



20th July – 16th August 2020

activity book

**A book of activities for your
mind, body and soul.**

week one

Activities themed around:

20th July – Moon Day

22nd July – First ever motor race (1894)

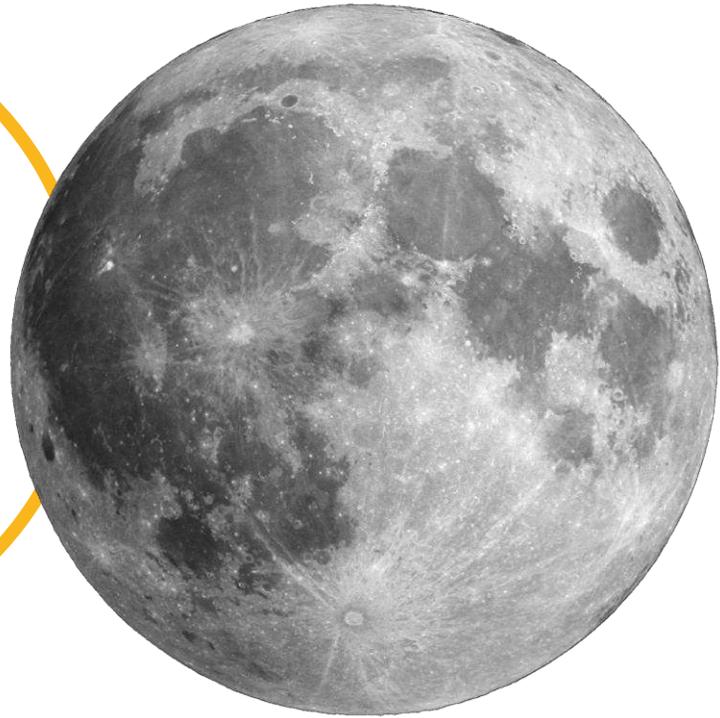
Did you know?

Here are some fun facts relating to themes from this week.

Did you know...

The average distance from the Moon to the Earth is 23,8857 miles.

The Moon orbits the Earth every 27.3 days.



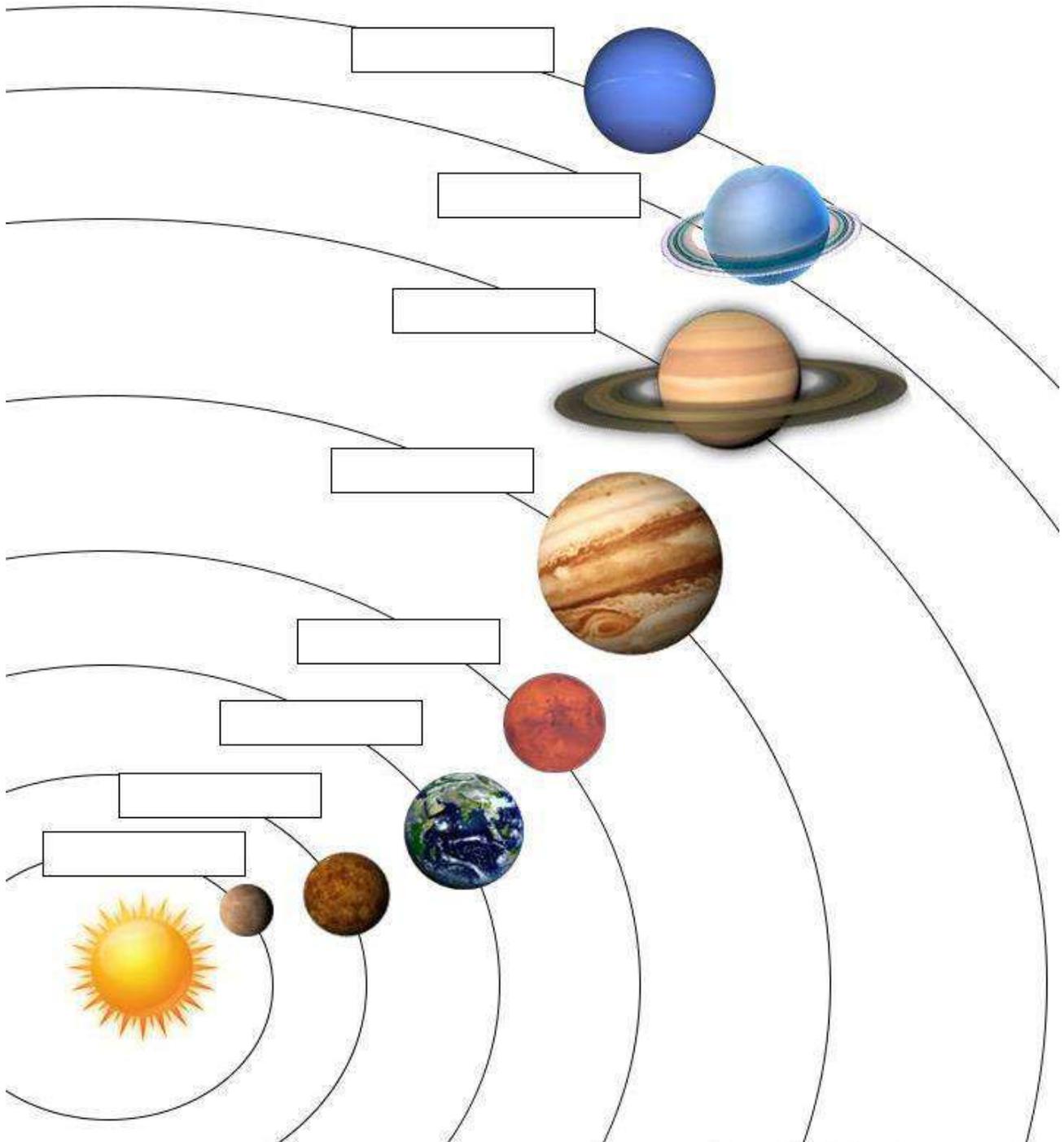
Did you know...

The first ever motor race took place from Paris to Rouen in France on 22 July 1894. Vehicles taking part in the race had to go through test drives on the three days before the final competition to qualify to take part in the long-distance race.

Oomph!

A full life for life

Can you label the planets?



Saturn
Mercury
Uranus
Earth
Venus

Neptune
Mars
Venus
Pluto

Quiz time

	Question	Write your answer here
1	Who was the first person to land on the moon?	
2	How long does a day last on the moon?	
3	How long does it take the moon to make a revolution around the Earth?	
4	What phenomenon is caused by the moon's impact on Earth?	
5	What do many astronomers think caused the formation of the moon?	
6	What is the moon's atmosphere made of?	
7	How old is the moon?	
8	What causes the moon to shine?	
9	Which planet has the largest moon?	
10	How does erosion occur on the moon?	

Answers: 1) Neil Armstrong 2) 27 Earth days 3) 27 days 4) High tides 5) An asteroid struck Earth 6) Nothing 7) 4.5 billions years 8) Light from the sun 9) Jupiter 10) There is no erosion

Outer space wordsearch



PLANETS

TELESCOPE

STAR

SUN

MOON

SHUTTLE

COMET

METEOR

EARTH

GALAXY

ASTRONAUT

SOLAR SYSTEM

MILKY WAY

ORBIT

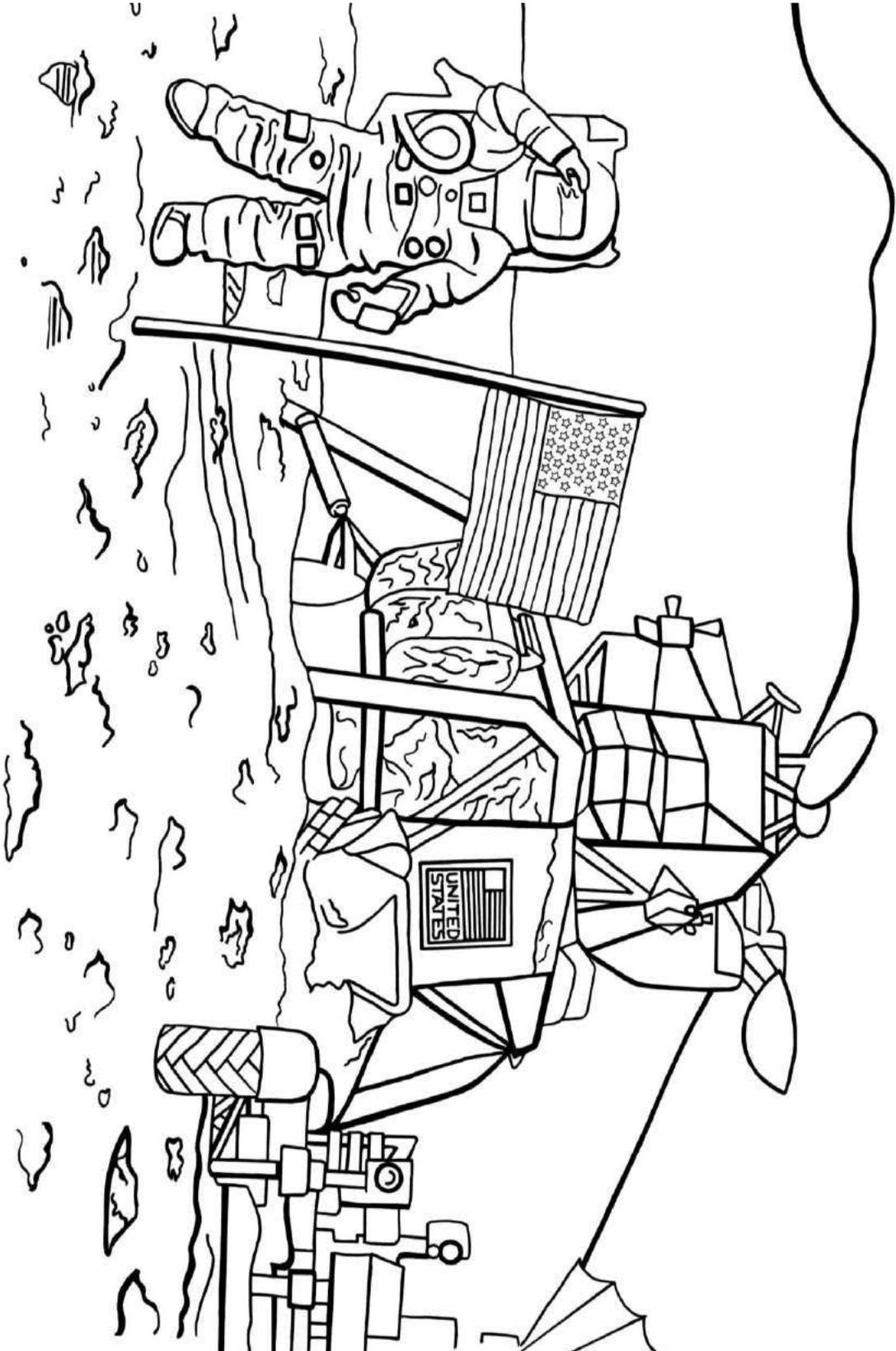
LIGHT YEAR

Colour me in

OOMP!

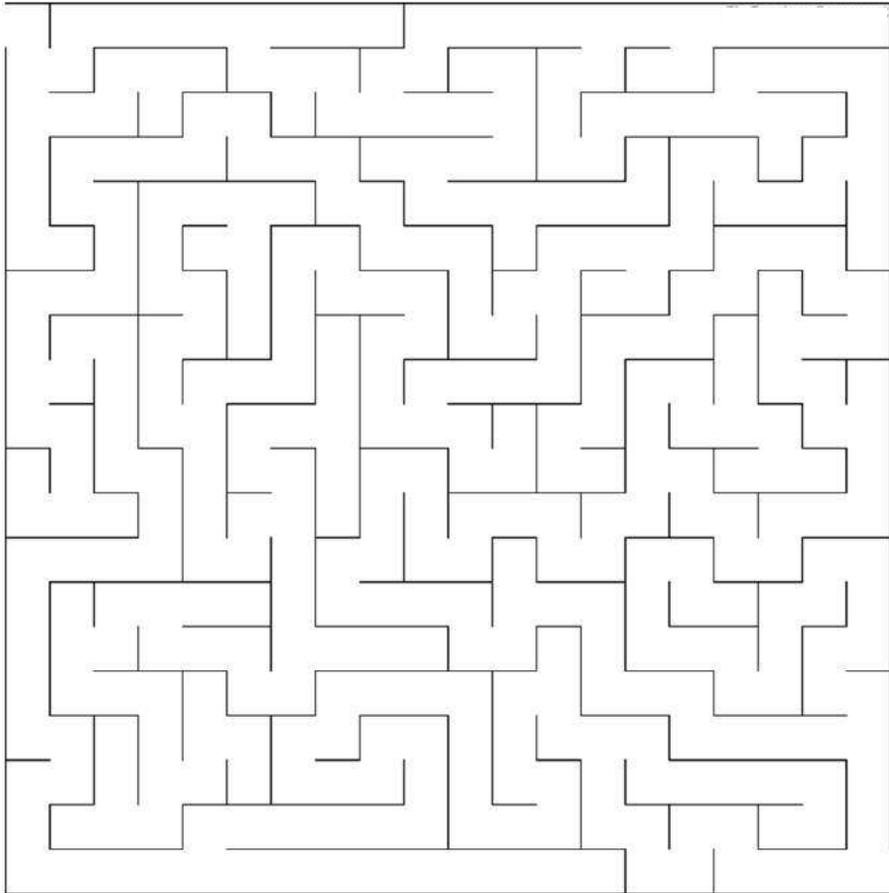
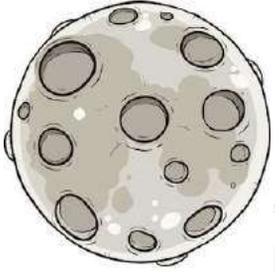
A full life for life

This is the scene when Astronaut James B. Irwin salutes during the Apollo 15 Moon mission in October 1971.



