

Our Green Town

Welcome to the Our Green Town Staycation theme. We hope you enjoy the activities in your week two pack.

The fun doesn't stop in this pack, though! If you can, check out our Staycation page at: [Letchworth.com/learning](https://letchworth.com/learning) to view this week's mindfulness video and the latest adventures of Beatrice the bee in our theatre stream: Bee Happy.

This week's theme is 'Our Green Town'.

Did you know that Letchworth was the first ever Garden City? It was designed to bring the best of the countryside together with the best of the town. It is why our town has wonderful tree filled streets, gardens and parks.

When completing your pack, don't forget to share your art, games and jumping, dancing, twig collecting etc and use the hashtag #staycationletchworth on social media. We, along with your family, friends and neighbours would love to see what you are up to. Maybe you have done something else in your Staycation that you would like to share?

Have a lovely week and we hope you enjoy the activities,

The Staycation Team



Outside space has always been important in Letchworth as the world's first Garden City. Ebenezer Howard, the founder of Garden Cities said that a Garden City would contain the best things about the countryside, fresh air, trees and wildlife and the space to grow our own food.

Do you think these things are still important today?

Here is a very old photograph showing a man called Mr Baker, who lived in Letchworth over 100 years ago. It shows him in his garden amongst his apple trees and with the ducks he kept in his garden.



Go online: Take a look at Google maps.

Can you find all the green spaces?

Maybe there is one near you that you haven't explored before.

This old photograph shows how many of the street trees started very small (baby trees are called saplings).

What do you think the children in this picture are thinking?



Letchworth Garden City was built from scratch from what was fields. When they planned the streets, they kept many of the trees and hedges that were already here and built around them. So, these are some of the oldest things in our Garden City. They also planted thousands of new trees. These are also now over 100 years old.

The next time you are out - see if you can spot a very old tree!



Did you know?

The Garden City Greenway is a track that goes all the way around the town. It is a great place to walk or cycle. You can find woods and ponds and fields in which to spot wildlife and plants.

A painting of Almond Trees in blossom on Icknield Way:

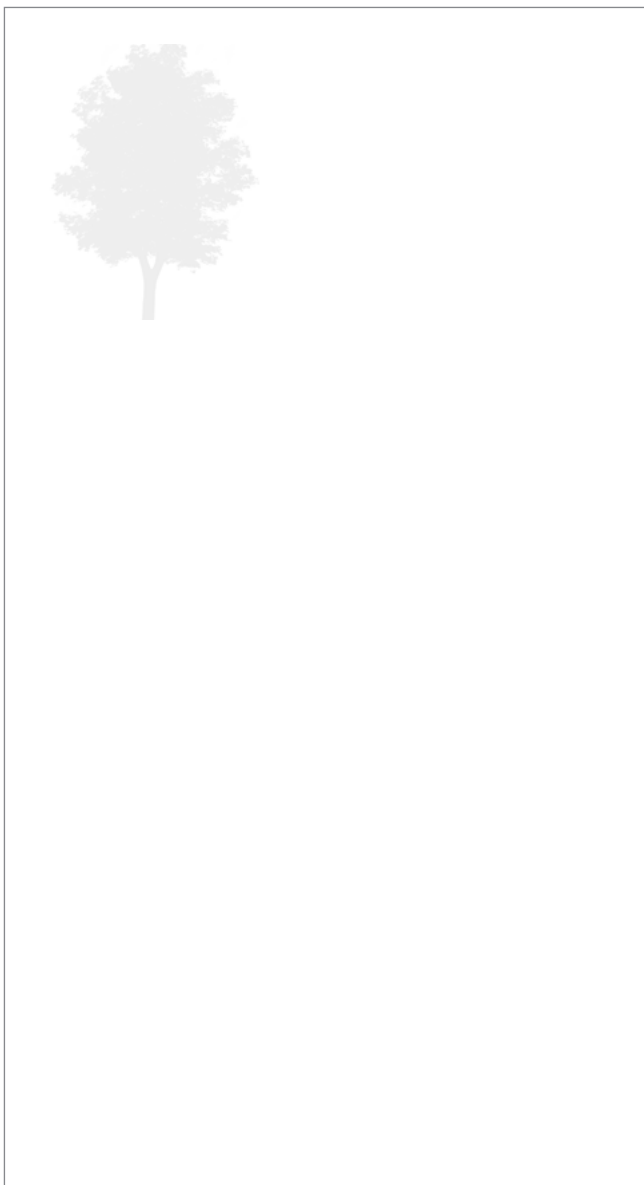
Every street was planned with different types of tree.

Many of these still exist today.

Why do you think we plant trees along roads?

Tree lined street:

Draw some different types of tree here:



Did you know?

Trees are measured in hugs! How many arms can fit around a tree is a good way of telling how old it is. Otherwise you have to chop it down to count the rings inside the trunk. Each ring is a year of growth. Hugging is much better for the tree and good for you too. Find a tree to hug today!

