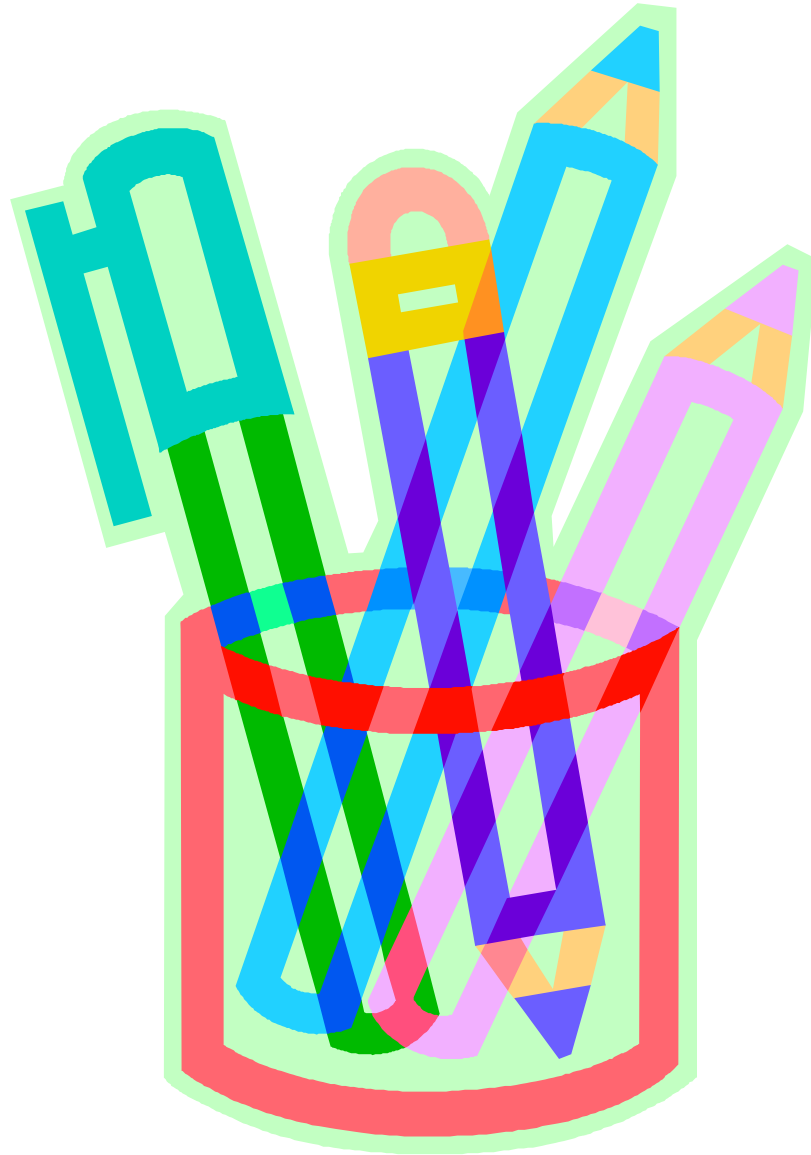


CREATIVITY Activity Pack



Potential Plus UK Activity Packs

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CREATIVITY Activity Pack

Here at **Potential Plus UK**, we recognise gifted and talented children require stimulation to explore their creative minds. We have created this activity pack, just in case it is a rainy day or for you to do over the weekend! Designed to cater for the needs of Key Stages 1 and 2 children;

these are the 20 activities contained in this pack:

1. Boomerang
2. My House
3. Picture Post
4. Rockets
5. Memory Stare
6. Geo-Facts
7. Lava Lamps
8. Snow Jar
9. Travel Cards
10. Wordables
11. Decathloons
12. Timelines
13. Origami
14. Illusions
15. Xylophone
16. Towers
17. Trivia Ball
18. Pictionary
19. Spinners
20. Build the Bear

Disclaimer

The activities in this booklet are suggestions for use in the home.

Potential Plus UK cannot be held responsible for any

incidents that may arise as a consequence, so please take care.

Boomerang!