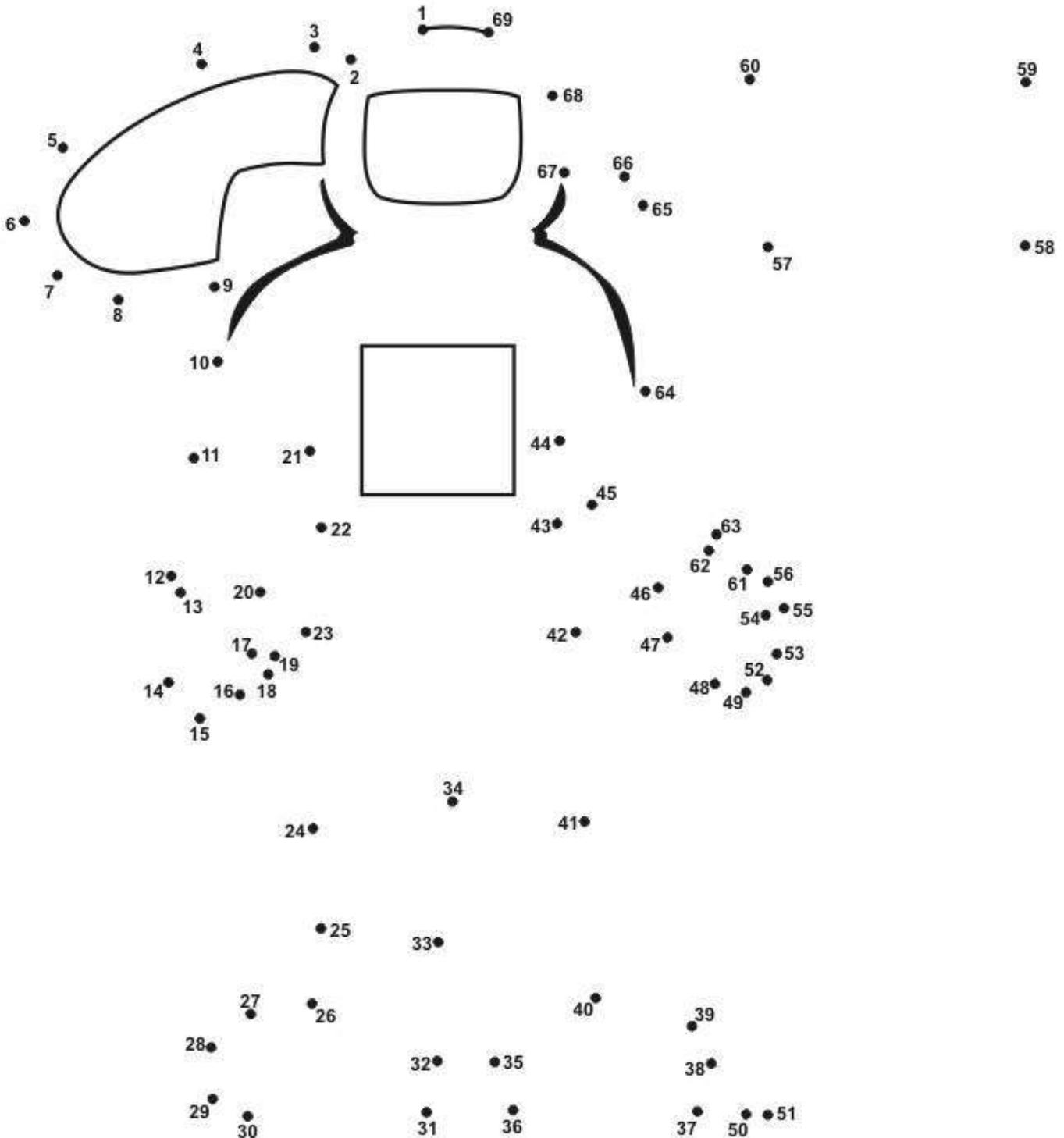
Moon gazing

Can you draw a line from the telescope to find the moon?



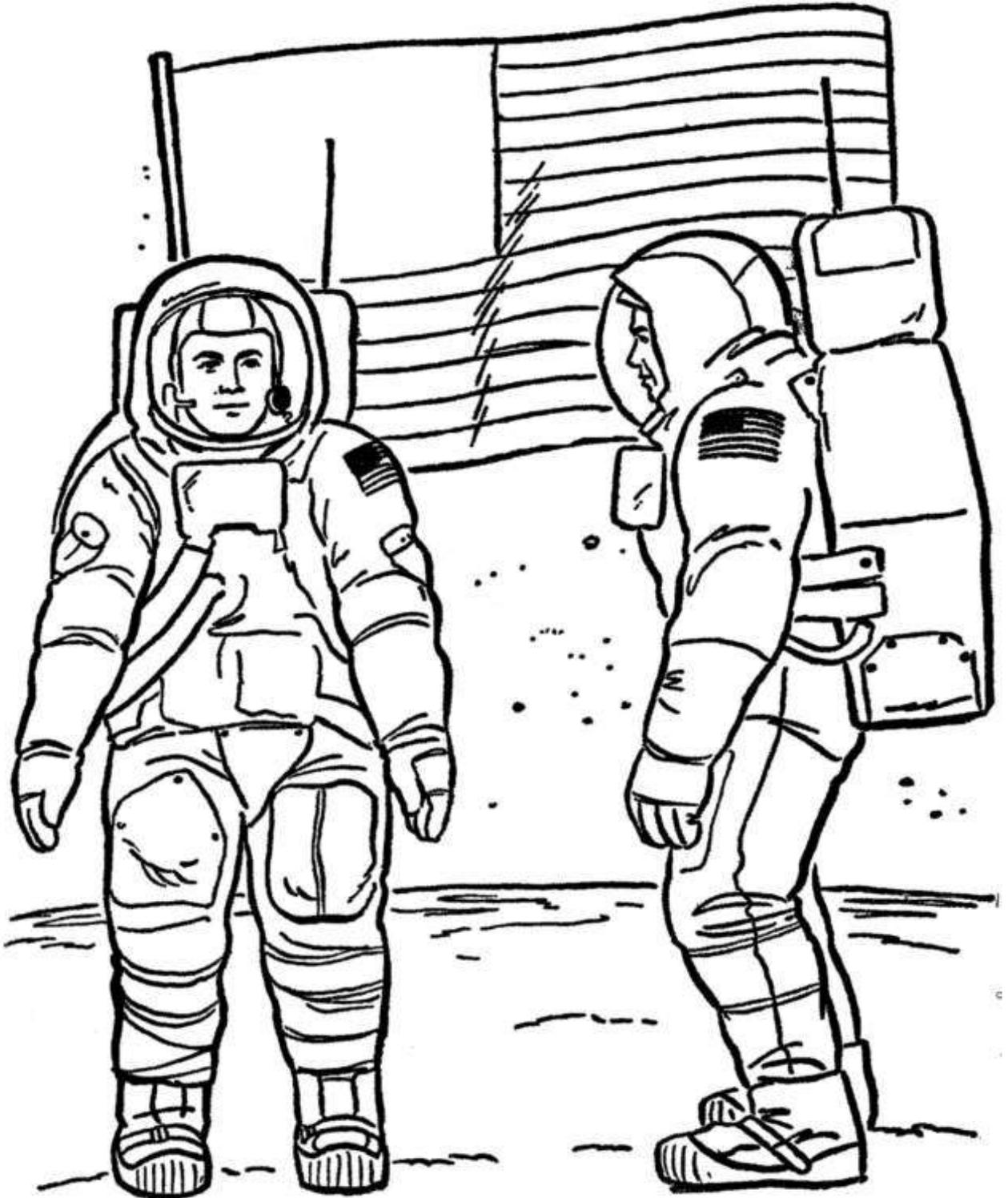
Dot to dot

Join the dots and see what the picture creates!



Colour me in

Colour in this picture of two astronauts landing on the moon.



Moon wordsearch

See if you can spot all the words.

N	N	H	A	L	F	U	L	L	Q	E	I	N	T
L	R	E	L	R	W	S	E	A	A	E	N	C	T
F	A	N	F	S	M	A	M	A	L	E	G	W	Q
O	A	N	G	U	Q	U	A	R	T	E	R	N	H
O	U	S	U	O	B	B	I	G	N	N	A	A	N
C	Q	S	W	N	N	H	T	R	A	E	E	O	R
I	R	F	N	W	A	N	I	N	G	X	L	W	N
T	U	E	T	S	Q	E	E	R	G	A	O	G	Q
T	A	U	S	R	A	C	M	Q	G	R	F	R	U
O	R	E	U	C	I	C	O	C	C	W	E	L	G
G	E	B	I	C	E	E	O	F	E	S	U	M	R
E	B	T	S	B	R	N	N	A	S	U	S	T	H
G	A	G	E	G	I	N	T	I	S	N	G	N	L
I	L	O	E	H	T	R	W	A	X	I	N	G	G

CRESCENT
WAXING
NEW
FULL
HALF

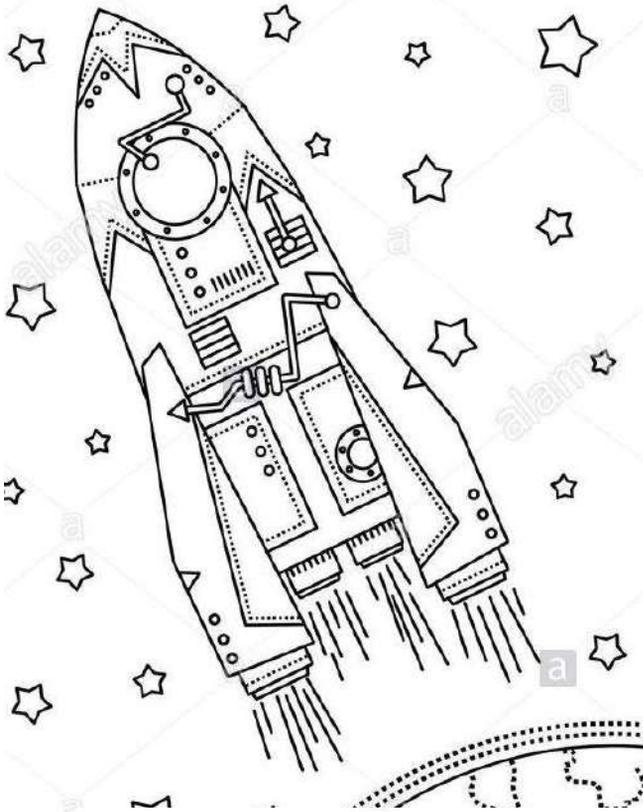
WANING
MOON
QUARTER
GIBBOUS
SUN
EARTH

Spot the difference

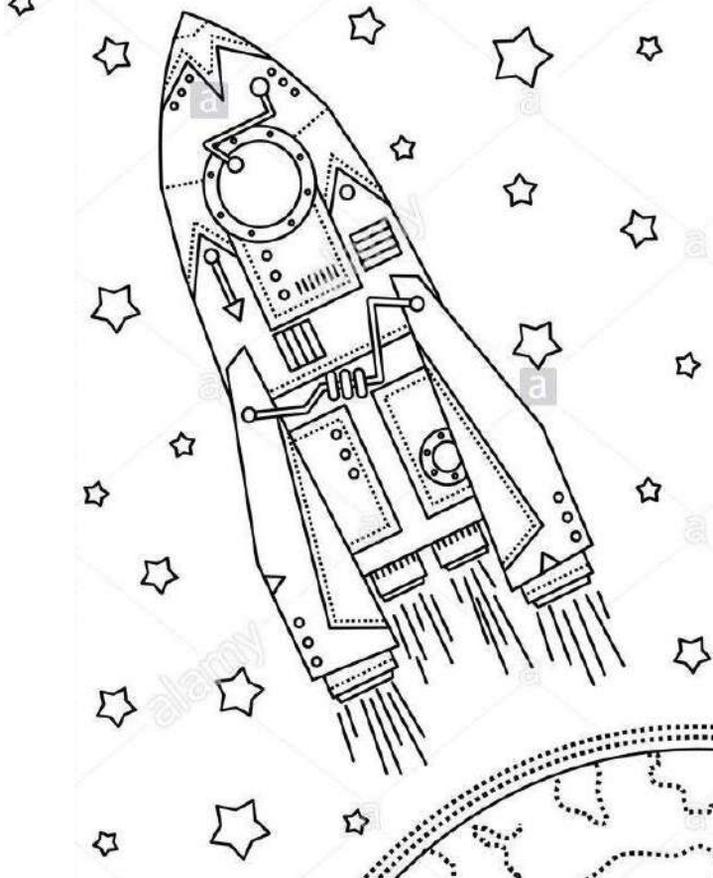


A full life for life

Can you find the 10 things missing from rocket scene? Circle them!



This is the correct picture



10 things missing on this picture

The Moon

by Robert Louise Stevenson

The moon has a face like the clock in the hall;
She shines on thieves on the garden wall,
On streets and fields and harbour quays,
And birdies asleep in the forks of the trees.

The squalling cat and the squeaking mouse,
The howling dog by the door of the house,
The bat that lies in the bed at noon,

All love to be out by the light of the moon.

But all of the things that belong to the day
Cuddle to sleep to be out of her way;
And flowers and children close their eyes
Till up the morning sun shall arise.

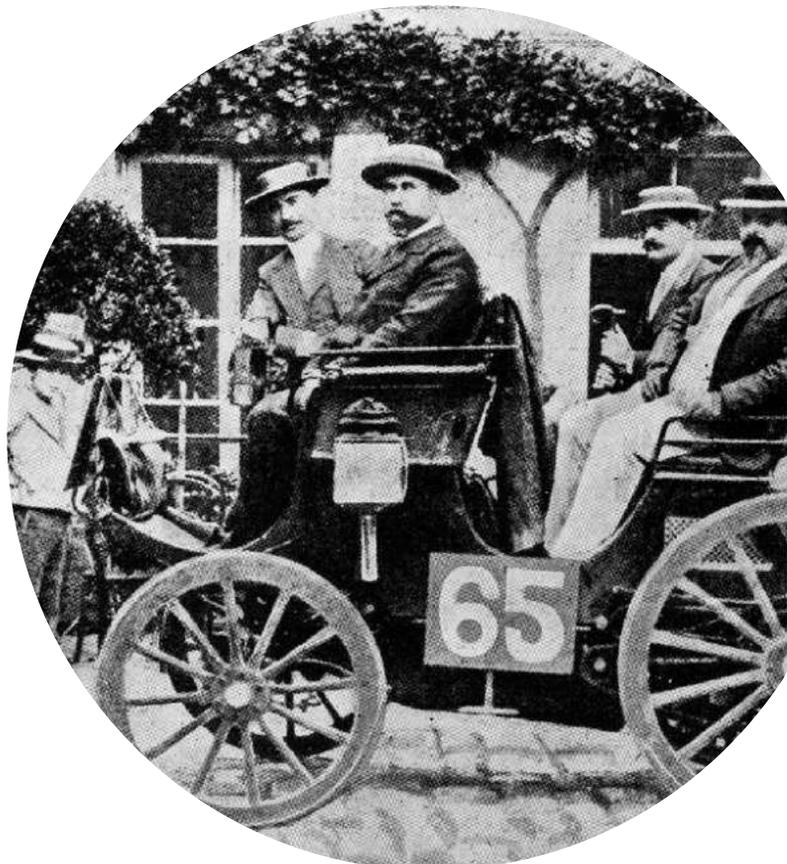
The First Ever Motor Race – The brief history

Paris–Rouen, *Le Petit Journal* Horseless Carriages Contest, was a pioneering city-to-city motoring competition in 1894 which is sometimes described as the world's first competitive motor race.

