

A decorative border of sunflowers surrounds the page. At the top, there are nine sunflowers. On the left and right sides, there are vertical stems with sunflowers. At the bottom, there are nine sunflowers. The sunflowers have yellow petals and brown centers.

## English, Topic, Science

Draw and create/design your own superhero. Label your superhero with his/her powers and what makes them special.

How can your superhero save the world?  
Create and try to write or act out a story together with your family about an adventure that your superhero has gone on. Remember stories have a beginning, middle and end.

Using objects around your house (pots, pans, glasses, toys, spoons etc) create a theme tune and action sounds for your superhero.

Create your own instrument for your superhero (use things around your house and even some of your recycling) For example attach a toilet roll to an old tissue box and then put elastic bands around it to make a superhero guitar or fill a pringles pot with rice to make a superhero rain stick or shaker or cover a pan in paper or baking parchment to create a superhero drum.

Plant a bulb or a seed and watch it grow. Make a little flower diary and record what happens.

Complete the Covid 19 time capsule (download on the home screen). You will need to do this together as it is designed for a range of ages or just complete what you want/can of it 😊

Have a go at making your own Lava lamp (see Lava lamp science experiment attached).

Have a go at the 'Awe and Wonder rainbow colouring mixing' activity/experiment (task attached). As part of RE we look at Awe and Wonder.

Cook, bake or make something with an adult and then write and a list of what you needed. You could also discuss and/or write some instructions about what you did.