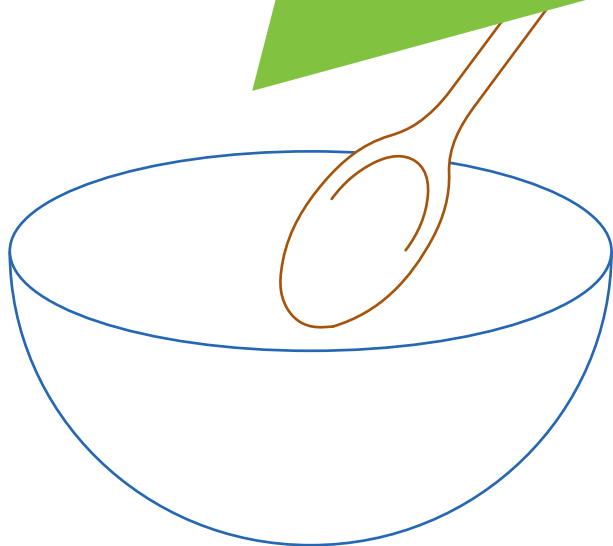


#TheCrew

Stay at Home

Activity Pack

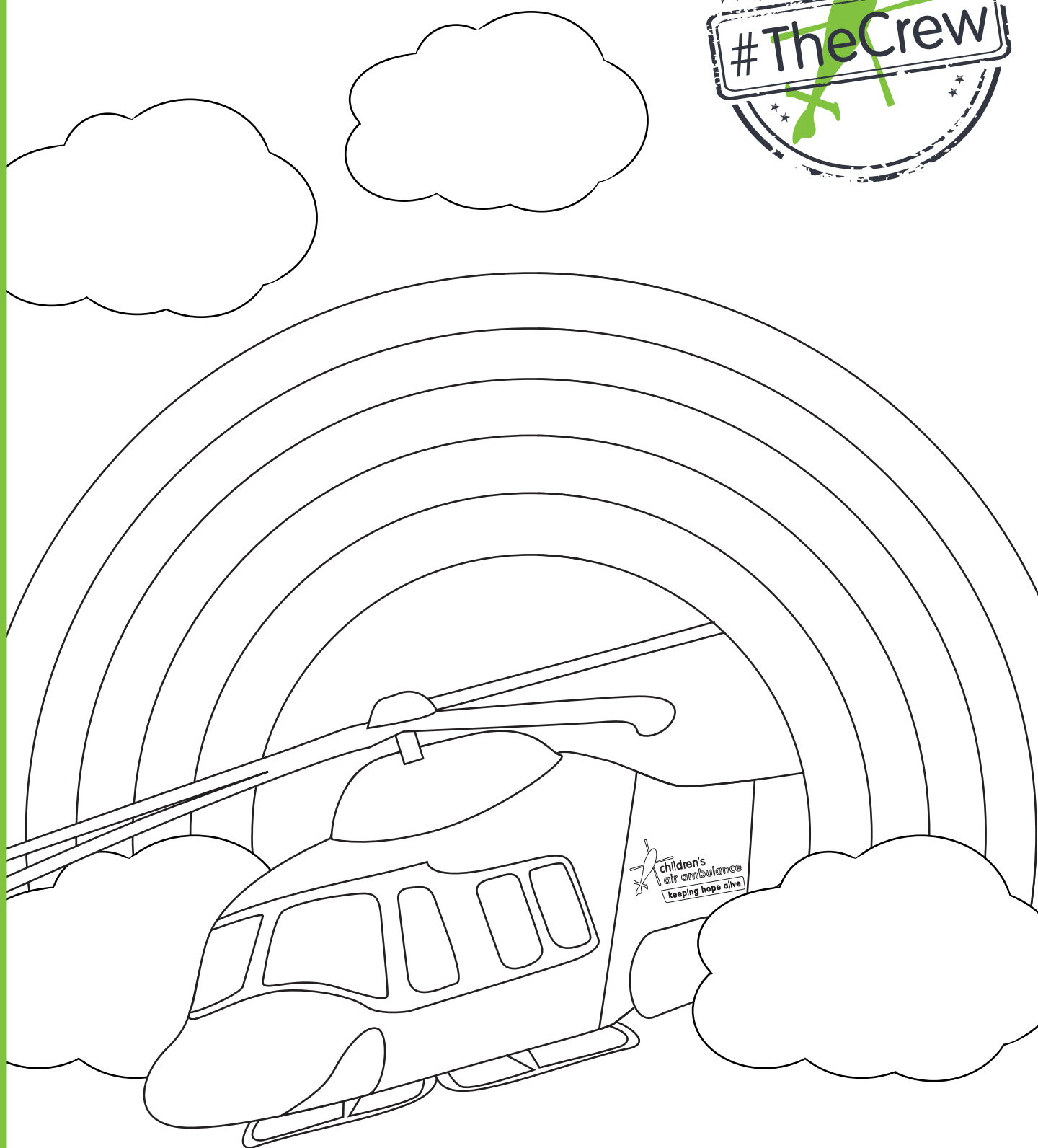
Issue Two



children's  
**air ambulance**

keeping hope alive

Colour me in



Join #TheCrew at [childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)

# Secret mission squad



Your mission, should you choose to accept it, is to complete random acts of kindness and good deeds.