Go online: Find lots of ideas and things to do around things to do in gardens and green spaces at: [bbc.co.uk/gardening/gardening_with_children](https://www.bbc.co.uk/gardening/gardening_with_children)

Here is a photograph of Norton Common from the past:

It was Ebenezer Howard's idea that the centre of his Garden City would be a large parkland that was kept semi-wild.

Letchworth people have been enjoying its beauty for over one hundred years.



Here are children playing one hundred years ago:

What do you notice about their clothes?



Here are 3 pictures showing Broadway Gardens today, around 70 years ago and around 110 years ago:

This shows how places can change over time.



The Gardens today

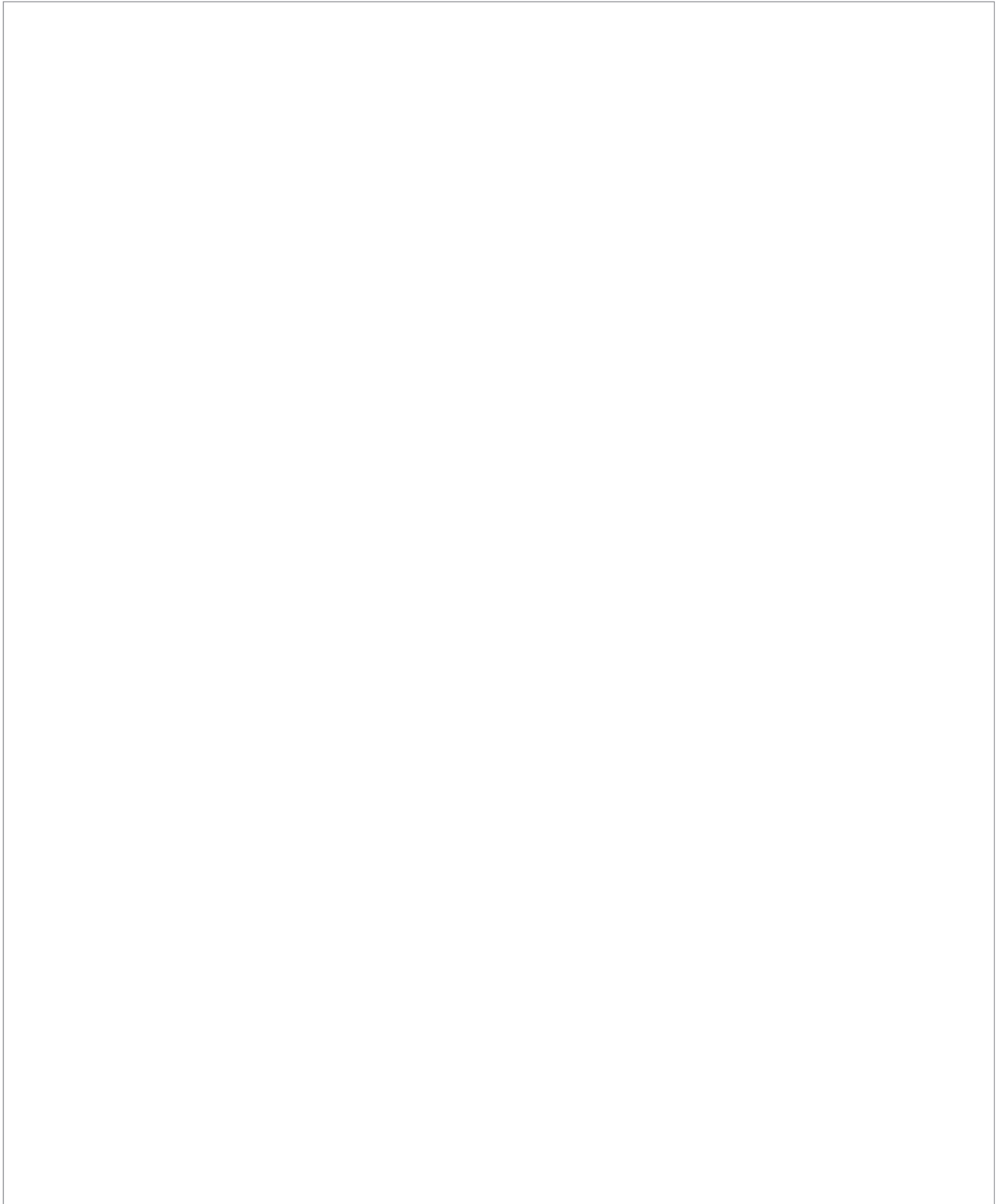


The Gardens 70 years ago



The Gardens 110 years ago (when it was used as farmland to grow wheat)

Can you use your imagination to make a drawing to show how Broadway Gardens will evolve in the next 100 years in the box below?

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies most of the page below the question.

The Gardens 100 years in the future.

Here is a photograph of Howard Gardens - where the splash park is today:

There used to be a natural pond. Some of these trees are still there today.

What are the people in the photograph doing - if you need a clue - take a look at the ground and the trees.



What is your favourite green space in Letchworth?

Maybe you haven't found it yet.

Take note of the greenery around you.

It might be a whole field, a woodland, or even a weed in a pavement.