Activity 1

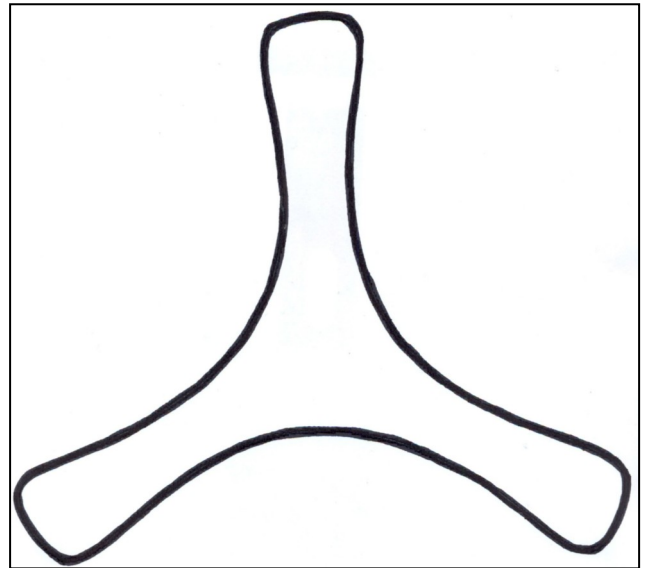
WHAT DO I NEED?

- Thin Cardboard
- Scissors
- Pencil
- Glue

WHAT DO I DO?

On card, draw a larger version of the shape below and cut it out.

Place a pencil underneath each wing and bend the edges over the pencil, so each wing is slightly curved. Hold one wing of the boomerang vertically between your thumb and index finger. Now throw it with a spinning motion and watch it travel straight out, circle and come back!



WHAT NEXT...?

Use paint, crayons, stickers and lots more to decorate your boomerang.

Use different materials such as Styrofoam, thin plywood or plastic.

Throw it in different ways and watch it fly! Why does it travel like this?

Which country is famous for boomerangs? (Hint– it is also famous for its opera house and Ayer’s rock)

Who were the first people to use boomerangs, and what did they use them for?

Can you design a shape that works better than the one illustrated?

Can you throw it to hit a target on a tree or the other side of your garden?

What is the best throwing technique for the boomerang?

Who in your family and friends can throw it furthest or highest?

My House

Activity 2

WHAT DO I NEED?

- Paper
- Pen
- Pencil
- Ruler



WHAT DO I DO?

Try making a bird's eye view map of the inside and outside of your house.

Take paper and drawing materials outside. Sketch and label the locations of various areas around your house, such as the garden, garage, shed, conservatory etc.

Now, think about the layout of the different rooms inside your house, such as the kitchen, bathroom, hallways. You may want to create a separate plan for each of the floors on your house.

WHAT NEXT...?

Why not take some photographs of these areas. Print these out and stick them around your house plan.

Add further detail to your house plan by drawing on where furniture, such as a bed, tables and chairs are located.

You could look up your house on Google maps to see what it looks like from a birds eye view. What is the shape like compared to the other houses on your street?

Can you draw all the houses on your street from a birds eye view? How about from memory, and then checking how much you remembered?

Try designing your perfect house and making a house plan for it, adding photos from magazines of things you would want in it, and labelling the rooms and objects.

Picture Post

Activity 3

WHAT DO I NEED?

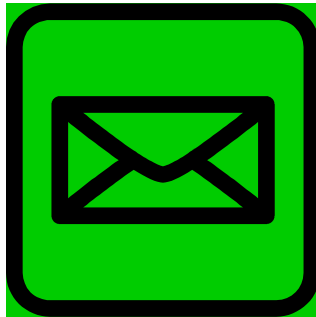
- Coloured Card
- Colouring Pencils
- Glue
- Pen
- Scissors
- Photos or Images from magazines and leaflets, or the internet

WHAT DO I DO?

Cut the coloured card into a rectangle or a shape of your choice (make sure it is large enough to write your message and the address!)

Decorate one side of the card by sticking photos or pictures cut out from old magazines.

On the back, write your message. This can be based on a recent day out, or imagine you are on an exotic island, writing home to friends and family.



WHAT NEXT...?

Now you have designed your postcard, why not design some stamps too!

Write your postcard from the perspective of different people...

Pretend you are an astronaut writing back to Earth during a space mission.

Pretend you are an alien sending a postcard during a visit to Earth.

You could learn about another country and pretend you are on holiday there, and write a postcard about all the things you have learnt. How about Disneyland Paris, or Japan?