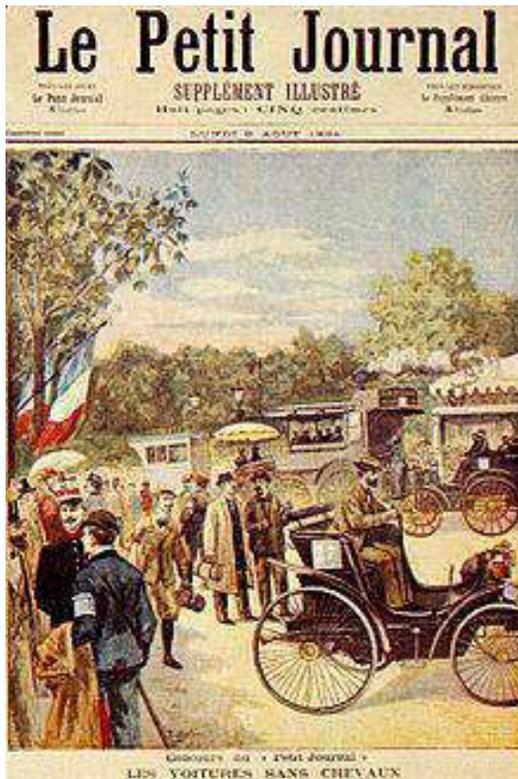
The contest was organised by the newspaper *Le Petit Journal* and run from Paris to Rouen in France on 22 July 1894. It was preceded by four days of vehicle exhibition and qualifying events that created great crowds and excitement. The eight 50 km (31 mi) qualifying events started near the Bois de Boulogne and comprised interwoven routes around Paris to select the entrants for the main 126 km (78 mi) event.

The first driver across the finishing line at Rouen was "*le Comte de Dion*" but he did not win the main prize because his steam vehicle needed a 'stoker' and was thus ineligible. The fastest petrol powered car was a 3 hp (2.2 kW; 3.0 PS)

Peugeot driven by Albert Lemaître. The premier prize, the 5,000 franc *Prix du Petit Journal*, for 'the competitor whose car comes closest to the ideal' was shared equally by manufacturers Panhard et Levassor and Les fils de Peugeot frères ("The sons of Peugeot brothers"), with vehicles that were 'easy to use'.



The First Motor Race In Pictures



The First Motor Race... The Facts

From 7 a.m. on July 22, 1894, the vehicles lined up on the starting grid at the Porte Maillot in the Paris district of Neuilly sur Seine, located right next to the Bois de Boulogne.

21 vehicles in total were approved for the race from Paris to Rouen.

They had to go through test drives on the three days before the final competition to qualify to take part in the long-distance race.

The start on the Boulevard Maillot was scheduled for "8 o'clock sharp". The steam tractor of Count de Dion with its single-axle passenger trailer in tow was the first vehicle to set off at 8.01 a.m., with the remaining vehicles following at intervals of 30 seconds.

The Story of The First Race

On the morning of Sunday, July 22, 1894, scores of eager spectators watched as the cars lined up near the Porte Maillot in preparation for the final heat. Chief among the onlookers was internal combustion pioneer Gottlieb Daimler, whose engine was being used to power the Panhard & Levassor and Peugeot vehicles. Shortly after 8 a.m., the machines rumbled to life and the world's first automotive competition got underway. As cars departed the starting area at 30-second intervals, fascinated spectators trailed alongside on horses, bicycles and on foot.

Describing the passing motor cars, Gottlieb Daimler's son Paul would later write, "It was a curious spectacle seeing these disparate vehicle types racing against each other: the stokers on the heavy steamers, dripping with perspiration and covered with soot...and then in contrast to all that the drivers of the petrol- and paraffin-powered cars sitting calmly in the driver's seat, operating a lever now and again, as if they were simply out for a pleasure trip—an utterly peculiar image of contrasts that has remained with me ever since."

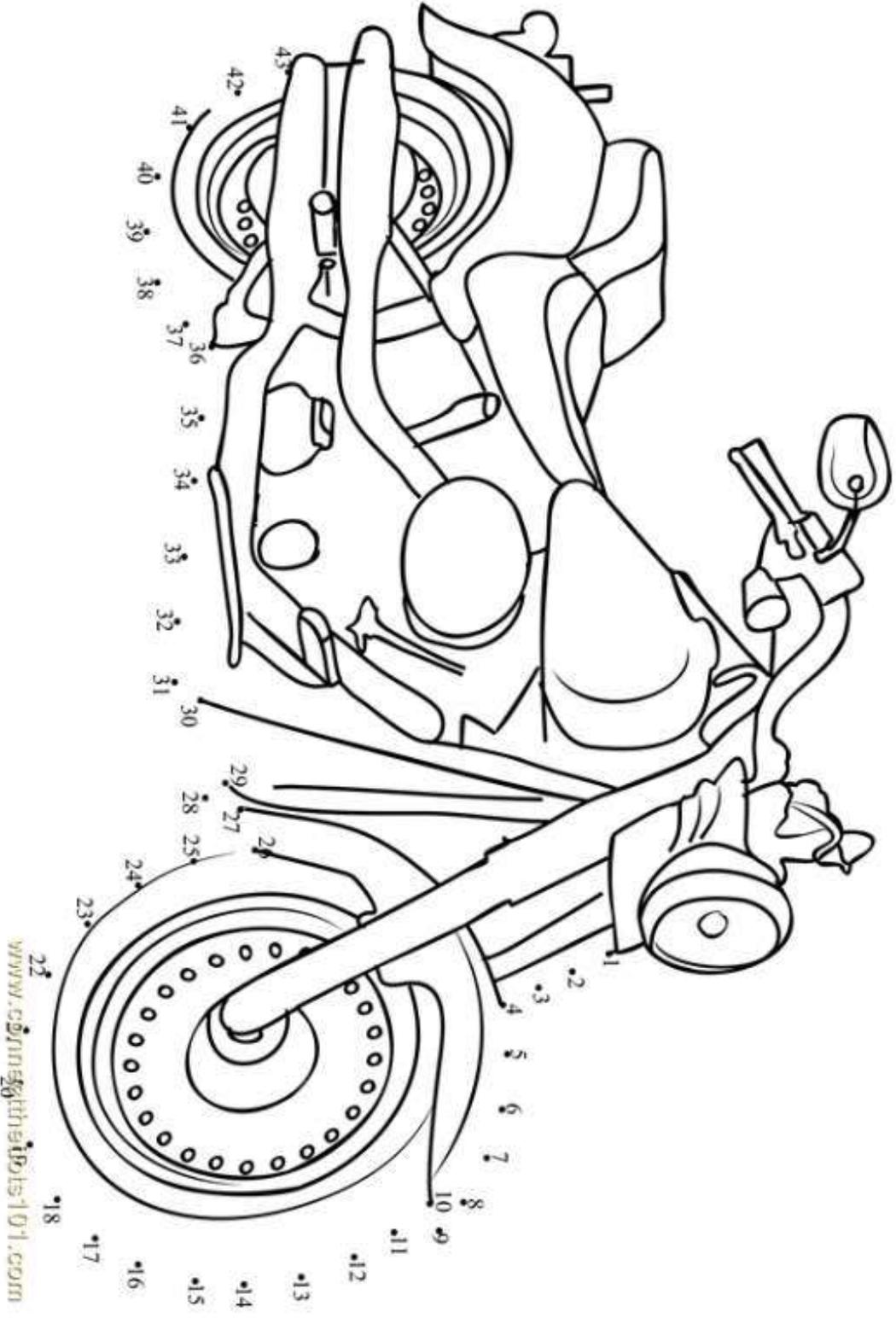
Seventeen of the original 21 racers eventually completed the

79-mile journey, with most arriving on the Champs de Mars in Rouen in the early to late evening. Despite his detour through the potato patch, the Count de Dion crossed the finish line first with a total time of six hours, 48 minutes and an average speed of around 12 miles per hour. Lemaitre arrived five minutes later in his Peugeot, followed by Doriot and then Paul Panhard and Emile Levassor.

At the awards ceremony the following day, the judges from Le Petit Journal decided to split first prize between the Peugeot and Panhard & Levassor cars, whose vehicles had demonstrated remarkable reliability. The judges singled out Gottlieb Daimler's engine for special praise, saying it had "turned petroleum or gasoline fuel into a practical solution" for powering automobiles. While he technically won the race, the Count de Dion only received second prize. His steam-powered tractor required a passenger to serve as an onboard stoker, which meant it failed the "ease of operation" test laid out in the competition rules.



Join the dots to draw your own motorbike



Rev up for some bike jokes...

Q: What kind of motorcycle laughs a lot?

A: A Yamahaha

Q: What do Harley riders eat all summer long?

A: Pop-cycles

Q: What do you call a Harley Davidson rider who drives all over the road?

A: A road hog.

Q: What did the Maine blueberry listen to when riding his motorcycle?

A: Born to be Wild.

Q: What do you call a pastor who rides a motorcycle?

A: Rev

Q: How do Harley Davidson owners greet their parents?

A: With hogs and kisses!



Born To Be Wild

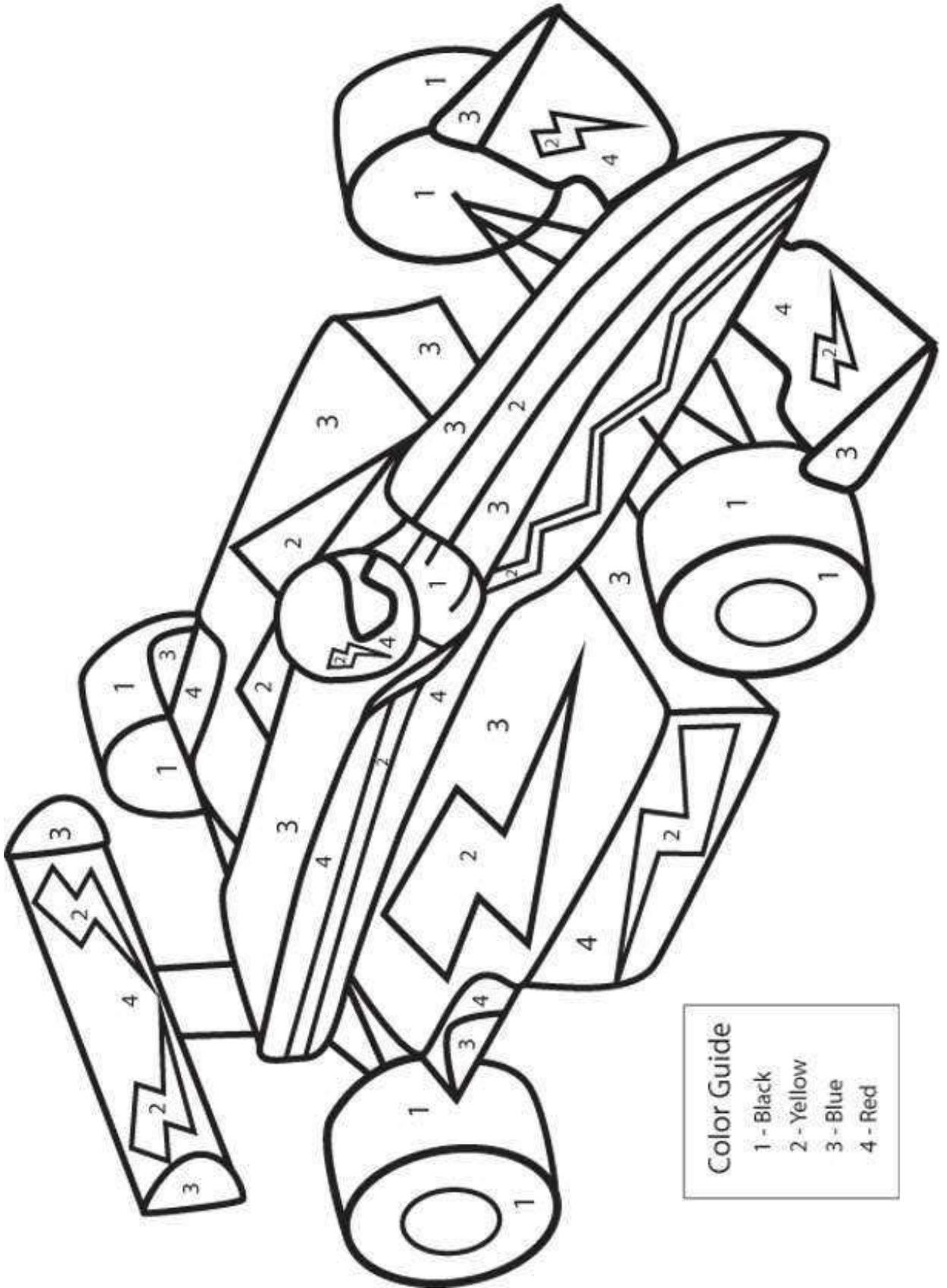
My name is Steam-punk Motorcycle.
My front looks like a steam-train engine;
my back looks like a top-notch Rolls Royce.
I am bound to be an attraction.

Come ride with me to the furthest
ends of this world. We will glide.
We are bound to have even more fun
than the duo called Bonnie and Clyde.

We will sing "Born to Be Wild" as we
ride through the highways of Germany,
Italy, Spain, Turkey, Egypt, Sudan,
and France. We will race in Tuscany.

We will do stunts on the beaches of
Los Angeles, and on those of Perth.
Try excelling yourselves at these stunts;
then only you can prove your true worth.

Colour by numbers



Color Guide

- 1 - Black
- 2 - Yellow
- 3 - Blue
- 4 - Red

Racing wordsearch

T R A C K O D C W I N N E R Z S M
 X R S P A L P H O A J D I R T P I
 F L A X H I M E D R J Q X E J O E
 V Q P I T B K C R F A A D Z A N W
 J I N S L C E K C M L N S K Z S O
 U H C G L E W E A L A X G O V O T
 Y F E T O D R R U P T P M E N R S
 M O T L O E Y E T J E I Z M W S A
 Q E H E M R O D I B M T K Q Z S F
 E N H A H E Y F O F O C P R Q E Y
 G S E R I T T L N K D R K J B N N
 A M Y Y I Q E A A H E E R L N I J
 H F R Y H Y U G K N L W U A T G R
 F N T J T R O P H Y E E R P C N G
 D X I S Y T N E V E S M A E T E F
 A W Q E J T R H D O O W Y L L O H
 X K S X V H U P Z Q F L A G M A N

Blue

Engine

Helmet

Late model

Race

Track

Winner

Caution

Fast

Hollywood

Orange

Sponsors

Trailer

Pits

Tires

Victory Lane

Checkered flag

Flag man

Jason

Pit Crewe

Team Seventy Six

Trophy

Dort

Hahne

Laps

week two

Activities themed around:

27th July – Beatrix Potter's Birthday (1866)

30th July – 1st Football World Cup (1930)

Did you know?

Here are some fun facts relating to themes from this week.

Beatrix Potter's Birthday

Peter Rabbit and friends were partly based on Beatrix Potter's own pets.

When Potter died in 1943 at the age of 77, she left 14 farms and 4000 acres of land in the Lake District to Britain's National Trust.



