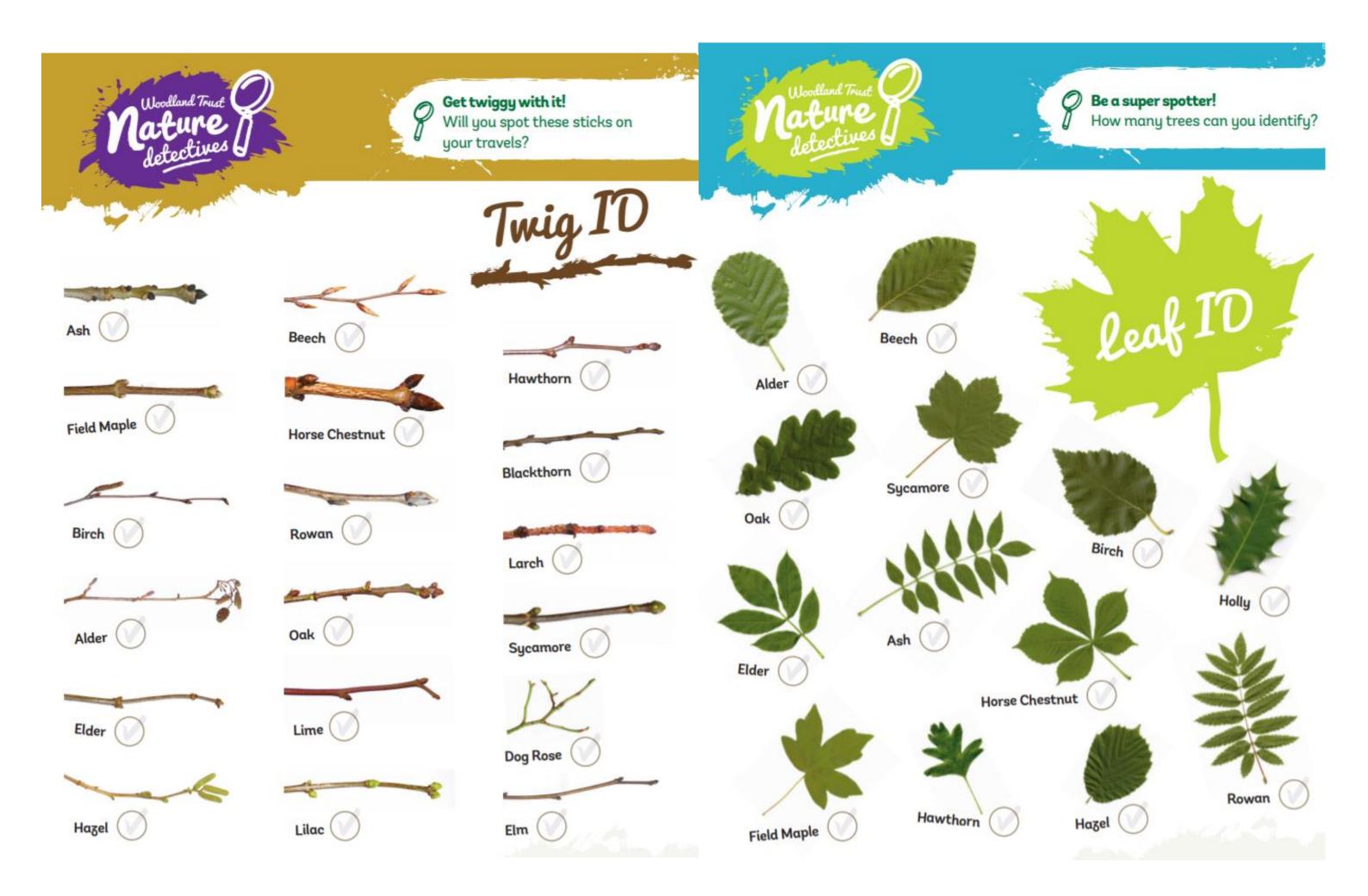
Joe Wicks Kids Workout	Doing the Laundry	Write a Letter
Start your morning with Joe Wicks Kids Workout streamed live on You Tube at	Learn how to separate clothes, measure, add detergent with adult supervision and choose a setting.	Cheer a friend or relative up by sending them a lovely letter.
9am, Monday to Friday. Be prepared for high kicks, star jumps and lots of fun.	Can you hang, fold and put away washing?	Can you include the five parts of a letter? Date, greeting, body, closing & signature?
Get Mum or Dad to join in this 30 minute gym session.	Could you be a Washing Warrior?	Address the envelope, pop on a stamp and post the letter on your walk.
P. spare a simple Meal	Become a First Aid Champion	If you use it, clean it!
Can you make sandwiches for a family lunch? Cut tomatoes, rip lettuce or butter bread? With adult supervision, try helping make dinner by learning to use a peeler	Do you know how to apply a plaster or what to do if someone suffers a burn? Go to <u>firstaidchampions.redcross.org.uk/</u> to learn how to do this.	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
for potatoes and carrots. Try slicing onions and cucumbers using	You could end up saving someone's life!	empty it?
a knife. You might just end up being the next Junior MasterChef!	First Aid kit	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!
British Trees	Spring Flowers	Manage Your Time
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?	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.	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
If you don't have the app, use the identification pages below.		Identifying flowers, trees, birds) and helping in the house (learning how to cook, clean and being a first aider).
Are you a super spotter?		









Upen & paler than horticultural varieties, but still a striking sight in the countryside. Where to find it: woods, esp. orchards



Caltha palustris Marsh Marigold

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.

Where to find it: Riversides & ditches



Primula vulgaris Primrose

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.

Where to find it: Hedgerows & woodland.



A great food source for bees due to its long flower-ing period. In fact in Notts. & Lincs it was called the "Bumblebee flower". Where to find it: Wasteland & gardens **Red Dead-nettle** Lamium purpureum

> the flower has bloomed Rough ground & roadsides Where to find it:

Curiously these appear after



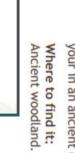
This romantic wildflower was Napolean's favourite. When he died some were found in a locket as a memento of Josephine. Where to find it: Woods & hedges. Viola spp. Violets

> Where to find them: Shady, damp ground. arrived



Anemone nemorosa **Nood Anemone**

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





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









Ready to get detecting?

Spot frothy blossom and

furry catkins









See it: May to June



Horse chestnut See it: May to June



Hazel See it: January to March



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

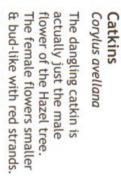
Beautifue blossom





Its heart-shaped leaves can grow to almost a metre in length & were once used to wrap butter to keep it fresh. Petasites hybridus Butterbur







Its name comes from its leaves, which are felted & look like a colt's foot.

Tussilago farfara Colt's-foot



"Celandine" comes from chelidon - the Greek word for swallow. Like the bird, its a sign that spring has Ranunculus ficaria esser Celandine