You could even send a postcard to one of your friends or relative, if you know their address. Tell them what you have been doing recently. You could become pen-pals!

Rockets!

Activity 4

WHAT DO I NEED?

- Balloons (long ones work best)
- String
- Sticky Tape
- Drinking Straw

WHAT DO I DO?

Tie one end of the string to a chair.

Put the other end of the string through the straw.

Pull the string tight, and tie it to another chair in the room.

Blow up the balloon (but DO NOT tie it). Pinch the end of the balloon and tape it to the straw.

NOW LET GO of the balloon and watch it zoom away!



WHAT NEXT...?

Try having a race using different shaped balloons with friends and family!

Experiment with different lengths of straw, angle of the string and material of string.

Investigate the physics of how and why the balloon travels along the string!

(HINT: Think forces)

Can you make a model plane or rocket that is powered by balloons? What kind of materials would you have to make it of? Would you need more balloons? What shape would be best for it?

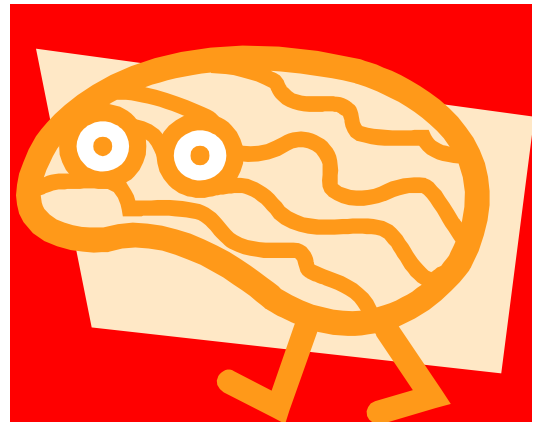
What powers real rockets and how do they work? What other ways could you power a toy rocket e.g. water, electricity and how would you make them?

Memory Stare

Activity 5

WHAT DO I NEED?

- 20 Unrelated Objects
- Towel
- Paper
- Pen
- Clock/Watch



WHAT DO I DO?

Ask an adult to collect 20 unrelated objects from around the house and lay them on the floor.

Everyone who is playing has 15 seconds to look at and memorise as many objects as possible.

Now, cover all the items with a towel...no more peeking!

Each player now has 20 seconds to write down as many objects they can remember.

All players compare their lists. If someone else has that object on their list, cross this item off both your lists.

Whoever has the most items left on their list is the winner!

WHAT NEXT...?

Some people have suggested techniques for memorising things. One way is what scientists call 'elaborative encoding'; this involves making up a story which links the different objects together, so when you remember one, you remember another.

Is there another technique that works better for you, for example remembering groups of similar objects or remembering them in alphabetical order.

Can you find out how memory works? What parts of the brain are involved? What types of memory are there, and what would happen if you didn't have them?

How many numbers in a list can you remember? Can you remember them backwards too? Who can remember the most?

Some people take part in memory competitions. What kind of things can they do?

WHAT DO I NEED?

- Coloured Card
- Internet (ask an adult!)
- Pens
- Colouring Pencils

WHAT DO I DO?

Choose a continent. Now name 10 countries in that continent.

Using the Internet, make a pocket size geo-fact file for each country.

On small pieces of coloured card, write down the key facts from your research such as:

Official Name

Current Leader/President

Population

Capital city

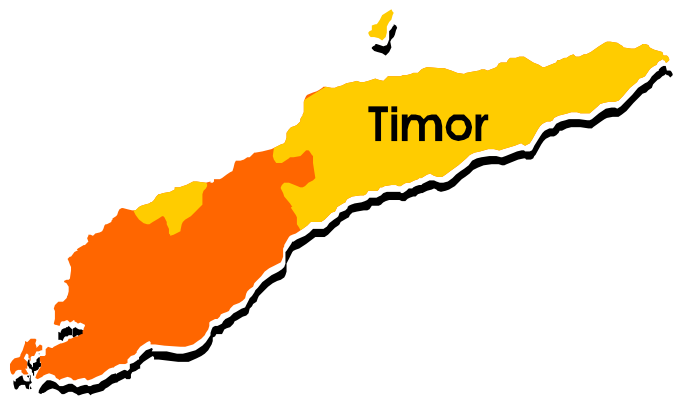
Languages Spoken

Land area

Climate

Official currency

On the back of these cards, draw the national flag and colour it in.



