Update for Families 28/04/2020

**Competition Time**

I am a bit late in publicising this but Somerset County Council are running a competition to design a logo for their ‘Healthy, Happy and Safe’ campaign. There is still time to enter, the closing date is **Thursday 30th April**, and you can find more info here: <https://somersetnewsroom.com/2020/04/16/children-asked-to-help-with-new-somerset-healthy-happy-and-safe-campaign/>

<https://www.healthysomerset.co.uk/covid-19/>

We are also running our own design a poster competition in the village:

**Brighten up Westbury's telegraph poles**

One visible reminder of the social opportunities currently not available to us is the sad state of our telegraph poles; instead of a range of posters advertising events in the village hall or on the playing field, there is simply a jumble of rusting staples, pins and tacks.

To brighten up the village we are launching a competition for children to design posters on the theme of keeping us safe. The posters will be displayed on the various telegraph poles and prizes will be awarded. Please send your entry to Sue Reece either as a scanned file or via Westbury village shop.

Email entries to suereece1@btinternet.com by **Sunday May 3rd**.

**Some interesting things to do:**

Here are some highlights of resources I have either found or been sent over the past couple of weeks.

**Wigmore Hall Live Stream:** There are some lovely family shows available to watch on the Wigmore Hall website, such as ‘Sir Scallywag and the Battle of Stinky Bottom’. <https://wigmore-hall.org.uk/live-streams/schools-concert-sir-scallywag-and-the-battle-of-stinky-bottom>

**Fun with toilet roll tubes!**

After over a month of lockdown, we have certainly built up a stash of toilet roll tubes, and for once I haven’t been told off for saving them and other junk to use for craft projects! Here are four interesting ideas for different ages, using everyday household items:

Make a projector using cling film, stickers and a torch: <https://mcm.org/make-your-own-projectors/>

For early years, try bending and folding them into different shapes and dipping them in paint to do some printing: <https://theimaginationtree.com/toddler-activity-shape-printing-cardboard-tubes/>

Use as a mould for home-made bath bombs: <https://www.redtedart.com/bath-bombs-recipe-gifts-kids-can-make/> (this activity was also an incentive for my kids to have a bath!)

Make a marble/ball run: <https://tinkerlab.com/toilet-paper-roll-marble-run/>

**Make some playdough**

Playdough made using this recipe <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/> has been extremely popular in our house over the years and is amazingly quick and simple to make. It’s great for little ones but very therapeutic for older children too.

**Activities from The Woodland Trust**

The Woodland Trust has lots of ideas for nature-themed activities to do at home:

<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>

**A D&T Project for Older Kids/Adults**

Here is a lovely project for older kids with some easy to follow instructions to make a flying puppet:

<https://www.theatrealibi.co.uk/the-alibi-exchange-puppetry/?fbclid=IwAR3VevxcCLMzkCuv1PCSExEe07WZFXHTOKSHxcfOj0XqeMImrMc8pIE_r0Q>

**For budding chemists,** the Royal Society of Chemistry has produced a video showing how to colour a rainbow using red cabbage and kitchen chemicals. See <https://www.youtube.com/watch?v=_pY2-cjrhwU&feature=youtu.be>

**Focus on Mental Health**

Each day during lockdown we are confronted with uncertainty, repetitiveness, fear and many other issues. There are plenty of resources out there to help children and young people with managing their feelings healthily.

The Government has published some useful advice on supporting young people with their health and wellbeing:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm_source=fa3d37ff-b04e-4a75-b247-6fc3a89d94b0&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate>

I am also sharing a handout that explains what happens to our brains when we are overwhelmed along with this document. It is worth a read, and explains the fight or flight response very clearly. In a similar vein, I have been sent a fantastic arts and wellbeing resource from Arts and Health South West focusing on photography and mindfulness which might be useful to people of any age, along with a photography course devised by Somerset Film.

I really hope some of these ideas are helpful. If there is anything you feel might be worth sharing, please do send any links or ideas to **eleanorsophiemains@gmail.com.**