Be thankful for the wild and green things that surround you.

Race Across The River

Get Active | Week 2



How to play:

Agree a start point (one side of a big river) & a finish point (the opposite side of the river).

Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?

You are only allowed two objects to cross the river with.

It's a race! The winner is the first person to cross the river without falling in and touching the floor. If you do touch the floor, you have to start again..

Think about

How easy is it to balance on a pillow as you move the other one?

Can you make the river longer?

Does the river have to flow in a straight line or are there curves round furniture?

Top Tips

Place the pillows down on the floor.

If you throw them, you may over stretch and fall in.

Reflect

Who was the winner?

Why do you think they were able to win?

How did you feel when you crossed successfully?

Bingo!

Get Active | Week 2

How to Play:

Once you complete an activity, tick it off.

Can you complete the activities in the **BLUE SQUARES** more than once this week?

Can you complete one activity from each line?

Jump up & down 40 times	Play musical statues outside	Ride a bike or scooter	Balance on a part of your body for 60 seconds	Jump or move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Walk to your favourite tree	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete shuttles between two trees (run, walk or move)	Skip or move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	When outside Hop down the path past 4 cars	Throw or roll a ball against a wall with a sibling, parent or carer	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
Perform 20 push ups	Perform dance moves	Collect three items from a park or wood	Perform 30 sit ups	Perform a gymnastics routine	Kick a ball 20 times to a parent or carer

Think about

If you are finding some of the activities hard, change them or have a rest before you continue.



What to Do?

If you can watch an Act of the Imajica theatre company's 'Don't Worry, Bee Happy'. Using pencils, crayons or paints make a fun drawing of a butterfly or a Bee.

Think About

What colours you will use to make the character very bright and cheerful?

Drawing the outline with pencil and then add your colour.

Taking your time and planning your drawing.

Let's Reflect

Why is this your favourite?

If you were to draw the character again is there anything about how you drew them that you would change?

If you were to draw the character again is there anything about the character you would change?

Could you

If you were a creature what you be?

What would you look like?

Could you make a model out of card?

Can you try some pebble painting?

Create designs of your favourite animals, birds or insects on a pebble.

How will you hold your model together?

Our Green Town

Activity 1:

We have placed 10 'green facts' on way-markers along the route between Willian Village and Jackman's Estate.

Each one has a green letter for you to note down.

Rearrange the letters and they will spell out the name of a special place.

Can you find all of the letters?

What is the name of the place?



01:

02:

03:

04:

05:

06:

07:

08:

09:

10:

Letchworth Garden City is full of green spaces to use and enjoy.

Have you been all the way round the Greenway?

This is a 13.4-mile route around the town suitable for walking, running or cycling, and takes in some amazing wildlife and nature spots to enjoy along the way.

There are numbered way-markers and Greenway signs all along the route to help you find your way around.

Don't forget to use the hashtag **#staycationletchworth** when you upload any pictures you take to social media!



Ready to Read:

Stories about nature for you to enjoy:

We're Going on a Bear Hunt - Micheal Rosen

The Extraordinary Gardener - Sam Boughton

We Found a Seed - Rob Ramsden

Main Course

Make Lunch | Week 2

Chicken Fajitas Wraps

Get the following food out ready:

- Garlic powder
- Tomato puree
- 1 vegetable stock cube
- Sugar
- 1 packet (400g) frozen chicken strips
- 1 onion
- 1 pepper
- Mixed herbs
- 1 packet wraps



Method:

01. Chop the onion and the pepper quite small (about as big as your fingernail).
02. Heat 2 large spoonfuls of oil in a frying pan on a medium heat.
03. Fry the chicken, onion, pepper and 2 teaspoons of garlic powder for 5–10 mins until the onion and peppers are soft.
04. Dissolve the stock cube into half a cup of boiling water and pour it in.
05. Add in 2 large spoonfuls of tomato puree, 2 teaspoons of sugar and 2 teaspoons of mixed herbs.
06. Turn down to a low heat and let it bubble for 15 minutes.
07. Pop a spoonful of the stir-fry mixture on each wrap, roll it up and serve.

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You can watch this being made on the YouTube channel: **Make Lunch Letchworth**

A Wheel Treat

Make Lunch | Week 2

Shortbread Wheels

Get the following food out ready:

Margarine
Sugar
Plain flour
Cocoa powder

Method:

1. Switch the oven on to 180°C or gas mark 4.
2. Put 100g (half a cup) of margarine, 150g (a bit less than a cup) flour and 100g (half a cup) sugar into a large bowl and mix to make a dough.
3. In another bowl mix all the same again with 20g (2 large spoons) of cocoa powder to make a dough.
4. Roll each block of dough into a sausage shape. Cut it into slices, as thick as you want your biscuits to be.
5. (Choice! You can put some of each type of dough together to make multi-coloured biscuits.)
6. Put a very little bit of margarine over a baking tray to stop your biscuits sticking.
7. Space your biscuits out on the baking tray and bake for 10-15 minutes.
8. Leave to cool.



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Notes & Doodles