WHAT NEXT...?

Why not research the national flag! You may have noticed flags contain many symbols and colours. These are often symbolic and reflect the various characteristics of a nation's history, geography and culture.

Have a guess first and then investigate the meaning behind these symbols!

Can you make a map of the world and label all the countries from memory?

Can you learn something interesting, like the currency of each country, or maybe every capital city?

What is the culture like in your chosen countries? Is there a national sport, or costume? What are the buildings like? Is there a native animal that doesn't live anywhere else? What is the most interesting fact you can find?

Lava lamps

Activity 7

WHAT DO I NEED?

- Clean 1 litre plastic bottle
- $\frac{3}{4}$ cup Water Vegetable Oil
- Fizzing Tablets (or Alka Seltzer)
- Food Colouring

WHAT DO I DO?

Pour the water into the bottle.

Carefully top up the bottle with oil until it is nearly full.

Once the oil and water separate (this may take a few minutes), add 10 drops of food colouring to the bottle.

Now drop half a fizzing tablet into the bottle.

Watch the blobs create the lava lamp effect!



WHAT NEXT...?

Make a multicoloured lava lamp by adding different colours of food colouring and shine a torch through the bottom to make it light up!

Experiment by breaking the tablet into different sizes, use water at different temperatures and using different sized bottles.

Why do the oil and water separate? What is different about them?

Is there any way to make them mix? (Hint—what's an emulsifier, how does it work?)

Water is a very good solvent, and it dissolves most things. Why does it do this?

What is special about its molecules?

Does water have any other special properties? Why does it have them?

Why do the bubbles rise, and why do they sink again in a real lava lamp?

Snow Jar

Activity 8

WHAT DO I NEED?

- Jar with screw-top lid
- Waterproof glue
- Glitter
- Small plastic toy or ornament
- Paint, stickers etc

WHAT DO I DO?

Use the glue to stick the toy or ornament to the underside of the jar lid. Then leave it to dry, you might have to wait overnight.

Paint or decorate the outside of half the jar as a scenic background for the toy.

Fill the empty jar almost to the top with water.

Add glitter into the water. Stir gently.

Once the glue is dry, screw the lid back securely, turn upside down and shake!



WHAT NEXT...?

Use different plastic toys that can be found in Christmas crackers or activity bags from fast-food restaurants.

This makes an ideal gift for friends and family. Personalise by using their favourite animal, toy or colours.

Think about how real snow works. Why does it fall, and at what temperatures?

Why do snowflakes form? What size was the biggest snowflake ever?

Which country receives the most snow, and what country has the least?

Why does it sometimes snow red over the Sahara desert?

Travel Cards

Activity 9

WHAT DO I NEED?

Cardboard

Sticky Back Plastic

Old magazines

Pens, Crayons, Stickers

Scissors

WHAT DO I DO?

Cut the cardboard into small rectangles

Cut out pictures from magazines of objects you may see whilst travelling.

Stick one image onto each card.

Cover the cards with plastic to make them more durable for travel.

To play, give each player a number of cards to spot during the journey. The first to spot everything on their cards wins the game!



WHAT NEXT...?

Make it more challenging by adding specific details, such as a particular colour, road sign or even car manufacturer.

Not only can we keep an eye out for objects, how about listening out for different sounds too!

You can put a number on the card, so if you put a number 5 on a picture of a cow, the person with that card has to spot 5 cows.

You could make up more complicated rules, for example having a joker card which can count as anything, or trading cards with one another. Your parents can be the referee to make sure everyone plays fair!

You could even have a prize for the winner, maybe an extra sweet, or first choice of car seat on the way back.

Wordables

Activity 10

WHAT DO I NEED?

Long Words! (a dictionary might be handy!)

Pen

Paper

WHAT DO I DO?

The aim of this game is to make as many words from one word.

To play, you and your friends take it in turns to pick words, the longer the better!

Each player or team has 1 minute to come up with as many different words as possible using only the letters in that word.

The winner or winning team can either be the one who has the MOST words, or the LONGEST word.

For example, Monster can make the words: store, rest, one, and more!

PNEUMONULTRA
MICROSCOPICSILICO
VOLCANOCONIOSIS

WHAT NEXT...?

Add more fun by using the list of words you have found and turn them into a story!