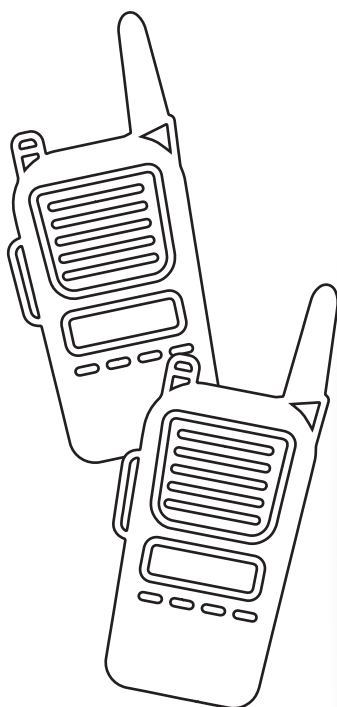
You could:

- Wash the dishes
- Leave happy notes around the house
- Tidy your room
- Hug a member of your household, just because
- Video call a family member or friend and sing them a song



Whatever it is...don't let them know that it's a secret mission.

**Secret mission squad, assemble!**



Join #TheCrew at [childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)

# Alphabet challenge

A B C D E F G H



Choose a subject and see if you can think of something within that subject for each letter of the alphabet.

Subjects could be: animals, boys or girls names, foods or things you see on your daily walk\* or inside the house.

Why not play against someone else and see who can complete their list the quickest?

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

\*Please ensure you are following the current government guidelines in regards to leaving your home.

Join #TheCrew at [childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)

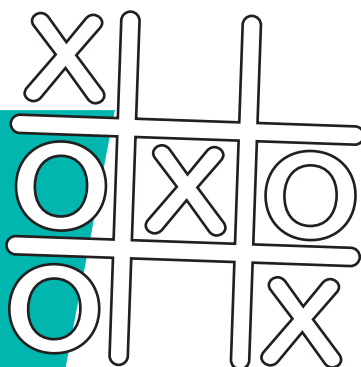
# Garbage games

These are our top garbage games that you can make at home out of items that might otherwise end up in the bin! If it's a nice day, why not play them in the garden?



## Noughts and crosses

Make the grid, O's and X's out of old cardboard boxes or packaging. You can make them as big or as small as you like. Why not add some colour or bright designs to help make the game more fun.



## Bowling

Using empty plastic bottles, create a ten pin bowling game, and use a rolled up sock or a small ball to knock them down. You could paint silly faces on the bottles or different shapes.

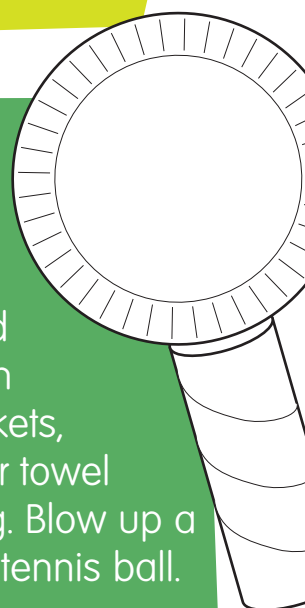
## Tin can alley

Collect used tin cans (ask a parent to give them a clean first and make them safe from sharp edges) and stack them up high! See how many you can knock down with a ball. Each player gets three turns.



## Indoor tennis

Create your very own Wimbledon. Use paper plates and empty toilet or kitchen rolls to make the rackets, then hang a sheet or towel over a piece of string. Blow up a balloon to use as a tennis ball.



