🕵️ Summer Homework Mission: The Incredible Human Body!

Welcome to your summer project, Detectives! Your body is an amazing machine that works 24 hours a day. Your mission this summer is to explore how it works.

Choose as many of the activities from the menu below to complete before we return to school in September. Have fun, and be creative!

🎒 The Pick & Mix Activity Menu

1. Creative Art: The Cotton Bud Skeleton 🦴

- **The Task:** Draw an outline of a person (or an alien!) on dark paper. Use white cotton buds (or white chalk, or different shapes of dried pasta) to create the skeleton inside the body. Label at least three main parts (e.g., skull, ribs, spine).
- **SEND Adaptation:** *Pre-cut thick foam strips or stick-on gems can be used instead of cotton buds for children practicing fine motor skills. Alternatively, children can use their own hands to print white handprints on black paper to look like an X-ray.*

2. The Science Lab: The Heartbeat Jump 🫀

- **The Task:** Find your pulse (on your wrist or neck) or put your hand directly over your heart. Count how many times it beats while you sit still for one minute. Next, do 30 seconds of star jumps or your favourite fast dance. Feel your heart again! Write down or draw what changed.
- **SEND Adaptation:** *If counting or finding a pulse is tricky, the focus can shift entirely to sensory awareness. Have the child listen to a heartbeat online, or use a toy stethoscope. They can use simple keywords or symbols (like a happy face or a fast arrow) to describe how their body felt before and after moving.*

3. Kitchen Exploration: The 5 Senses Safari 👅 👀

- **The Task:** Play a "blind taste or smell test" game with someone at home. Try 3 different things (e.g., a slice of lemon, a pinch of crisps, a strawberry). Can you guess what they are using just your tongue or nose? Write down your favourite taste.
- **SEND Adaptation:** *For children with sensory or food aversions, avoid taste/smell and do a **Texture Safari**. Collect 4 objects from around the house (e.g., a bumpy hairbrush, a soft teddy, a smooth spoon, crinkly tin foil). Use words or pictures to describe how they feel on your skin.*

4. Literacy & Literacy: The "Did You Know?" Poster 🧠

- **The Task:** Research 3 amazing facts about the human body (e.g., *"Did you know your brain runs on electricity?"* or *"Did you know your heart is the size of your fist?"*). Write these facts out in your neatest handwriting and decorate them with colourful drawings.
- **SEND Adaptation:** *Children can dictate their facts to a parent to write down, or they can cut out pictures from magazines/printouts that represent the facts. They can also record a short 30-second video of themselves telling their teacher their favourite body fact instead of writing it.*

5. PSHE & Well-being: The Calm-Down Jar 🧘

- **The Task:** Our brain controls our feelings! Make a "Glitter Jar" using an old clean plastic bottle, water, and glitter (add a spoonful of PVA glue or glycerine if you have it to make the glitter fall slower). Shake it up and watch the glitter settle. Write or draw a picture of one thing that helps you feel calm when your brain feels "swirly" like the glitter.
- **SEND Adaptation:** *This is an excellent tool for emotional regulation. The physical act of making and watching the jar is highly therapeutic. No writing is required—the child can simply bring their jar to school to show their new teacher.*

🏆 How to Present Your Work

When you come back to school, you can share your project in whatever way makes you proudest! You could bring in:

- A scrapbook or a decorated folder with your drawings and writing.
- A photo diary showing you doing the activities.
- A short video clip or voice note shared via our school learning platform (e.g., Seesaw/Google Classroom).
- A PowerPoint presentation (We have learnt about these this year)