The First Football World Cup

The first World Cup was the only one without the qualification stage. Uruguay were the host country and went on to win! Argentina were the runners up.



Oomph!

A full life for life

A spot of history...

Beatrix Potter was born on 28 July 1866 in South Kensington, London. She lived a lonely life at home, being educated by a governess and having little contact with other people. She had many animals which she kept as pets, studying them and making drawings.

Her parents took her on three month summer holidays to Scotland, but when the house they rented became unavailable, they rented Wray Castle near Ambleside in the Lake District. Beatrix was 16 when they first stayed here. Her parents entertained many eminent guests, including Hardwicke Rawnsley vicar of Low Wray Church, who in 1895 was to become one of the founders of the National Trust.

His views on the need to preserve the natural beauty of Lakeland had a lasting effect on the young Beatrix, who had fallen in love with the unspoilt beauty surrounding the holiday home.

For the next 21 years on and off, the Potters holidayed in the Lake District. Rawnsley encouraged her drawings, and when back in London Beatrix made greetings cards of her pictures, and started a book. Rawnsley encouraged her to publish, and eventually

Frederick Warne published 'The Tale of Peter Rabbit' in 1902. Her third book, 'Squirrel Nutkin' had background views based on Derwentwater, Catbells and the Newlands valley. Fawe Park featured in 'The Tale of Benjamin Bunny'.

Beatrix Potter married William Heelis, a solicitor in Hawkshead, in 1913. Then started the next stage in her life, being a Lakeland farmer, which lasted for 30 years. The office of William Heelis is now the National Trust's 'Beatrix Potter Gallery'.

In 1934 she gave many of her watercolours and drawings of fungi, mosses and fossils to the Armit Library in Ambleside.



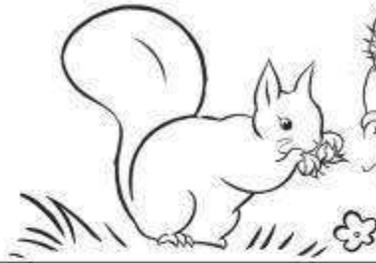
Dot-to-Dot

Join the dots to reveal Peter Rabbit.

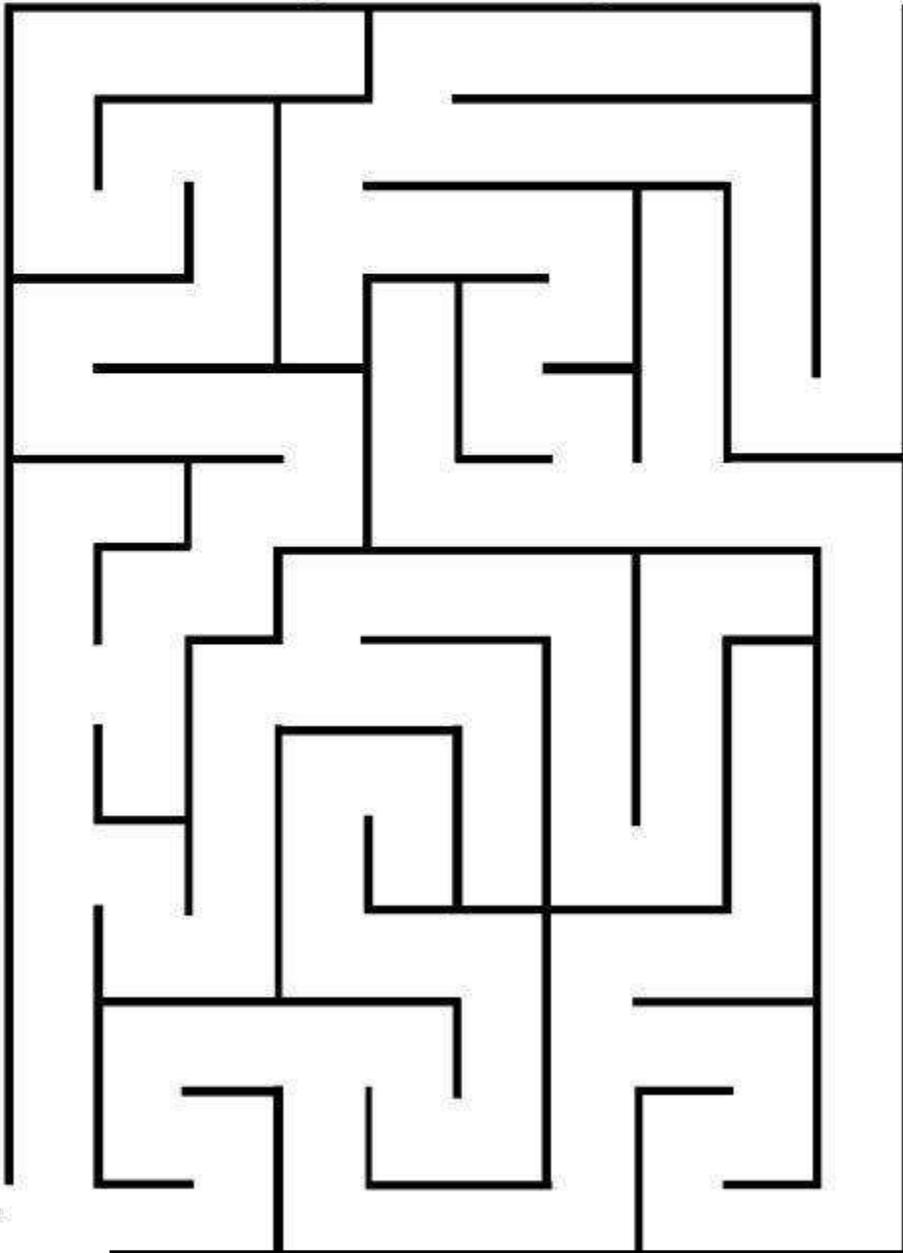


Beatrix Potter's Maze

Peter Rabbit is trying to find his way back to his friends. Can you help him?



END



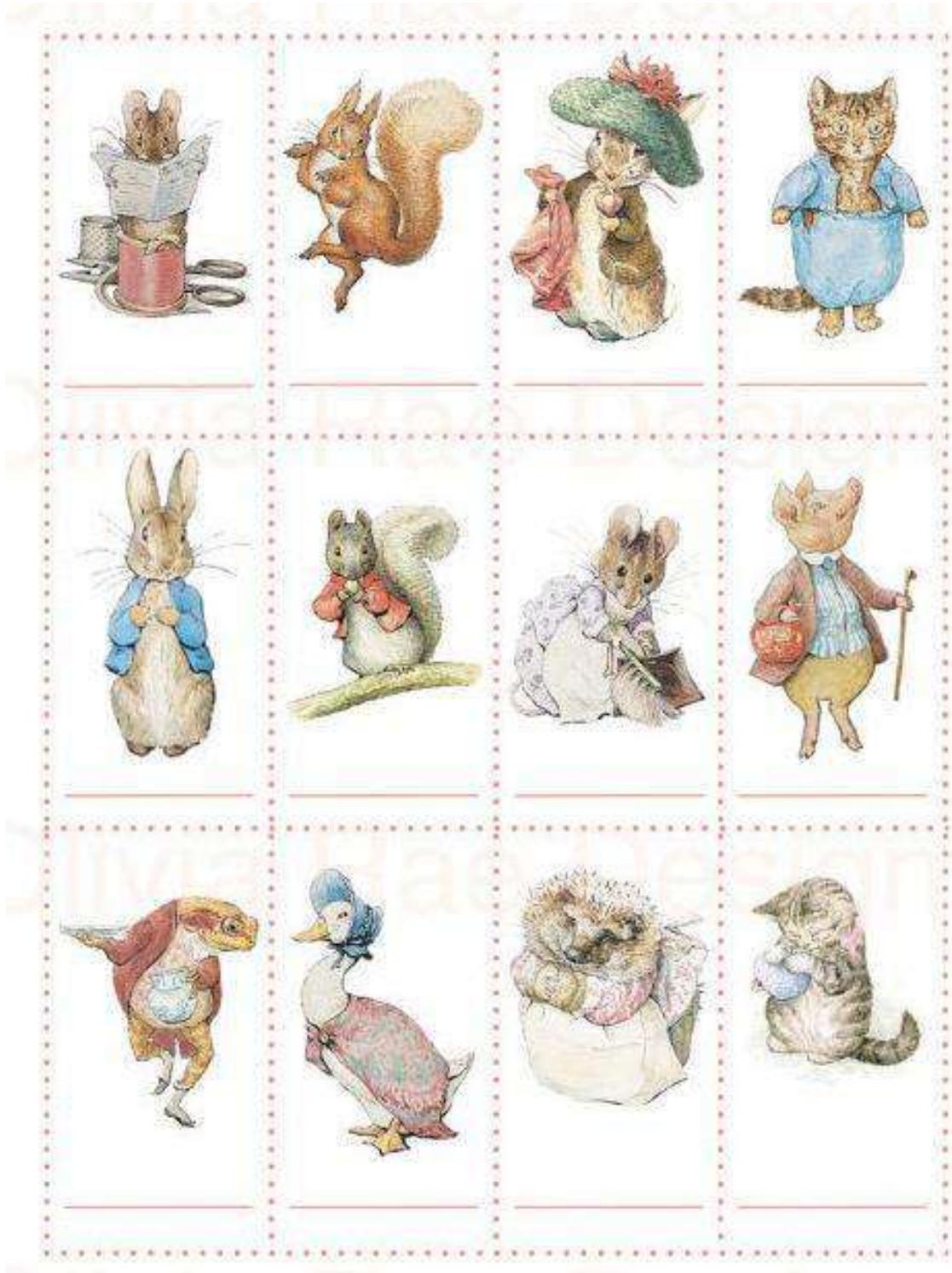
- START



Colouring Page



Name The Character



A few clues....

Peter Rabbit
Squirrel nutkin
Mrs Tiggy-Winkle
Jemima Puddleduck

Tom Kitten
Jeremy Fisher
Timmy Tiptoes
Benjamin Bunny

Write a letter to your loved one



We Have a Little Garden

By Beatrix Potter

We have a little garden,
A garden of our own,
And every day we water there
The seeds that we have sown.
We love our little garden,
And tend it with such care,
You will not find a faded leaf
Or blighted blossom there.

Colour in this picture of Mrs Tiggy Winkle



World Cup

A brief history...

OOMP!
A full life for life



First World Cup

The first competition for the cup was organized in 1930 by the Fédération Internationale de Football Association (FIFA). It took place in Uruguay from 13 to 30 July 1930 and was won by: (circle one)

a) France b) Uruguay c) Italy

Frequency & Format

The World Cup has been held every 4 years since 1930 except during World War II.

The competition consists international sectional tournaments leading to a final elimination event (World Cup), made up of 32 National teams

Trophies

The World Cup is a gold trophy that is awarded to the winners of the FIFA World Cup. There have been two trophies:

- 1) Jules Rimet Trophy**
1930 – 1970
- 2) FIFA World Cup Trophy**
1974 - present

Final Results

Here are the results since 1930.

Can you fill in the missing winners & losers?



A full life for life

Year	Result			
1930	Uruguay	4	2	Argentina
1934	Italy (won after extra time)	2	1	Czechoslovakia
1938	_ _ t _ _ _ _	4	2	Hungary
1950	U _ _ _ _ u _ _	2	1	Brazil
1954	West Germany	3	2	_ _ u _ _ _ a _ _
1958	Brazil	5	2	S _ _ _ _ e _
1962	B _ _ _ _ l	3	1	Czechoslovakia
1966	E _ _ _ _ _ _ _ (won after extra time)	4	2	West Germany
1970	Brazil	4	1	Italy
1974	West Germany	2	1	Netherlands
1978	Argentina (won after extra time)	3	1	Netherlands
1982	Italy	3	1	West Germany
1986	_ _ r _ _ _ _ t _ n _	3	2	West Germany
1990	West Germany	1	0	Argentina
1994	Brazil (won on penalties)	0	0	I _ _ _ _ _
1998	_ _ r _ _ _ _ e	3	0	Brazil
2002	Brazil	2	0	_ _ e r _ _ _ _ _
2006	Italy (won on penalties)	1	1	France
2010	S _ _ _ _ n (won after extra time)	1	0	Netherlands
2014	Germany (won after extra time)	1	0	Argentina
2018	France	4	2	C _ _ _ _ t _ a

Flags of Winners

Have a go at matching the flag to the country.
Draw a line to connect the two.



Spain

Uruguay

France

Italy

Argentina

Germany

England

Brazil

Golden Boot

A brief history



The Golden Boot

The Golden Boot or Golden Shoe Award goes to the top goal scorer of the FIFA World Cup.

While every World Cup had a ranking of the goal scorers, the first time an award was given was in: (circle one)

1) 1982 2) 1970 3) 1958

under the name Golden Shoe.

Most Goals Scored

The record for the most goals at a single World Cup is: (circle one)

1) 8 2) 11 3) 13

by Frenchman Just Fontaine in 1958, which he achieved in six games.

1962 Golden Boot

In 1962, 6 players shared the award with 4 goals each:

-  Flórián Albert
-  Valentin Ivanov
-  Garrincha
-  Vavá
-  Dražan Jerković
-  Leonel Sánchez

World Cup Sticker albums

A few times each decade, the world gathers in a specific location to crown a soccer champion at the FIFA World Cup. For collectors, this high-profile tournament takes on added importance because of the World Cup sticker cards and albums. These sticker cards give the global audience something tangible to collect, no matter how their team plays. Here are some of the covers from the earliest sticker albums.