Join #TheCrew at [childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)

# Globetrotting...virtually!

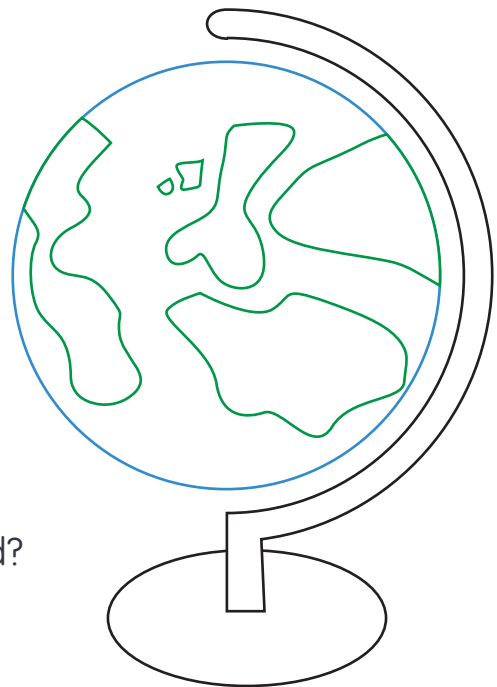


Did you know that there are over 1.3 billion people living in India, or that the official animal of Scotland is the unicorn?

We may not be able to travel right now but that doesn't mean that the world cannot come to us.

Find a picture of a map of the world, close your eyes and point. Wherever you land, why not learn something new. Try to find out:

- What is that country/city most well-known for?
- How many people live there?
- What language do they speak? Could you learn a few words too?
- What is the national dish?
- Do they have any unusual customs?
- Visit the place on Google. Is it what you expected?



The world is only a click or two away – what can you discover!



We'd love to hear what you've learned so why not email us your findings to:  
**[thecrew@childrensairambulance.org.uk](mailto:thecrew@childrensairambulance.org.uk)**

**Join #TheCrew at [childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)**

# Get crafty with salt dough



Salt dough is fun and really easy to make, with a few simple ingredients.

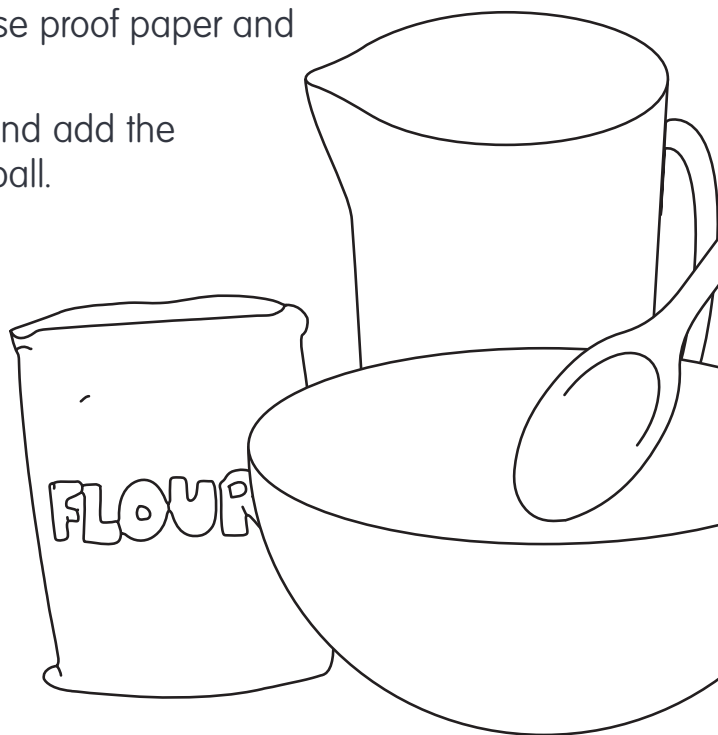
You could make something to remember this time, like a plate with all your households' handprints on or you could make a nice ornament and put it in your window for people to see when they walk by.

## You will need:

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)

## Method

1. Line a baking tray with a sheet of grease proof paper and preheat the oven to its lowest setting.
2. Mix the flour and salt in a large bowl and add the water. Mix until it comes together in a ball.
3. Transfer the dough to a floured work surface and shape/roll into your chosen model. Using cookie cutters you could cut out shapes or by carefully using a butter knife you could cut out numbers or letters.
4. Put your finished items on the baking tray and bake for 3 hours or until solid.
5. Leave to cool and then decorate.



Whatever you decide to make, take a picture and share your creations with us to help inspire others. Send your pictures to [thecrew@childrensairambulance.org.uk](mailto:thecrew@childrensairambulance.org.uk)

**Join #TheCrew at [childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)**



#TheCrew is an exclusive club for children and young people who want to support our vital service.



If you're not a member

**Join today!**

It's free and you get an awesome welcome pack.



[childrensairambulance.org.uk/thecrew](https://childrensairambulance.org.uk/thecrew)

Part of The Air Ambulance Service. Registered in England and Wales as a limited company by guarantee.  
Registered Company No. 4845905. Registered Charity No. 1098874.