

# Activity 1



# Activity 2

## WE ❤️ NHS POSTER

Thousands of people are taking this time to thank the NHS for all of the work that they are doing to save lives!

Why not create your own poster thanking the NHS for all of their efforts?

When you create your poster, why not use different materials? Take a look below



Remember to send pictures of your posters to [Ryan@stonebridgecityfarm.com](mailto:Ryan@stonebridgecityfarm.com)

Can you find all the Farm tools?

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

Rake

Trowel

Watering can

Spade

Wheelbarrow Wellingtons

Fork

bucket

# Activity 3



# Instructions

## Making Pancakes

What to have a go at something new?  
Why not try and making some pancakes?

### Things you will need:

**100g Plain flour**



**300ml Milk**



**Two Large Eggs**



**1tbsp Sunflower /  
Vegetable Oil**



**Frying Pan**



**Mixing Bowl**



**And some toppings of your choice**

## Step 1 – Preparation

Remember to Wash hands your before beginning

- 1) Place your 100g of plain flour in to the mixing bowl
- 2) Add your two eggs
- 3) Pour the milk into the mixing bowl and add 2tbsp of oil into the mixing bowl
- 4) Now mix it all your ingredients together.



# Instructions



# Activity 4

## Step 2 – Cooking

- 1) Put your frying pan on medium heat and gently add a splash of oil
- 2) When the frying pan is hot, add your mixture into the pan
- 3) Cook for 1 minute on each side until golden brown
- 4) Repeat until all your mix has been used

Now serve with the topping of your choosing!



Remember to send pictures of your posters  
to [Ryan@stonebridgcityfarm.com](mailto:Ryan@stonebridgcityfarm.com)

**Write a story about :**  
**What the farm means to you**

### Where to start?

- Think of your favourite thing about the farm
- Write about why you come to the farm and what makes you happy

If you don't want to write, be creative, draw a picture, make a comic, come up with a song and most importantly have fun!

Once you're done, make sure you send us what you have come up with, we'd love to see

# Young Minds



## Looking after your mental health during self-isolation

Youngminds are a charity that help improve the mental health of young people and help them overcome life challenges.

If you follow the link below you will be able to read about ways that you can improve and maintain your mental health whilst isolation.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>



## What about diving into a podcast or listening to music?

Podcasts are similar to radio talks where people talk about different topics all around the world.

Spotify is a well-known music app, offering music, talks, podcasts and documentaries .

This app is totally FREE and all you have to do is sign up! Take a look at the link below

<https://www.spotify.com/uk/>

Player FM is a simple podcast app. There are loads of topics to choose from, Find one that you like the sound of, sit back and enjoy.

<https://player.fm/>