Find out the meaning of the longest words you can find in the dictionary, and what language they come from.

Try and find a way to use your longest words in a conversation that day, or in a piece of schoolwork to impress your teacher!

Written above is the longest official English word found in major dictionaries.

What does it mean? Are there any longer words? Why are they not in any dictionaries?

Are there even longer official words in other languages? What do they mean?

Decathloons

Activity 11

WHAT DO I NEED?

Balloons– and lots of them!

WHAT DO I DO?

Balloons are great fun. See if you can think of 10 different games or activities for everyone to play which uses balloons.

The winner can be the one who is the best at all the activities, or you can have individual winners for each event.

Stuck for ideas? Here are a few to start you off:

Balloon Javelins – How far can you throw your balloon?

Balloon Badminton

The Balloon and Spoon Race

Balloon Volleyball.

Balancing Act – Who can keep a balloon on their fingertips longest?



WHAT NEXT...?

Complete your balloon decathlon by designing posters, awards and certificates and try making some medals too!

You could use this idea for party games at your next birthday party, or at New Year.

Which sizes of balloon work best for each event and why might this be?

Why can you not throw a balloon as far as you could throw a ball the same size?

Why does a balloon become static and stick to walls if you rub it on your hair?

Timelines

Activity 12

WHAT DO I NEED?

Paper

Colouring Pencils

Ruler

Pens

WHAT DO I DO?

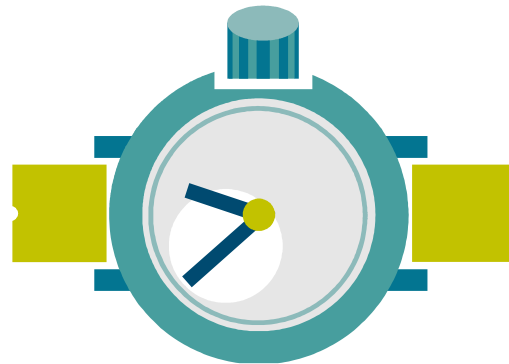
Draw a horizontal line from left to right on a sheet of paper.

On the left side of the line, write in big letters 'I Was Born!'

Gradually, add important dates and events to your timeline in the order they happened, such as when you first walked, talked, went to school, learnt to swim, and went on holiday. (Ask friends and family if you are unsure!)

Around these events, draw some pictures to illustrate each occasion.

At the end of the line, finish with 'NOW' or you may want to continue this timeline as you grow up by sticking on more sheets of paper as you run out!



WHAT NEXT...?

Why not keep hold of items such as train tickets, photographs and badges to stick onto your timeline too.

You could try making timelines of people you admire, such as your favourite author, actor or actress, scientist, or even a fictional character.

These can also be good gifts. If you make it pretty, you can give it to a family member who has had a baby, for them to record their baby's timeline, or maybe a grandparent so they can stick it on their wall.

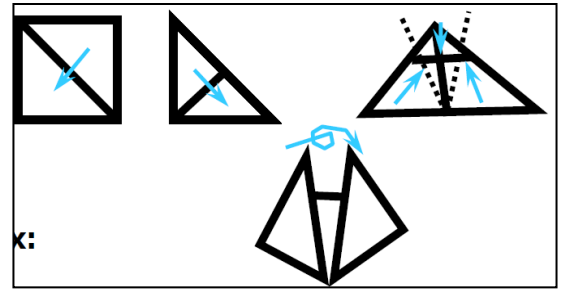
How about making a time capsule as well? Take some things to put in it, and a note to yourself from now, and you can open it on a set date in the future to remind yourself of what life was like right now!

Origami

Activity 13

WHAT DO I NEED?

- Squares of Coloured Paper
- Pens etc to decorate



WHAT DO I DO?

Origami is great once you know some basics. You can make a wide variety of fun shapes and characters. Try some of these starter ideas!

CAT:

Fold square in half diagonally, and in half again.

To form the top of the head, take the top point of the triangle and fold down the crease about $\frac{1}{4}$ of the way.

To make the ears, take one of the bottom corners and fold it up at an angle. Do this to the other side too.

Turn it over and decorate as a cat face!

BOX:

Fold the square in half horizontally and then vertically to make creases, then flatten out.

