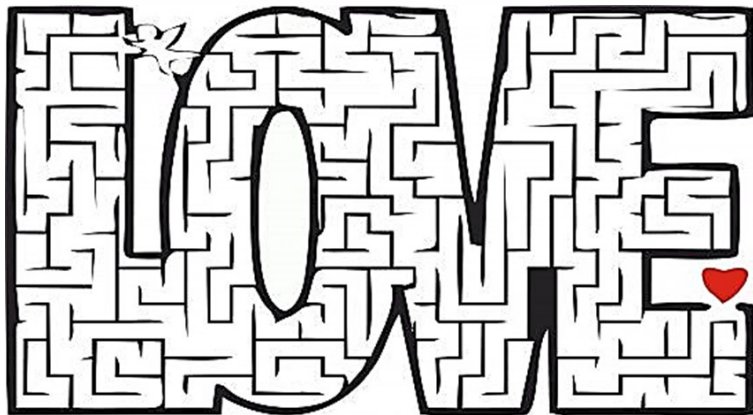
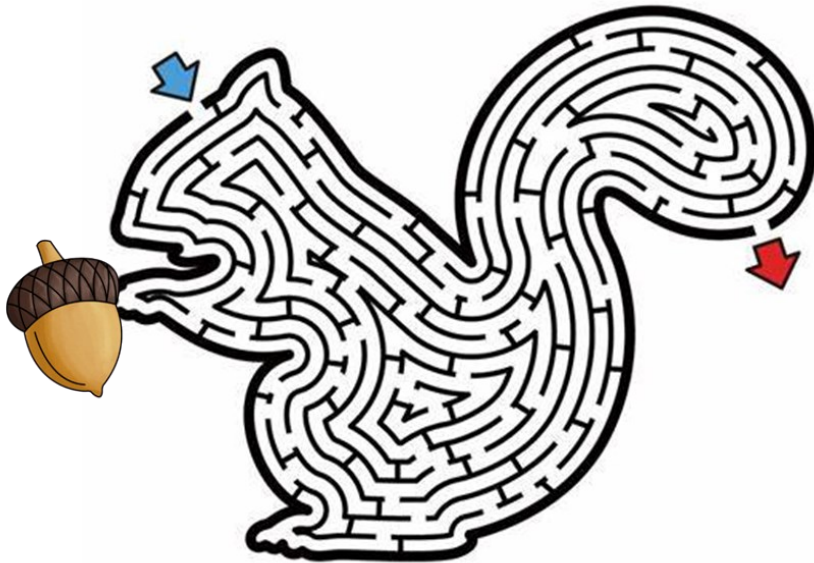


Activity 1



Try and find your way through the mazes below. Try not to get lost!



Activity 2

Making Pizza

Why not try making your own pizza during lockdown?

Things you will need:

450g

Plain flour



7g Yeast



2 Table Spoon

Olive Oil



350ml

Water



5 Table Spoon

Tomato Purée



2 Tea Spoon

Salt



Toppings of your choice

Sweetcorn, Pepper, Mushrooms, Pineapple

Ham, Cheese

Instructions



Instructions

Step 1 – Preparation

Wash hands before beginning

1. Place your flour, yeast and salt into a large mixing bowl and mix together
2. Mix your warm water in a jug with the oil, then using a wooden spoon, mix slowly work this into your mixing bowl set your mixture aside for 15 – 20 minutes
3. Now sprinkle some flour onto your cooking surface and rub some into your hands
4. Knead for 2 – 5 minutes until the mixture dough is bouncy and soft
5. Return your dough to the mixing bowl and cover it with clingfilm (tip: if you leave your dough in the fridge overnight, it should almost double in size due to the yeast)

Step 2 – Cooking and serving

1. Pre-heat your oven to 240C/220C fan/gas mark 9
2. Take your dough out of the fridge and then split into 3 equal balls and roll out until nice and thin
3. Lift your rolled-out pizza bases onto a floured baking sheet or pizza tray
4. Now it is time to add your toppings
5. Start with using your tomato puree or sauce and spread it evenly across the base with a spoon (tip: you can use a BBQ sauce)
6. Add your chosen toppings
7. Bake for 12 minutes until the crust of your pizza is golden

Why not post your pictures on the **Volunteer and Staff Facebook Group?**



Resources



Explore Africa on Youtube

There are many 'live' nature webcams to choose from including; Zebras, Hippos, Lions, Giraffes, Elephants and much more. Check it out!

https://www.youtube.com/channel/UCiGOIXjFqy5_mUNxQNOMfHw

Gorilla Watch webcams



Take a look at what these cheeky gorillas are getting up to.

It all monkey business on this channel!

https://www.youtube.com/watch?v=rgXWDk7rh4w&feature=emb_l

Resources



Fancy some mindful chair yoga?

Why not check out the link below and see what you think. CAMHS Space also host live yoga sessions that you can join. See the link below and give it a go,

<https://camhsspace.crd.co/#>