

# THE ACROBAT

## Activities

- Make ice lollies. Get a grown-up to help you make a fruit smoothie in a blender, pour into an ice-lolly mould (leaving a gap at the top), and put in the freezer. Your ice lollies will be ready in about three hours. You can replace the smoothie mix with a carton of fruit juice.



- Use some modelling balloons to make balloon animals.

- Create your own circus performance! Balance along a line on the floor or a low wall – put your arms out to steady yourself and place one foot in front of the other. Perform somersaults, cartwheels and handstands. Make a poster and tickets for your performance.



- Have a go at juggling. Start with two balls and work up to using three. You can use oranges or beanbags instead of juggling balls.



- Use saucepans and wooden spoons to create a drum kit.

- Find a windy place to fly a kite. Keep clear of trees and power lines.



- Play in a sprinkler or a fountain. Look on your council website to see if you have a local splash park or water play area.



- Go to the park and feed the birds or ducks. Bread can be harmful to them, so feed them with a seed mix, chopped fruit, oats or cooked rice.