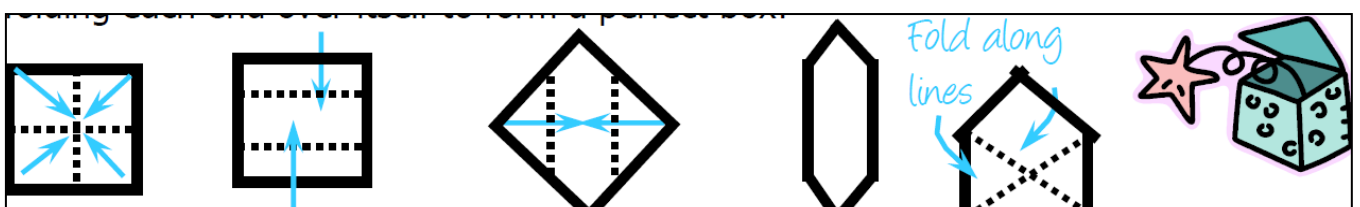
Fold the corners in the middle carefully, to form a smaller square.

Fold the two sides into the centre to make a rectangle.

Open back out, fold just two opposite corners meeting in the middle, and then fold over those sides to make a thin shape with pointed ends.

Fold the pointed ends as shown, ensuring you get good creases to help put the box together.

Open out the model back to the previous step, and start folding up the sides of the box, folding each end over itself to form a perfect box!



Illusions

Activity 14

WHAT DO I NEED?

Paper

Felt-Tip

Ruler

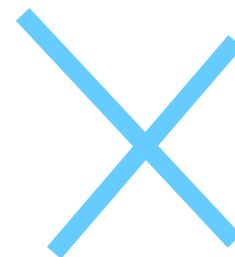
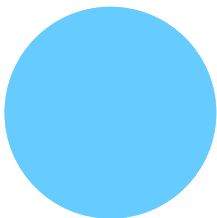
WHAT DO I DO?

Draw a small 'X' on the right hand side of the paper. Take your ruler and measure 5 inches to the left of the 'X'. Draw a big dot here about the size of a penny. Hold the paper in front of you and close your right eye.

Look directly at the 'X' (but you should still be able to see the big dot from the corner of your eye) Slowly, move the paper either to the left, right, towards and away from you.

KEEP YOUR FOCUS ON THE 'X'.

At a certain point, the big dot will seem to disappear from the corner of your eye. This is where your BLIND SPOT is!



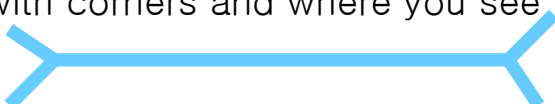
WHAT NEXT...?

Carry out your own research into the structures and functions of different parts of the human eye. To start you off, some of the parts are the cornea, pupil, rods and cones. What do they do? Where are they in your eye?

How are the eyes of animals different to your own, for example hawks or dogs. Can some animals see when it is dark? Why is this?

There are many other optical illusions around. Why do your eyes get tricked by them? Do they work if you cover one eye? Can you make your own optical illusion?

Most people in western countries see the left-hand line as longer. A lot of people in rural Africa are not tricked by this illusion. Why might this be? (hint- it is to do with corners and where you see them)



Xylophone

Activity 15

WHAT DO I NEED?

8 Drinking Glasses

Metal Spoon

8 Different Liquids (apple juice, milk, honey, oil etc)

WHAT DO I DO?

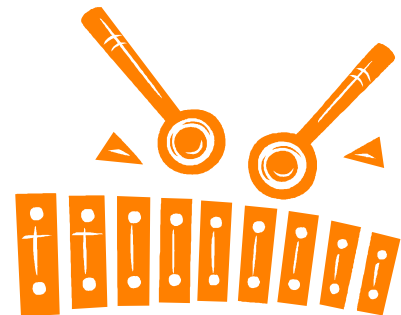
Place 8 cups on a table, close to each other, but not touching.

Fill each glass with one of each liquid; vary the amounts.

With your spoon, tap on each glass. Do you hear different pitches?

Now tap different parts of the glass. Are these sounds different?

Experiment with different amounts of liquids in each glass and see if you can play the tune of your favourite nursery rhyme!



WHAT NEXT...?

Try using different shaped cups, cups made out of different materials, different sized spoons etc.

Why do different liquids produce different sounds when you tap parts of the glasses?