1950 Album "Balas Futbol"

Each team had 11 player stickers



1954 Album

"Fussball Welt Meisterschaft"

This album was published after the World Cup



1962 Album "Calcio Mondiale"

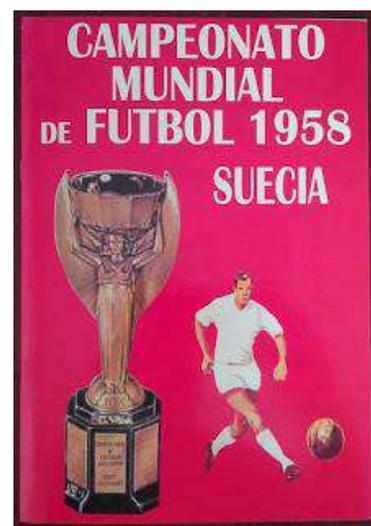
Each team had at least 11 player stickers



1958 Album

"Campeonato Mundial de Futbol 1958 Suecia"

Each team had 16 player stickers

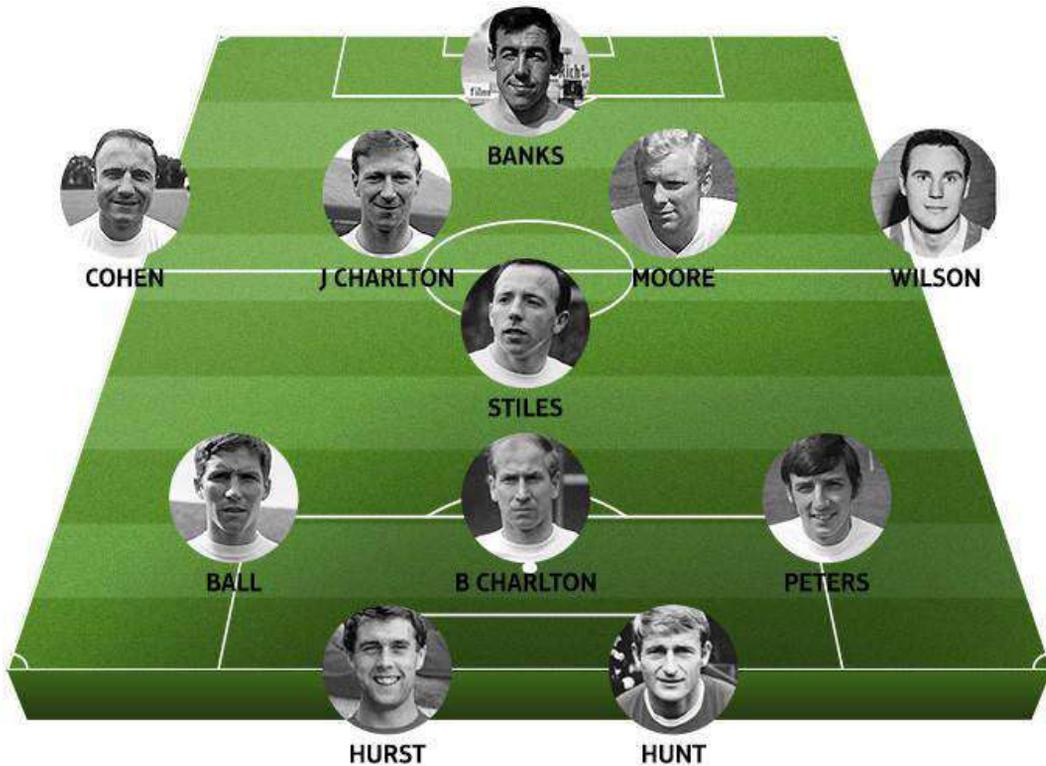


The Dream Team



A full life for life

1966 England win the World Cup...



And here it is, that line-up in full. Complete the missing letters to reveal which clubs they played for in England...

Shirt #	Player	English Club they played for
1	Gordon Banks	L _ _ _ e s _ _ _
2	George Cohen	F _ _ H _ _
3	Ray Wilson	_ v _ _ t _ n
4	Nobby Stiles	M _ _ U _ _ t _ d
5	Jack Charlton	L _ _ _ s
6	Bobby Moore	W _ _ t H _ _
7	Alan Ball	B _ _ c _ p _ _ _
9	Bobby Charlton	_ a n _ n i _ _ d
10	Geoff Hurst	W _ s _ _ a m
16	Martin Peters	_ e _ t h _ _
21	Roger Hunt	_ i v _ _ _ o o _

Spot of Colour

Unleash your inner artist and have a go at bringing the following image to life by adding some colour.



Spot of Colour



A full life for life

Unleash your inner artist and have a go at bringing the following image to life by adding some colour.



World Cup Trivia

Answer Sheet

First World Cup won by Uruguay

World Cup Winner & Losers

1938 Italy
1950 Uruguay
1954 Hungary
1958 Sweden
1962 Brazil
1966 England
1986 Argentina
1994 Italy
1998 France
2002 Germany
2010 Spain
2018 Croatia

Golden Boot awarded in: 1982

Most goals scored: 13



Argentina



Brazil



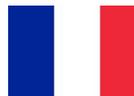
Germany



England



Spain



France



Uruguay



Italy

Dream Team Line Up

1 Gordon Banks, **Leicester**
2 George Cohen, **Fulham**
3 Ray Wilson, **Everton**
4 Nobby Stiles, **Man United**
5 Jack Charlton, **Leeds**
6 Bobby Moore, **West Ham**
7 Alan Ball, **Blackpool**
9 Bobby Charlton, **Man United**
10 Geoff Hurst, **West Ham**
16 Martin Peters, **West Ham**
21 Roger Hunt, **Liverpool**

week three

Activities themed around:

4th Aug – Elvis released 'Hound Dog' in 1952

9th Aug – Big Ben in Westminster cast the Great bell in 1856

Did you know?

Here are some fun facts relating to themes from this week.

Elvis Presley released the classic song "Hound Dog" in 1952 and it was number one on the charts for seven weeks!



The main bell, officially known as the Great Bell but better known as Big Ben, is the largest bell in the tower and part of the Great Clock of Westminster. It sounds an E-natural. The original bell was a 16 ton (16.3-tonne) hour bell, cast on 6 August 1856 in Stockton-on-Tees by John Warner & Sons.



Oomph!

A full life for life

Elvis through the years



January 8, 1935

In Tupelo, Mississippi, shortly before dawn, in a two-room house built by her husband, Vernon Presley, and her brother-in-law, Gladys Presley gives birth to twin sons. The first, Jessie Garon, is born stillborn. The second, Elvis Aaron, is born alive and healthy. Elvis would be their only child.



1948 - 1953

Elvis and his parents live in public housing or low rent homes in the poor neighborhoods of north Memphis. Life continues to be hard. Vernon and Gladys go from job to job and Elvis attends L.C. Humes High School.

Elvis Presley wears his high school ROTC uniform in Memphis, Tennessee, circa 1955.



Elvis through the years



Elvis Presley
poses with
his parents,
Vernon and
Gladys, circa
1956.



Elvis Presley
poses in a
car, circa
1956.

Elvis Presley and
Priscilla Beaulieu
Presley celebrate
on their wedding
day in Las Vegas
on May 1st,
1967



Elvis through the years

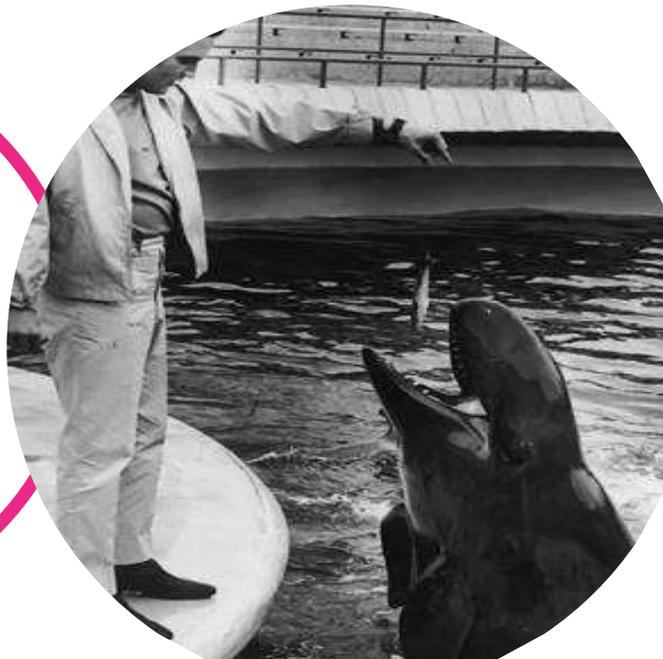


Elvis Presley performs during his *Elvis* special, known as the "68 Comeback," at NBC Studios in Burbank, California.



Elvis and Priscilla Presley play with their daughter, Lisa Marie, at home.

Elvis Presley feeds a pair of whales during a visit to Marine land of the Pacific at Longs Point, California in December 1969.



Elvis through the years



Elvis Presley visits President Richard Nixon at the White House in Washington, D.C. on December 21st, 1970.

Elvis Presley performs at the Nassau Coliseum in New York in July 1975.



Elvis Presley is interviewed in September 1972 during pre-promotion for his televised concert *Elvis: Aloha From Hawaii*.

Elvis Presley Jailhouse Rock Lyrics



The warden threw a party in the county jail.
The prison band was there and they began to wail.
The band was jumpin' and the joint began to swing.
You should've heard those knocked out jailbirds sing.

Let's rock, everybody, let's rock.

Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Spider Murphy played the tenor saxophone,
Little Joe was blowin' on the slide trombone.
The drummer boy from Illinois went crash, boom, bang,
the whole rhythm section was the Purple Gang.

Let's rock, everybody, let's rock.

Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Number forty-seven said to number three:

'You're the cutest jailbird I ever did see.

I sure would be delighted with your company,
come on and do the Jailhouse Rock with me.

Let's rock, everybody, let's rock.

Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

The sad sack was a sittin' on a block of stone
way over in the corner weepin' all alone.
The warden said, 'Hey, buddy, don't you be no square.
If you can't find a partner use a wooden chair.

Let's rock, everybody, let's rock.

Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Shifty Henry said to Bugs, 'For Heaven's sake,
no one's lookin', now's our chance to make a break.

Bugsy turned to Shifty and he said, Nix nix,
I wanna stick around a while and get my kicks.

Let's rock, everybody, let's rock.

Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Recorded: 1957/04/30, first released on single

Celebrate Elvis

By colouring in his picture

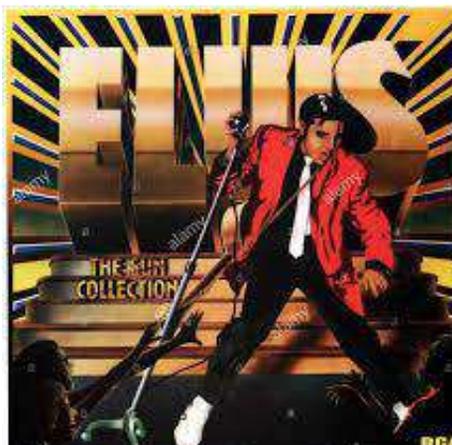
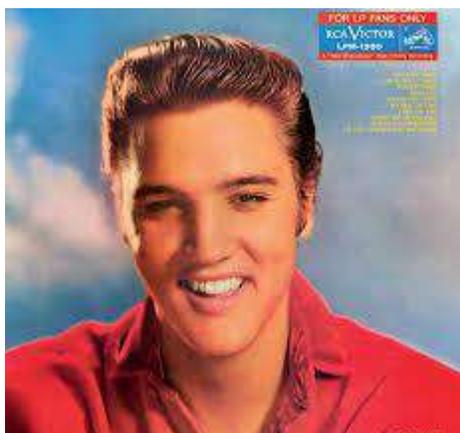
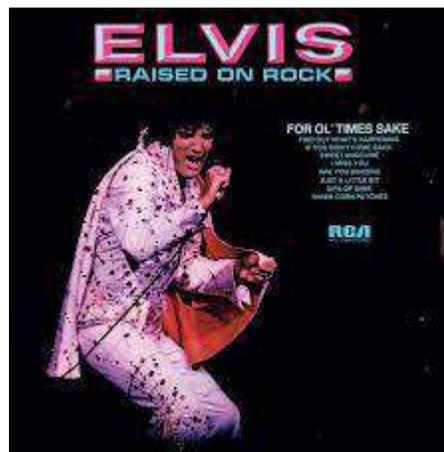
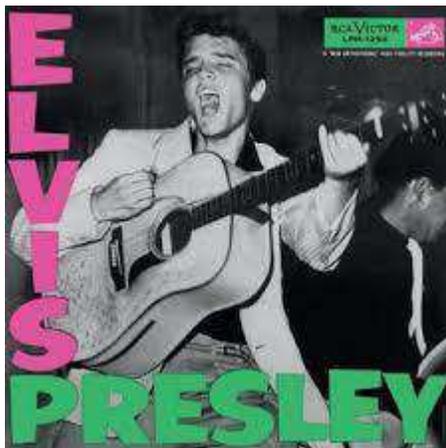
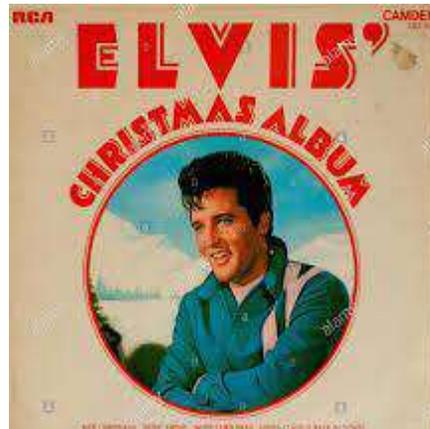
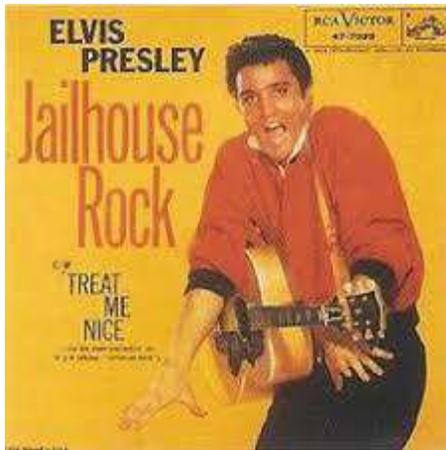


The Elvis sandwich

The Peanut Butter and banana sandwich, or peanut butter, banana and bacon sandwich, sometimes referred to as an Elvis sandwich or simply the Elvis, consists of toasted bread slices with peanut butter, sliced or mashed banana, and sometimes bacon. Honey is seen in some variations of the sandwich. The sandwich is frequently cooked in a pan or on a griddle. The recipe for the sandwich has been published in numerous cookbooks and newspaper stories. It is sold commercially in restaurants that specialise in peanut butter sandwiches, such as Peanut Butter & Co.



