p> <p>Don't forget you can also return your Basingstoke and Deane activity book to the centre to be in with a chance to win an Asda voucher</p>
	<p>Have a picnic</p> 	<p>Build a den</p> <p>Use an old sheet or net curtain and a few pegs or some sting. what can you create. Don't forget to send us a picture.</p>	<p>Go to the library find out where your local library and open times a http://www3.hants.gov.uk/library.htm</p>	<p>Paint a picture. This could be with paint on paper or water on an outside wall.</p>	<p>Bake a cake</p>	<p>Visit a museum</p>	<p>Go on a listening walk</p> <p>What can you hear? Can you draw the things you hear?</p>	
	<p>Feed the ducks or the birds</p>	<p>Go swimming</p>	<p>Jump in a puddle</p>	<p>Make a mud pie</p>	<p>Share a story</p> <p>Where's the most unusual place you have shared a story?</p>	<p>Make a sock puppet</p>	<p>Do a messy play activity</p> <p>visit our web page for messy play ideas</p>	
	<p>Go on a bear hunt</p>	<p>Go for a walk in the woods</p>	<p>Have a treasure hunt</p>	<p>Go on a bug hunt</p> 	<p>Make cookies</p>	<p>Play with water</p> <p>(This could be in the bath, in the paddling pool or just with a bucket)</p>	<p>Measure your height, track it over the summer. what other things are the same height as you?</p>	
	<p>Have a danceathon</p>	<p>Play keep the balloon up</p> <p>How long can you keep it off the ground?</p>	<p>Build a tower</p> <p>Have you tired building a news paper tower with news paper and cello tape?</p>	<p>Make a hand print</p>  <p>bring a copy for our Children Centre rainbow display</p>	<p>Play with a cardboard box</p>	<p>Make a shaker</p> <p>Fill an empty bottle with rice or pasta for a noisy shaker or porridge for a quiet one</p>	<p>Make a posting box</p> <p>Decorate a shoe box, cut a slot in the top, then find things to post in. Jar lids with Photos in are great</p>	
	<p>Have a play date with a friend</p>	<p>Visit a children's centre activity or National play day</p> <p>(Eastrop park 5/8/15)</p>	<p>Play a game Hide and seek Musical bumps or statues. Matching (this could simple be with a few pairs of socks)</p>	<p>Take a ride on public transport</p>	<p>Make and fly a paper aeroplane</p> 	<p>Go on a bike or scooter ride</p>	<p>Play dressing up</p> <p>Can you fold paper to make a pirate hat?</p>	
	<p>Tell us 5 other things you did over the summer</p>							

<p>Cake in a mug</p> <p>Ingredients</p> <p>4 tbs flour 4 tbs sugar 2 tbs cocoa 1 egg 3 tbs milk 3 tbs oil 3 tbs chocolate chips (optional) a small splash of vanilla extract 1 large coffee mug</p>	<p>Method</p> <p>Add dry ingredients to mug and mix well. Add the egg and mix thoroughly.</p> <p>Pour in milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract and mix again.</p> <p>Put your mug in the microwave and cook for 3 minutes on high (for 1000 watt oven, adjust if necessary for lower wattage)</p> <p>The cake will rise over the top of the mug, but don't be alarmed!</p> <p>Allow to cool a little and tip out onto a plate if desired. EAT!</p>
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