






**LIFE SKILLS ....**

<p align="center"><b>Joe Wicks Kids Workout</b></p> <p>Start your morning with Joe Wicks Kids Workout streamed live on You Tube at 9am, Monday to Friday. Be prepared for high kicks, star jumps and lots of fun.</p> <p>Get Mum or Dad to join in this 30 minute gym session.</p> 	<p align="center"><b>Doing the Laundry</b></p> <p>Learn how to separate clothes, measure, add detergent with adult supervision and choose a setting.</p> <p>Can you hang, fold and put away washing?</p> <p>Could you be a Washing Warrior?</p> 	<p align="center"><b>Write a Letter</b></p> <p>Cheer a friend or relative up by sending them a lovely letter.</p> <p>Can you include the five parts of a letter? Date, greeting, body, closing &amp; signature?</p> <p>Address the envelope, pop on a stamp and post the letter on your walk.</p> 
<p align="center"><b>Prepare a simple Meal</b></p> <p>Can you make sandwiches for a family lunch? Cut tomatoes, rip lettuce or butter bread?</p> <p>With adult supervision, try helping make dinner by learning to use a peeler for potatoes and carrots. Try slicing onions and cucumbers using a knife.</p> <p>You might just end up being the next Junior MasterChef!</p> 	<p align="center"><b>Become a First Aid Champion</b></p> <p>Do you know how to apply a plaster or what to do if someone suffers a burn?</p> <p>Go to <a href="http://firstaidchampions.redcross.org.uk/">firstaidchampions.redcross.org.uk/</a> to learn how to do this.</p> <p>You could end up saving someone's life!</p> 	<p align="center"><b>If you use it, clean it!</b></p> <p>That machine in the kitchen doesn't fill itself. Do you know how to fill and empty the dishwasher? Do you know how to load it correctly, add tablets and choose a program? Will you be there when the program finishes to empty it?</p> <p>If you don't have a dishwasher, have a go at washing and drying plates, cups and saucepans by hand. Leave the knives to the adults though!</p> 
<p align="center"><b>British Trees</b></p> <p>Use the Woodlands Trust Tree Identification app to learn to identify British trees. Do you know your oak from your hazel? Or the Ash from the Elm? Which trees do conkers grow on?</p> <p>If you don't have the app, use the identification pages below.</p> <p>Are you a super spotter?</p> 	<p align="center"><b>Spring Flowers</b></p> <p>The soil is warming up and all round Narcissi are blooming. Know what that is? On your walk, see if you can identify 5 spring flowers that are blooming now.</p> 	<p align="center"><b>Manage Your Time</b></p> <p>Create a timetable for yourself where you plan your day, with your parents help, allocating time for school learning (all the activities you went home with last Friday), daily exercise in and outside the house, (Jo Wicks PE, Identifying flowers, trees, birds....) and helping in the house (learning how to cook, clean and being a first aider).</p> 



**Get twiggy with it!**  
Will you spot these sticks on your travels?

# Twig ID



Ash



Field Maple



Birch



Alder



Elder



Hazel



Beech



Horse Chestnut



Rowan



Oak



Lime



Lilac



Hawthorn



Blackthorn



Larch



Sycamore



Dog Rose



Elm

**Be a super spotter!**  
How many trees can you identify?

# leaf ID



Alder



Beech



Oak



Sycamore



Elder



Ash



Horse Chestnut



Birch



Holly



Field Maple



Hawthorn



Hazel



Rowan





**Wild Daffodil**  
*Narcissus pseudonarcissus* ssp. *pseudonarcissus*

Our native daffodil is smaller & paler than horticultural varieties, but still a striking sight in the countryside.  
**Where to find it:** Open woods, esp. orchards.



**Butterbur**  
*Petasites hybridus*

Its heart-shaped leaves can grow to almost a metre in length & were once used to wrap butter to keep it fresh.  
**Where to find it:** Riversides & ditches.



**Catkins**  
*Corylus avellana*

The dangling catkin is actually just the male flower of the Hazel tree. The female flowers smaller & bud-like with red strands.  
**Where to find it:** Hedgerows & woodland.



**Colt's-foot**  
*Tussilago farfara*

Its name comes from its leaves, which are felted & look like a colt's foot. Curiously these appear after the flower has bloomed.  
**Where to find it:** Rough ground & roadsides.



**Lesser Celandine**  
*Ranunculus ficaria*

"Celandine" comes from *chelidon* - the Greek word for swallow. Like the bird, it's a sign that spring has arrived.  
**Where to find them:** Shady, damp ground.



**Marsh Marigold**  
*Caltha palustris*

Also known as Mayflower, this is the bloom that gave its name to the ship the Pilgrim Fathers sailed to America in.

**Where to find it:** Wetland areas.



**Primrose**  
*Primula vulgaris*

Primrose derives from the Latin "*prima rosa*" which means "first rose", an allusion to its beauty & its early blooming period.

**Where to find it:** Hedgerows & woodland.



**Red Dead-nettle**  
*Lamium purpureum*

A great food source for bees due to its long flowering period. In fact in Notts. & Lincs it was called the "Bumblebee flower".

**Where to find it:** Wasteland & gardens.



**Violets**  
*Viola* spp.

This romantic wildflower was Napoleon's favourite. When he died some were found in a locket as a memento of Josephine.

**Where to find it:** Woods & hedges.



**Wood Anemone**  
*Anemone nemorosa*

A slow spreading wild flower that carpets woodland floors. Because of this, if you see lots its likely your in an ancient one.

**Where to find it:** Ancient woodland.

Woodland Trust  
**Nature Detectives**

Ready to get detecting?  
Spot frothy blossom and furry catkins



**Hazel**  
See it: January to March



**Blackthorn**  
See it: March to April



**Silver birch**  
See it: March to May



**Ash**  
See it: March to May



**Crab apple**  
See it: April to May



**Elder**  
See it: May to June



**Holly**  
See it: May to June



**Hawthorn**  
See it: April to May



**Wild cherry**  
See it: April to May



**Oak**  
See it: April to May



**Rowan**  
See it: May to June



**Horse chestnut**  
See it: May to June



**Beautiful blossom**