Can you make a glass “sing” by licking your finger and running it round the rim of the glass? Why does it make this sound? Do different sizes of glass make different sounds? What about how full they are?

Do some research about sound. How does it travel from the glass to your ear? Does it travel better through solids, liquids or gasses?

How do sound waves interact with each other? If you had a microphone and a speaker, and spoke into the microphone, how could you position them to make sound coming out of the speaker louder, and could you make it quieter?

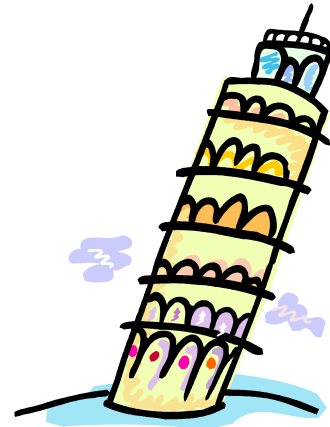
If you had a lot of speakers and microphones, could you arrange them to make an area, e.g. a corner of a noisy room soundproof?

Towers

Activity 16

WHAT DO I NEED?

- Toothpicks
- Mini Marshmallows
- Play Money
- Watch



WHAT DO I DO?

Using toothpicks and marshmallows only, compete with friends to see who can build the tallest structure in 10 minutes.

When time is up, the structure must stay standing on its own for 5 seconds.

WAIT...NOT SO EASY!

Each player has a budget of only £200 to build this tower.

Ask someone to be the 'Banker'. You will go to the Banker for these materials.

Each toothpick costs £5 and each marshmallow costs £10, so think carefully before you buy!

WHAT NEXT...?

Now you have experimented, the next time you play this game, give yourselves 5 minutes to design and plan your tower on, before building or buying materials.

Try varying the shapes of the base each time. Which shape is the sturdiest?

Square, triangle, or circle?

Can you make copies of any towers you know, like the leaning tower of Pisa, or the Eiffel tower?

What makes these towers so sturdy, or in the case of the leaning tower, not sturdy?

How important is it to think about the physical properties of your building materials? How would you compensate for any weaknesses in the marshmallows or toothpicks, to make your design sturdier?

Trivia Ball

Activity 17

WHAT DO I NEED?

- Small Ball
- Brain that thinks fast!

WHAT DO I DO?

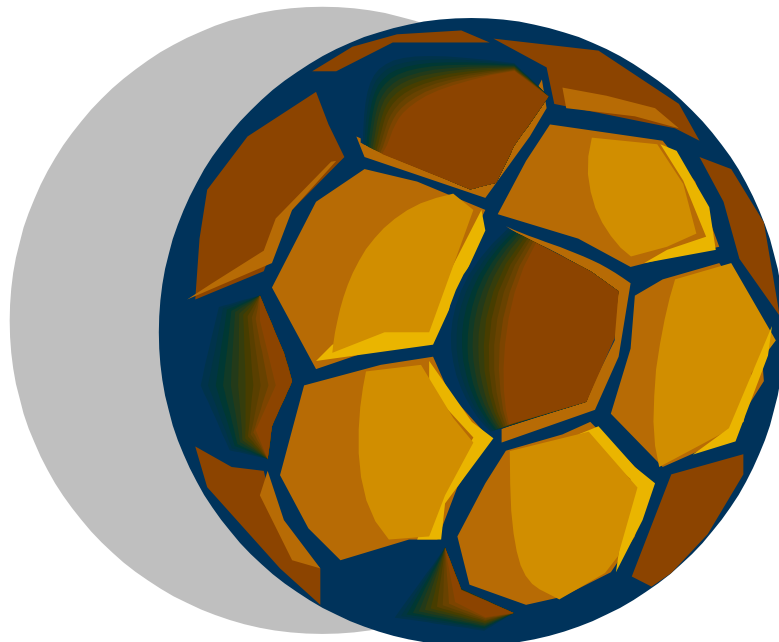
Ask all the players to sit in a circle and decide on a theme (e.g. films, animals, fruits, chemical elements).

One person throws the ball to someone else in the circle.

This person must think quickly and name an item in that category before throwing it to someone else.

Keep this going until someone cannot think of anything or repeats something that has already been said. Then this person is out.

Players remaining in the circle decide on a new theme, before starting again. The last person left wins!



WHAT NEXT...?

Why not add a time limit to how long you can hold the ball for.