Elvis albums



Elvis Presley wordsearch

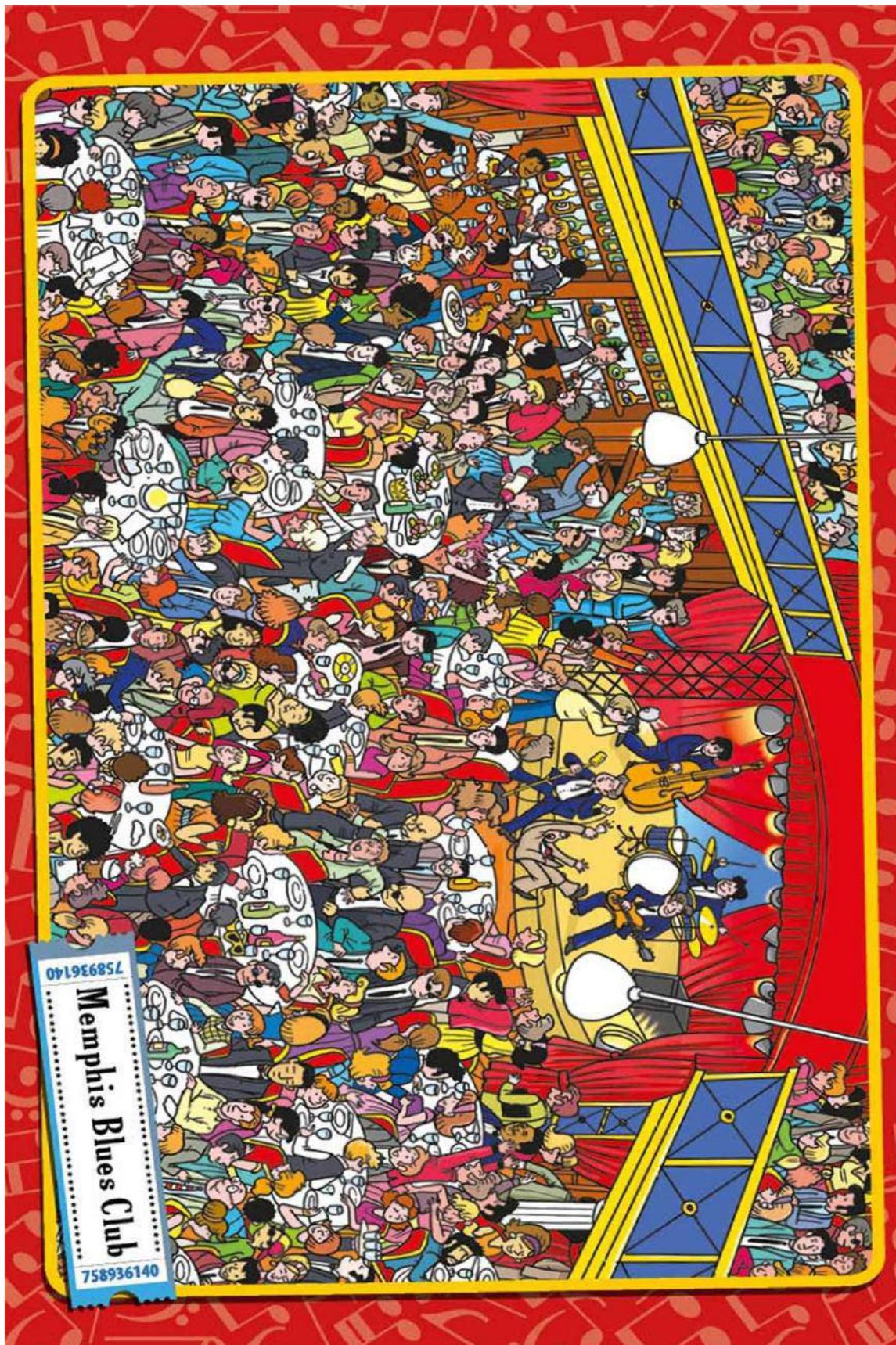
S	L	K	A	L	I	I	Y	V	R	A	T	O	E
J	E	E	E	O	O	E	Y	R	E	U	L	L	C
A	L	N	E	O	U	V	M	C	N	L	N	L	A
I	V	T	R	E	O	E	E	U	F	O	I	E	R
L	I	U	E	N	H	L	S	M	N	O	T	Z	G
H	S	C	V	E	W	G	A	E	E	V	T	N	G
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C	Y	H	O	U	N	D	D	O	G	I	I	F	M
K	T	U	T	T	I	F	R	U	I	T	T	I	E

BLUE MOON
AMAZING GRACE
MY WAY
TUTTI FRUITY
FEVER
KENTUCKY RAIN
MEMORIES

ELVIS PRESLEY
JAILHOUSE ROCK
HOUND DOG
LOVE ME
C.C. RIDER
GUITAR MAN
LISA MARIE

Help find Elvis

In this picture



The style of Elvis

Elvis dons head-to-toe leather for his comeback special



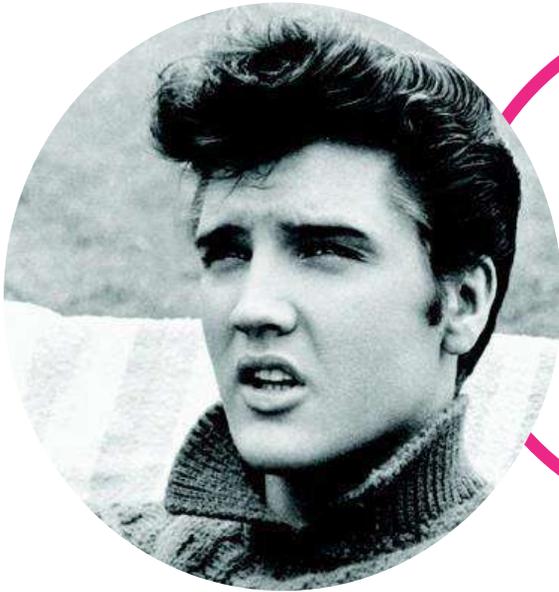
Elvis's pink rhinestone-studded jumpsuit, made for the King by Nudie Cohn.

By the mid 1960s, Elvis was having a major image crisis.

By starring in a string of predictable musical comedies, Elvis had become alienated from the youth culture. Just as others were writing him off, Elvis set the record straight with the '68 Comeback Special concert – donning this white, plantation suit for his legendary career resurrection.



The style of Elvis



Elvis sporting his famous pompadour hairstyle. The timeless style continues to influence contemporary performers.



These are Elvis's famous glasses! Elvis was photographed wearing the glasses on multiple occasions, including on his last summer vacation in Hawaii in 1977. The glasses sold at auction in Los Angeles for a record-breaking \$159,900... The highest price ever paid at auction for a pair of the King's specs.

In the early 1970s, Elvis' simpler suits weighed 25 pounds. In the later years, Elvis' intricately embroidered and jeweled suits weighed up to 75 pounds – the average weight of an 11 year old boy. Imagine wearing (and performing in!) clothes that heavy. When asked about Elvis' most expensive jumpsuit, the designer, Bill Belew, answered "The American Eagle which at the time cost approx. \$65,000. To make the same suit today it would be 4 times that amount.



Quiz time

	Question	Write your answer here
1	Where was Elvis born?	
2	When Elvis was 13 years old, he and his family relocated to where?	
3	His music career began there in 1954, when he recorded a song with whom?	
4	Elvis was an early populariser of what kind of music?	
5	What is rockabilly?	
6	What was Presley's first RCA single?	
7	When was Heartbreak Hotel released?	
8	What did Elvis devote much of the 1960s to?	
9	In November 1956, he made his film debut in what movie?	
10	What happened to Elvis in 1958?	

Answers: 1) Tupelo, Mississippi. 2) Memphis, Tennessee. 3) Producer Sam Phillips at Sun Records. 4) Rockabilly. 5) An up-tempo, backbeat-driven fusion of country music and rhythm and blues. 6) Heartbreak Hotel. 7) In January 1956. 8) Making Hollywood films and their accompanying soundtrack albums. 9) Love Me Tender. 10) He was drafted into military service.

Big Ben – The Great bell

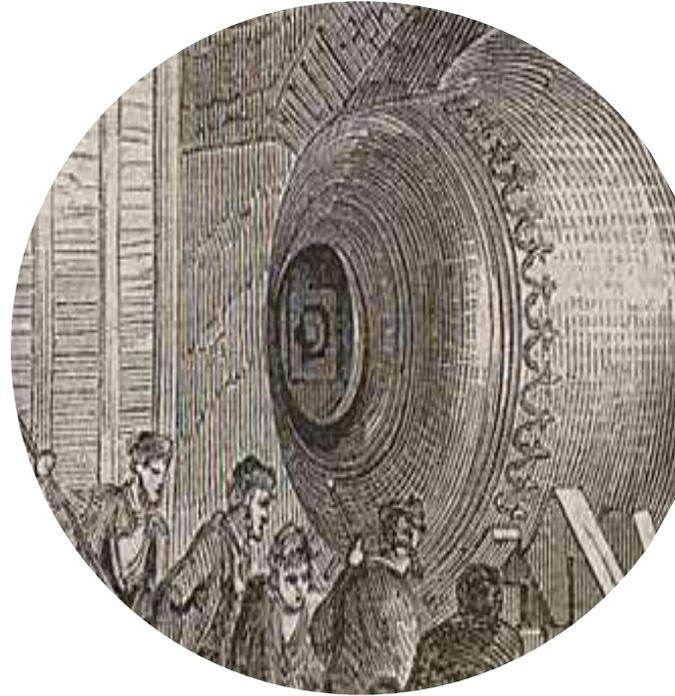
Officially, the Elizabeth Tower's bell is called the Great Bell though it is better known by the name 'Big Ben'.

There are two theories for this name's origin. These are that the Great Bell was:

- Named after Sir Benjamin Hall, First Commissioner for Works 1855-1858
- Named after Ben Caunt, a champion heavyweight boxer of the 1850s

The first theory is thought to be the most likely.

The name 'Big Ben' is often associated with the Elizabeth Tower and the Great Clock as well as the Great Bell. It was to the Great Bell that the name originally was given.



Making The Bell

Warners of Norton near Stockton-on-Tees cast the new bell in August 1856. It was transported by rail and sea to London. On arrival at the Port of London, it was placed on a carriage and pulled across Westminster Bridge by 16 white horses.

The bell was hung in New Palace Yard. It was tested each day until 17 October 1857 when a 1.2m crack appeared. No-one would accept the blame. Theories included the composition of the bell's metal or its dimensions. Warners blamed Denison for insisting on increasing the hammer's weight from 355kg to 660kg.



Continued....

Warners asked too high a price to break up and recast the bell so George Mears at the Whitechapel Foundry was appointed. The second bell was cast on 10 April 1858.

This bell was 2.5 tonnes lighter than the first. Its dimensions meant it was too large to fit up the Elizabeth Tower's shaft vertically so Big Ben was turned on its side and winched up. It took 30 hours to winch the bell to the belfry in October 1858. The four quarter bells, which chime on the quarter hour, were already in place.

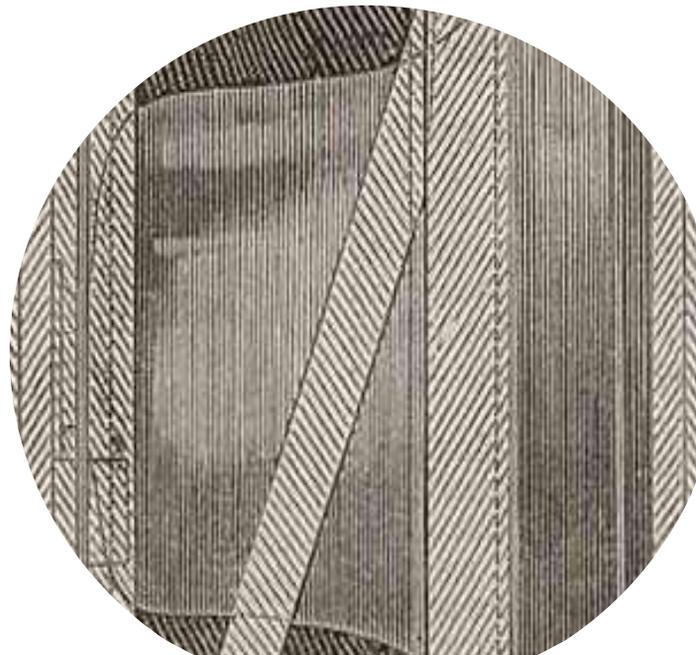
Big Ben rang out on 11 July 1859 but its success was short-lived. In September 1859, the new bell also cracked and Big Ben was silent for four years. During this time, the hour was struck on the fourth quarter bell.

Fixing The Great Bell

In 1863, a solution was found to Big Ben's silence by Sir George Airy, the Astronomer Royal.

Big Ben was turned by a quarter turn so the hammer struck a different spot and the hammer was replaced by a lighter version.

A small square was cut into the bell to prevent the crack from spreading. The total cost of making the clock and bells and installing them in the Elizabeth Tower reached £22,000. Apart from occasional stoppages Big Ben has struck ever since.

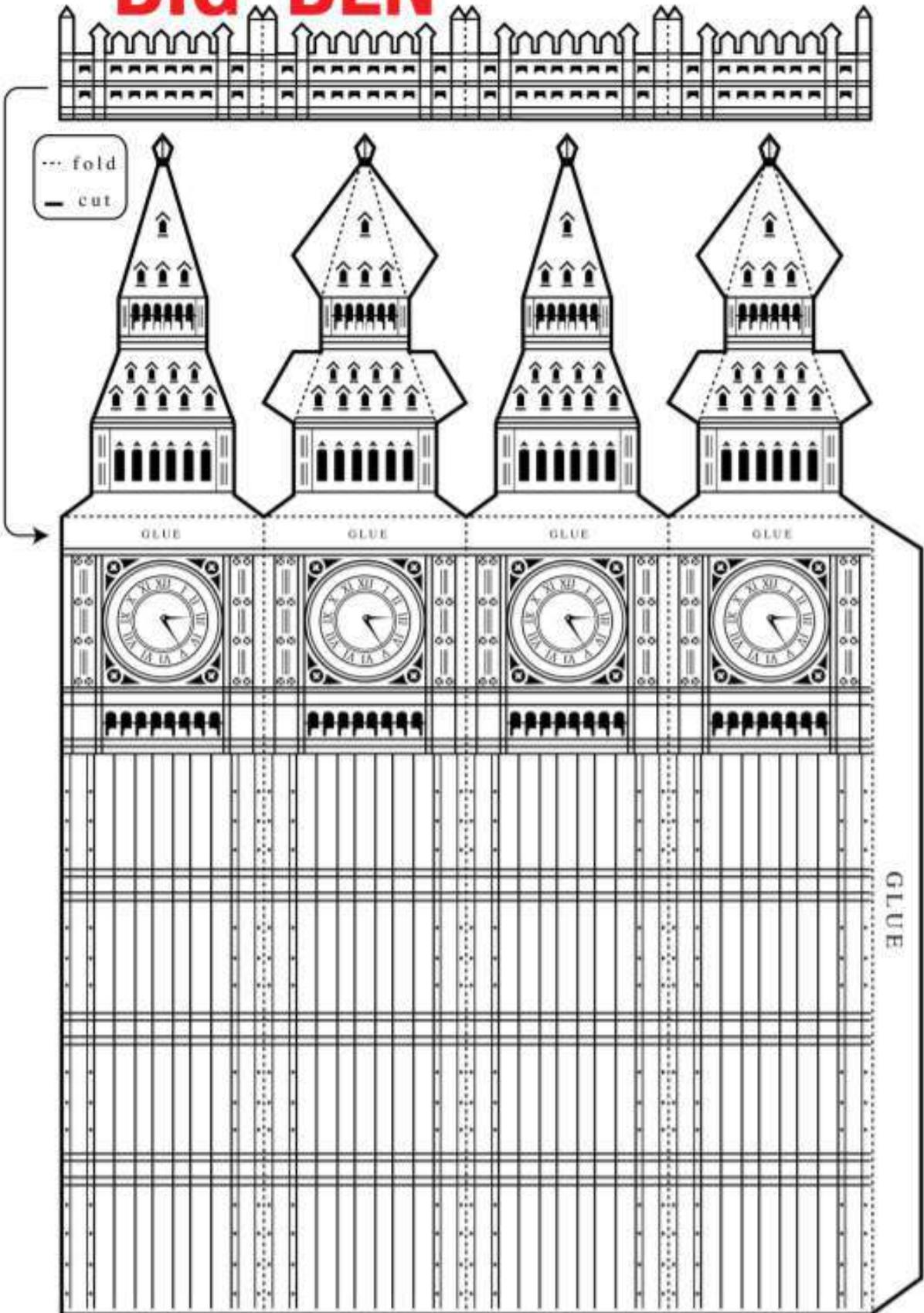


Cockney Rhyming Slang

Cockney rhyming slang	What it means	In a sentence
Apples and pears	Stairs	Get yer Bacons up the Apple and pears
Army and Navy	Gravy	Pass the army son
Artful Dodger	Lodger	I've got an Artful to help pay the rent
Bacon eggs	Legs	What a lovely set of Bacons
Barn Owl (Barney)	Row (argument)	'Ad a Barney with me Artful 'cos 'e refused to give me my Ayrton's
Barnet fair	Hair	She's just got her Barnet chopped
Bread and honey	Money	He's got load of Bread
Brown bread	Dead	He's Brown bread
Bubble bath	Dead	You're 'avin a Bubble
Butcher's hook	Look	Take a Butcher's at that!
Boat race	Face	Hit 'im in the Boat

Create your own Big Ben

BIG BEN



Big Ben gets a bath

People from all over the world come to London and visit Big Ben but one week this August, they would have seen an unusual sight!