No hesitation is allowed so get those brain cells working faster than the ball!

Instead of just naming a thing in a category, can you say a fact about it too?

Maybe you can make it harder by having to say two things rather than just one.

Pictionary

Activity 18

WHAT DO I NEED?

- 20 Index Cards
- Pens and Paper

WHAT DO I DO?

Ask an adult to write a word or name (in English) of something on each index card, this could be animals, book or film names.

Choose one player to be the drawer. This player will take one index card without showing the other players and draw the word/name on paper (no letters or numbers allowed!)

It is up to the other players to be the first to guess what the drawing is.

Once they identify the word/name, they must shout it out in French.

If it is correct, they can be the next to draw!



WHAT NEXT...?

Don't just stick to French; try different languages, from Spanish to Swahili.

If you are more advanced in a language, you can describe it instead of drawing it.

You could even try acting out your word, like charades.

Spinners

Activity 19

WHAT DO I NEED?

- Paper Plate
- Split pins (brads)
- Thin Cardboard
- Scissors
- Crayons, stickers etc. to decorate

WHAT DO I DO?

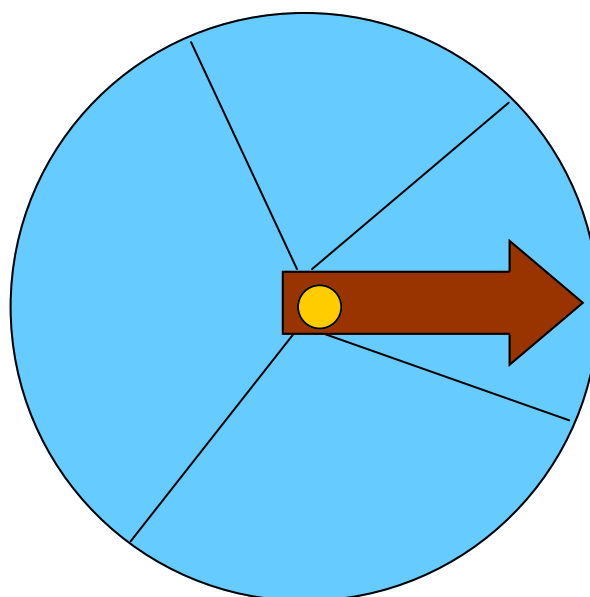
Find the centre of the plate, and divide the circle into segments.

Cut out a pointer (arrow shape) and attach this to the plate with the paper fastener, ensuring it moves freely around the plate.

Decide on how many segments you need and label each segment with a different number, picture or activity.

Decorate your spinner, and use it in your games.

TIP! If the spinner does not spin well, try adding a bead or small piece of straw over the paper fastener between the spinner and the plate.



Build the Bear Activity 20

WHAT DO I NEED?

- One Die
- Pencil
- Paper

WHAT DO I DO?

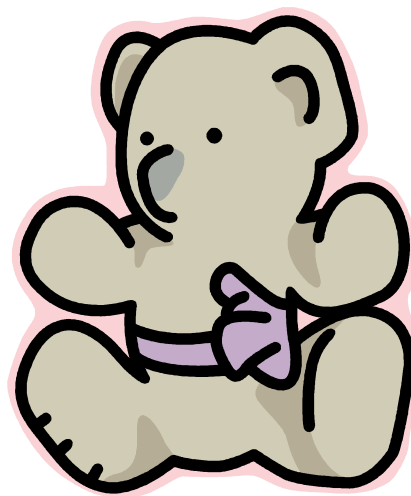
The aim of this game is to be the first to complete the drawing of a bear. The number of the die allows you to draw the corresponding body part as follows:

| | | |
|----------|-------------------|-------------------------|
| 6 = Body | 5 = Nose | 4 = Arms and Legs |
| 3 = Head | 2 = Eyes and Ears | 1 = Hands & Feet (Paws) |

You must draw the body first before any other body part is added on. So each player must roll a 6 to start.

Once the body is drawn, when it is your turn to roll the die again, the other parts of the bear can be added depending on what number you get.

BUT, if you roll a number which relates to a body part you have already drawn, you miss a go, so pass the die on.



WHAT NEXT...?

Why not try drawing different things, such as cars, houses and other animals? You can make it more difficult by adding more body parts, for example 10 fingers and toes.