Five highly-trained abseiling experts started cleaning all four clock faces on 18th August. It will be the clock's first scrub for 4 years. Experts think it will take a week to complete the cleaning so long as the weather stays fine.

The Houses of Parliament clock (nicknamed Big Ben), which was built in 1859, will also be checked for damage to the dials. Each clock face is made up of 312 pieces of opal glass, which must be treated carefully. The hands of the clock were made in copper because it is lighter than other metals.

To keep the climbing cleaners safe, the clock's hands have been frozen in the midday position.

Did you know...

Big Ben's real name is the Great Clock of Westminster which is at the top of the Elizabeth Tower (named after the Queen). The Elizabeth Tower is part of the Houses of Parliament.

1. Where is Big Ben? _____
2. Over 250 pieces of glass are used in Big Ben. True or false?

3. What material was chosen to make the hands of the clock and why?

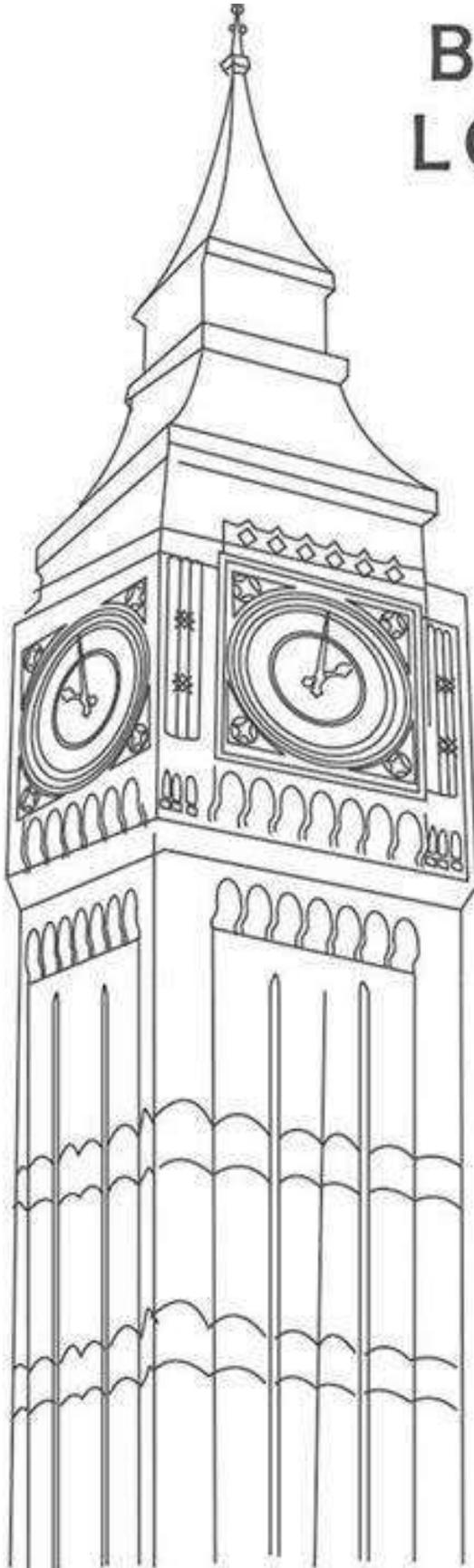
4. How have they made sure the cleaners will not be in danger?

5. How many days will it take to finish the job?

6. What is the correct name for the building the clock is at the top of?

Big Ben Colouring

BIG BEN LONDON



England wordsearch



QUEEN

ST GEORGE

LONDON

BUCKINGHAM

BIG BEN

HOUSES OF PARLIAMENT

TOWER OF LONDON

LONDON BRIDGE

UNDERGROUND

SHAKESPEARE

FISH AND CHIPS

RED POST BOX

ROBIN HOOD

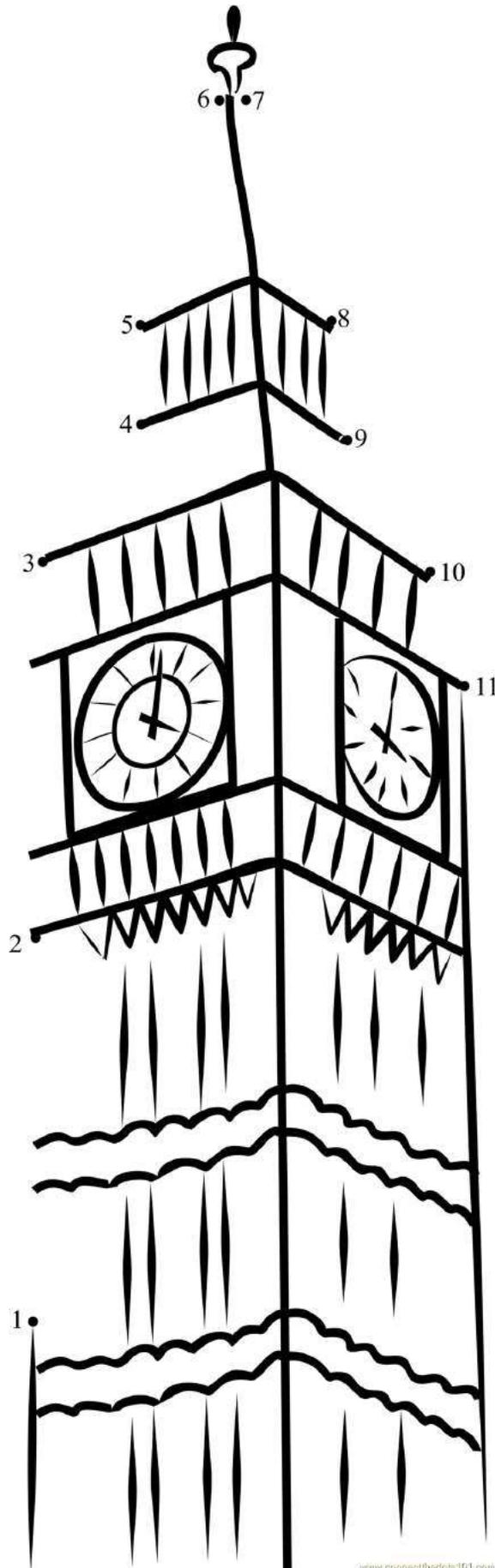
KING ARTHUR

STONEHENGE

Big Ben dot to dot



A full life for life



Around London

We're gonna take a bus,
We're gonna have a trip
Across and through the capital
On foot and by the ship

Attention! Here is London,
We're going by Big Ben,
The landmark of the city
It's striking half past ten.

Look at St Paul's Cathedral,
It's marvellous and great!
We're on the double-decker
That is number eight.

And this is London's Tower
A home of kings and queens.
It's guarded by black ravens
And ghosts of some kings.

Shake hands with Sherlock Holmes,
He lived at Baker Street,
And bow to Mr. Nelson.
The pride of English fleet.

Whatever the weather,
No matter sun or sleet,
You'll not forget my London
You'll fall in love with it!

week four

Activities themed around:

10th – 16th Aug – National Allotment Week

15th Aug – National Relaxation Day

Did you know?

Here are some fun facts relating to themes from this week.

National Allotment Week started in 2002 as a way of raising awareness of allotments and the role they play in helping people to live healthier lifestyles, grow their own food, develop friendships and bolster communities



National Relaxation Day on August 15th encourages us to slow down and unwind. It's a day to focus on taking care of ourselves and take a moment to relax.

National Relaxation Day is an important day as we all need a break from the fast-paced and often hectic lifestyles we live. Taking time to recuperate and rejuvenate our tired minds and bodies may help prevent many health risks.



Oomph!

A full life for life

Vegetable fun facts

Bell peppers are usually sold green, but they can also be red, purple or yellow.

Tomatoes are very high in the carotenoid Lycopene; eating foods with carotenoids can lower your risk of cancer.

Other vegetables high in carotenoids are carrots, spinach, sweet potatoes, and collard greens.

Most of the nutrients in a potato reside just below the skin layer.

A horn worm can eat an entire tomato plant by itself in one day!

White potatoes were first cultivated by local Indians in the Andes Mountains of South America.

Yams and sweet potatoes are not the same thing!

A baked potato (with skin) is a good source of dietary fibre (4 grams).

Actually a fruit, it took a ruling by the Supreme Court in 1893 to make the tomato a vegetable.

Potatoes first appeared in Europe in 1586; they made it to North America in 1719.

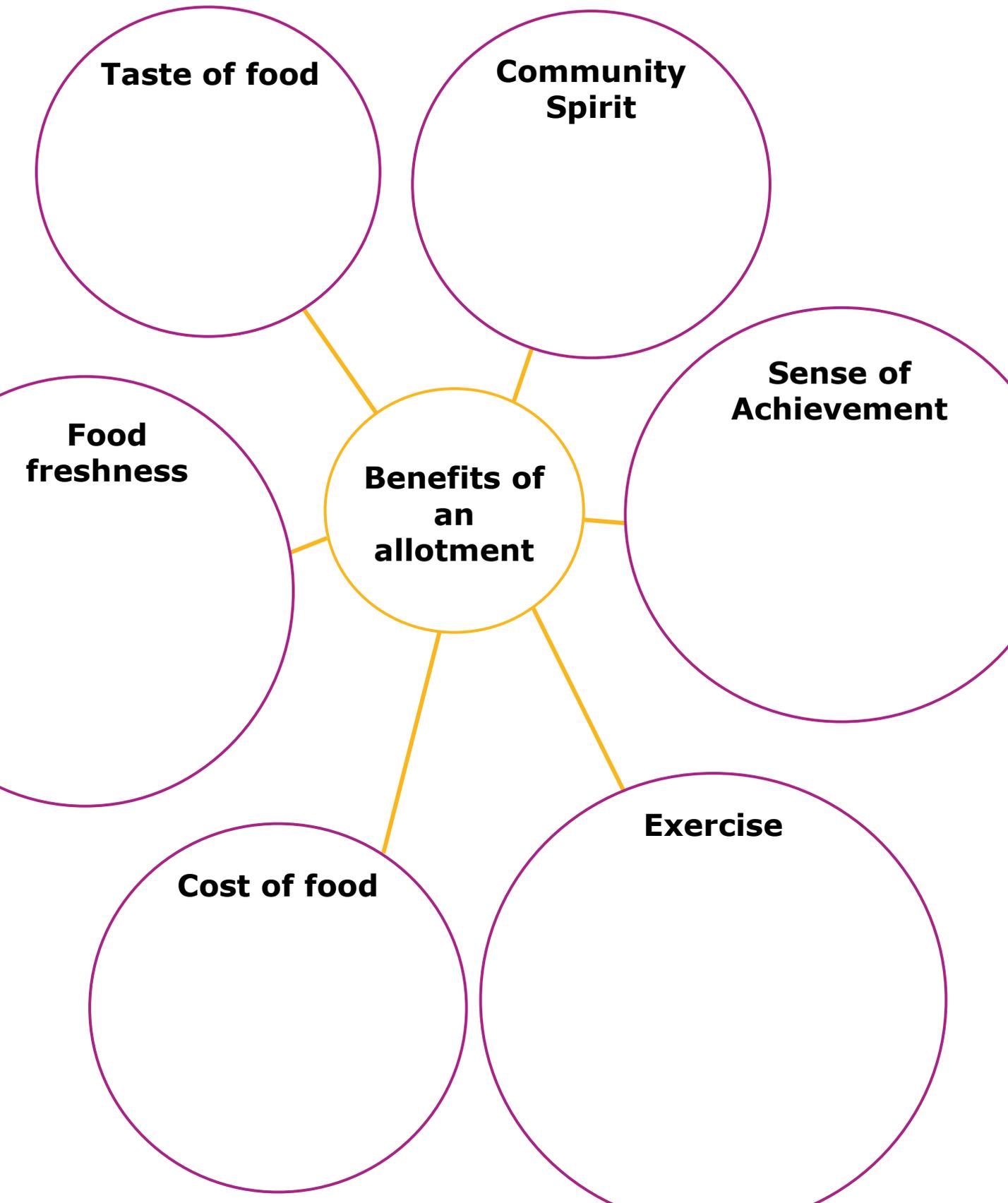
It is recommended that you eat five servings of fruit or vegetables a day. A serving equals one-half cup.

OOMP!

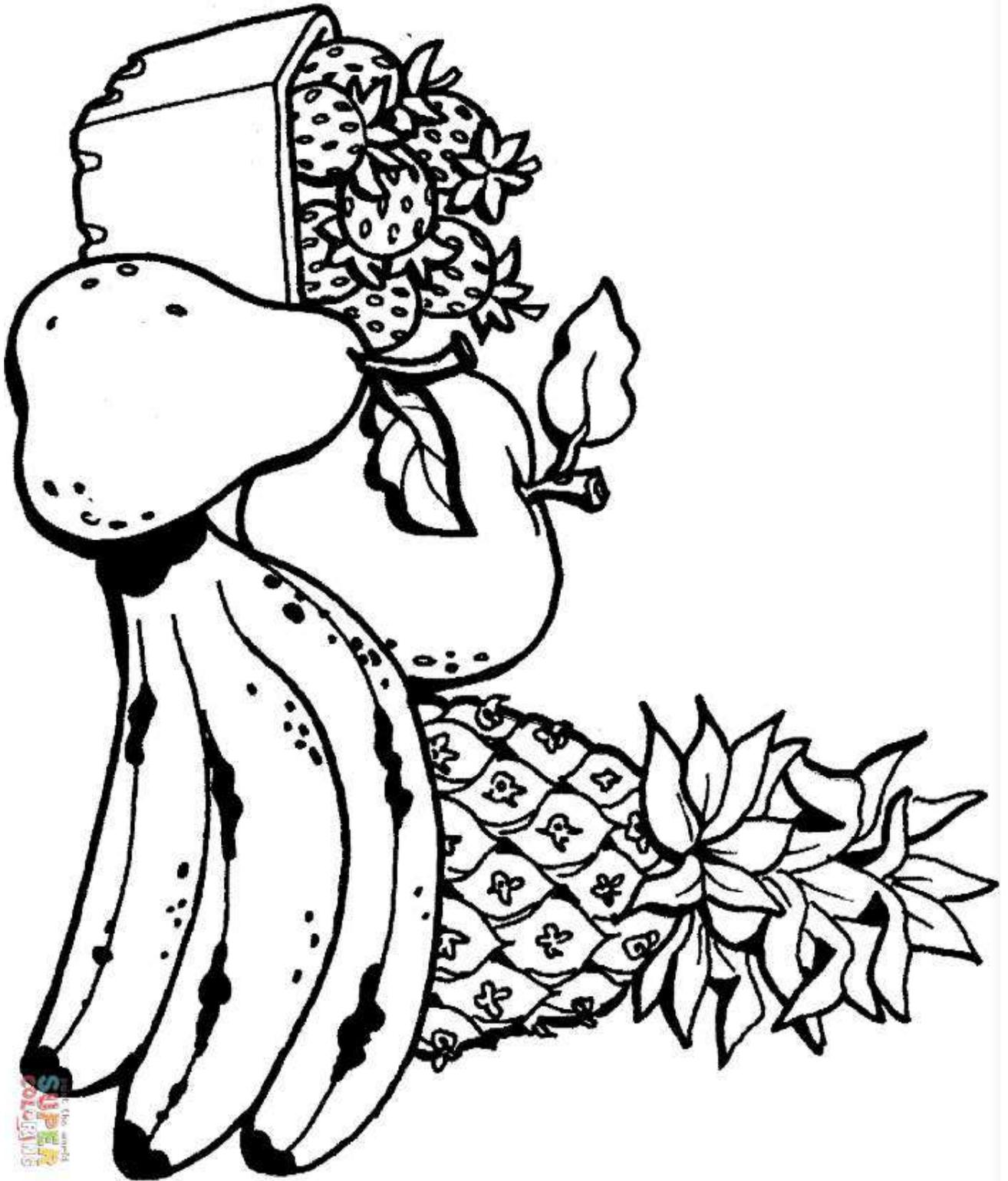
A full life for life

Benefits of an allotment mind map

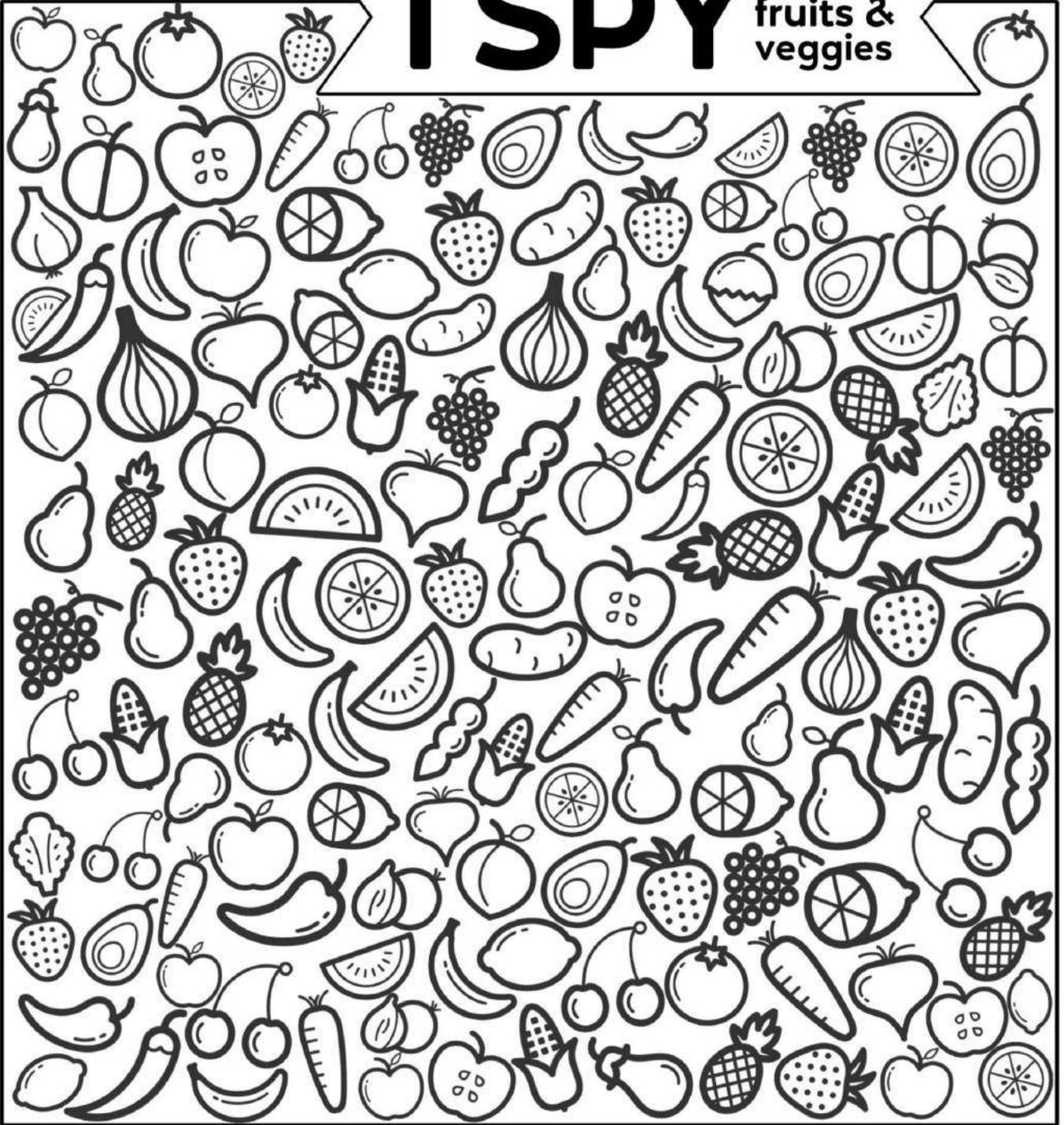
Fill in each bubble with benefits relating to that topic.



Fruit Bowl Colouring



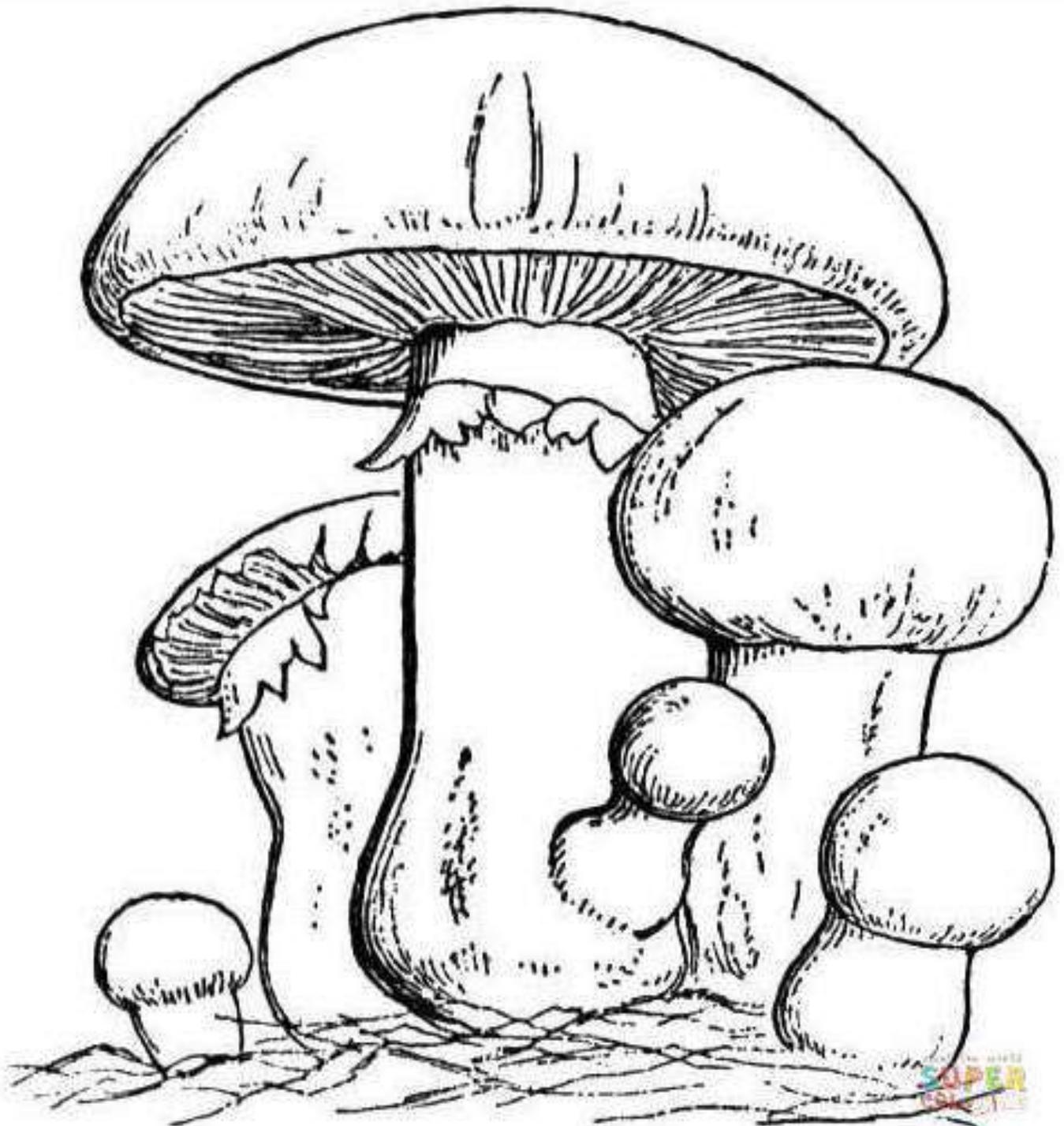
I SPY fruits & veggies



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

Mushroom Colouring

)



Rainbow Meditation Script



- Get comfortable. Close your eyes and relax.
 - Take a deep breath in through your nose, and breathe it out slowly through your mouth.
 - Now just breathe normally and relax.
-
- Imagine a big, beautiful rainbow in front of you. See all of its colors. Feel the colors.
 - Imagine the color red is glowing brighter than the rest, and there is red all around you.
 - Breathe in the color red. Think to yourself: I am safe. Say to yourself: I feel safe.
 - Now, imagine the color orange is glowing brighter, and orange is all around you.
 - Breathe in orange. Think to yourself: I feel my feelings stirring in my body. Say to yourself: I feel peaceful.
 - Next, imagine the color yellow is glowing and is all around you.
 - Breathe in yellow. Think to yourself: I am powerful. Say to yourself: I feel confident.
 - Now, imagine the color green is glowing brighter, and there is green all around you.
 - Breathe in the color green. Think to yourself: My family and friends love me, and I love them. Say to yourself: I feel loved.
 - Imagine the color light blue is getting brighter, and light blue is all around you.
 - Breathe in the glowing light blue. Think to yourself: People listen when I talk, and I am a good listener. Say to yourself: I feel heard.
 - Now imagine the color dark blue also called indigo is getting brighter, and indigo is all around you.
 - Breathe in indigo. Think to yourself: I have a great imagination. Say to yourself: I see great things happening for me.
 - Now, imagine the color purple is getting brighter, and the color purple is all around you.
 - Breathe in purple. Think to yourself: I am wise. Say to yourself: I am smart.
 - Take one last look at your big, bright, beautiful rainbow, and notice if you see anything (pause), feel anything (pause), hear anything (pause), or notice anything else (pause).
-
- Now take a deep breath, and wiggle your toes.
 - Take another deep breath, and wiggle your fingers.
 - Take one last deep breath, and open your eyes when you are ready.

Colour Therapy



Mindfulness activity

Take a look around you and be present. List items in the room or garden of each colour:

Red

Black

Purple

Dark blue

Yellow

Gray

Light blue

Orange

White

Grey

Green

Pink

Relaxation wordsearch

D P R Y S Y E C H I K I N G C W M D E Y Q Z I S
 D A Z O N E T H G F O O T B A L L Q S Z L D S Q
 Z Q Y W G F I G Q V H B F L U W M I T N Y A V D
 B P P X R G X V B E T K R G C H B K N W N H Z L
 M J G E J I J H O M B H N E T N D W V G M O M B
 W N H K R E T M C M N I B A A I Z Z T D H S K S
 O N T T U K L I G B M S A E U D F S S S Z N J X
 O O Y M L C C X N A Y K S C S V I Y Y X V U H Y
 G I C I R Y Q V E G I K K G F G Y N E W C S C L
 J S D W G P R R P P L E E C N R K D G M B A I A
 S I N G Y N D T K N O I T A T I D E M N X F S L
 V V E F S Y I Q Q H W M B A O K G Y V J V S U Y
 D E Z H A O I K B R C Z A J R P N G Y I A K M U
 R L X D B D L G I X Y Q L E Y H K R O Z Z Z J F
 J E U X Q I N O E B S X L S C F X M R J K Z M V
 G T E I M I O K W A T U F Y D S E K N E D P D I
 N K U M W D G D U L U N A Y G B A S E B A L L D
 I S H A J M B L U T G L Y D L W F A Y I F N T E
 N L R E E N J C I B M M W Y K V R I E J T C S O
 N D U J A B S J T X A O Y F E M V Y B Y G F V G
 U P M S P V N S N D O N G N I M A E R C S A P A
 R Z P E X E R C I S E M B J V H Z L X U S L W M
 I H U S P I Q G N I K L A W L N P F A D E F R E
 O N P U I Q D Y L B G N I R O L O C Y A X M Q S

Daydreaming
 Hiking
 Music
 Writing
 Basketball
 Drawing

Reading
 Television
 Biking
 Exercise
 Meditation
 Jogging

Running
 Video games
 Football
 Movies
 Walking

Colour Therapy



Mindfulness activity

List your ten favourites:

My favourite **people**...

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

My favourite **foods**...

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

My favourite **places**...

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Meditation worksheet

Find a comfortable place and sit there with your eyes closed for a minute.

What types of thoughts went through your head? How did you feel?

Now do it again and this time, listen to the sound of your breathing. In and out, slow and calm. What types of thoughts went through you head this time? How do you feel now?

Using words or a picture, describe how your mind and body felt after you started to listen to your breathing.
