

Love Your Home-Start

Activity Pack 2023



40th Anniversary Edition



Welcome to your 'Love Your Home-Start' Activity Pack 40th Anniversary edition

What is "Love your Home-Start" day?

It's a day we 'love' to celebrate all the work Home-Start Royston, Buntingford & South Cambridgeshire does for families within our community.

This activity pack, we hope, will give you lots of ideas for fun things to do on this special day, but it's not just for 'Love Your Home-Start' day... you can do these activities any day.

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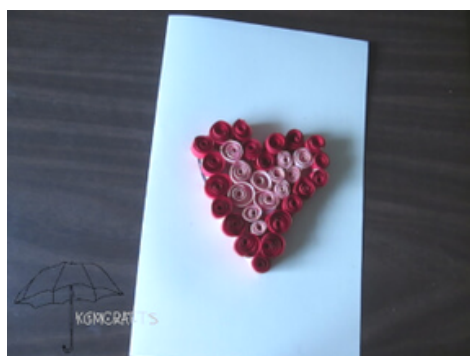
- Paper quilling heart (craft activity)
- Heart sun catcher (craft activity)
- Jammie dodgers (recipe)
- Easy heart-shaped pizzas (recipe)
- Word search
- Heart dice game
- Scavenger hunt (activity)
- Colouring pages



Love Your Home-Start

Paper Quilling Heart

Source: www.kgmcrafts.com



What you will need to get started:

- White card
- Red & pink paper
- Ruler
- Scissors
- Toothpick
- PVA glue
- Paper plate

Instructions

Fig. 1: Use a ruler to make the quilling strips. For your first project, make the strips 1/2 inch wide and 8 1/2 inches long. Cut the strips from the paper.

Fig. 2: Use your toothpick to roll the strips into coils.

Fig. 3: Tear off the end before you glue the coil together. Tearing helps the paper to stay together.

Fig. 4: Fold the card stock in half to make a card. On the front, draw a heart shape. Cookie cutters make nice templates.

Fig. 5: Pour a puddle of glue on a paper plate. Dip the bottom of the coil in the glue. Place the coil on the heart. Put a drop of glue on the side of the coil.

Fig. 6: Dip another coil in the glue. Place it next to the one on the heart. Continue until the heart is outlined in red.



Fig. 1



Fig. 4

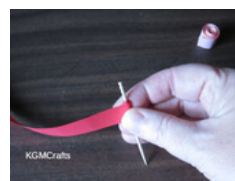


Fig. 2

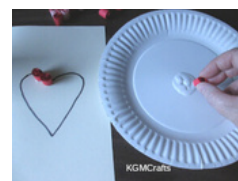


Fig. 5

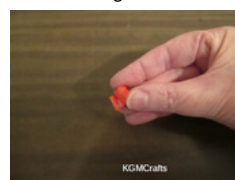


Fig. 3

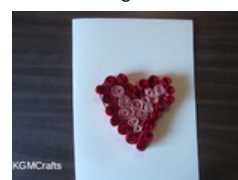


Fig. 6



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Heart Sun Catcher

Source: www.firefliesandmudpies.com



What you will need to get started:

- Coloured tissue paper
- PVA glue
- Paint brush
- Scissors
- Plastic wallet or clear sheet
- Pen
- White card

Instructions

1. Draw or print out a heart shape on your card.
2. Cut the coloured tissue into small squares.
3. Paint the PVA glue onto your plastic wallet or sheet filling the heart shape. Using the paintbrush, gently press the tissue paper squares onto the sheet, and using a layering technique (and more glue if needed), fill the heart shape.
4. Paint a final layer of PVA glue over the finished heart and leave it to dry.
5. Once dry, gently peel the heart away from the plastic wallet or sheet and trim the edges.
6. Attach the finished sun catcher to any window with some tape.



Love Your Home-Start

Jammie Dodgers

Source: www.cookingwithmykids.co.uk



Useful equipment

You may need some of these baking tools to make the jammie dodgers:

- Weighing scales
- Mixing bowl
- Measuring cups
- Baking tray
- Baking parchment
- Measuring spoons
- Rolling pin
- Cutters
- Wire rack

Ingredients

- 80g caster sugar
- 160g unsalted butter, softened
- 240g plain flour
- Strawberry jam

Instructions

Preheat your oven to 180C / 350F and line your baking tray(s) with baking paper.

Put the butter and sugar into a large mixing bowl and mix until well blended.

Add the flour and give it a good mix until a dough starts to form. Tip mixture out onto a floured work surface and knead together until it forms a ball. Wrap in clingfilm or put in covered bowl and chill in fridge for 15 minutes.

Once chilled, roll the dough out so it's about a half a centimetre thick. TIP: Place the dough between two sheets of baking parchment to stop it sticking.



Love Your Home-Start

Easy Heart-Shaped Pizzas



Useful equipment

You may need some of these baking tools to make this recipe:

- Weighing scales
- Measuring spoons
- Rolling pin
- Mixing bowl
- Baking tray
- Heart-shaped cutter
- Measuring cups
- Baking parchment
- Wire rack
- Measuring jug

Ingredients

- Pizza dough (recipe on page 3)
- Pizza sauce (recipe on page 3)
- Mozzarella cheese (grated or torn)
- Flour (for dusting work surface)
- A mixture of your favourite toppings, e.g. pepperoni, peppers, mushrooms, onions, sweetcorn, ham, pineapple, etc. chopped to size

Instructions

Preheat oven to 240C/220C fan/gas 9 and line your baking tray with parchment.

Sprinkle your work surface with flour and roll the pizza dough out to desired thickness. Using the heart-shaped cutter, cut out your heart shapes and place them onto the baking tray.

Spread the sauce over the bases and add the mozzarella, then add your toppings and place in the oven to bake for approximately 10-12 minutes (all ovens vary so may take less or longer cooking depending). Take out when done and enjoy!



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Pizza Dough

Ingredients

- 300 g strong white bread flour
- 1 tbsp fast-action dried yeast
- 1 tsp caster sugar
- 1 tbsp olive oil, plus a little extra for greasing the bowl.
- Warm water

Instructions

Put the flour in a large bowl. Add a little salt to one side of the bowl and the yeast to the other side. Sprinkle over the sugar, together with a spoon, and add the oil and 190ml warm water. Combine with a spoon until all the flour comes away from the sides of the bowl, then tip onto a floured surface. Knead for 5-10 mins or until smooth and elastic. Lightly oil a clean bowl, add the dough, cover with cling film and leave to rise for 1 hr.

Line a baking tray with parchment.

Once the dough has risen, tip it out onto a lightly floured surface and knock out the air. Roll it out into a circle until you achieve desired thickness. Cover with cling film and leave to prove again for approximately 15 minutes.

Your pizza dough is now ready to use.

Pizza Sauce

Ingredients

- 150 ml passata
- 1 tsp mixed dried herbs
- 1 tsp of dried basil
- Salt and pepper to taste

Instructions

Pour the passata into a saucepan, add the basil and mixed herbs, then season and bring to the boil over a low heat. Simmer gently for 5 mins, then set aside to cool.



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Word Search

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

CHILDREN

FATHER

HAPPY

HOME

LAUGH

LOVE

MOTHER

PLAY

START

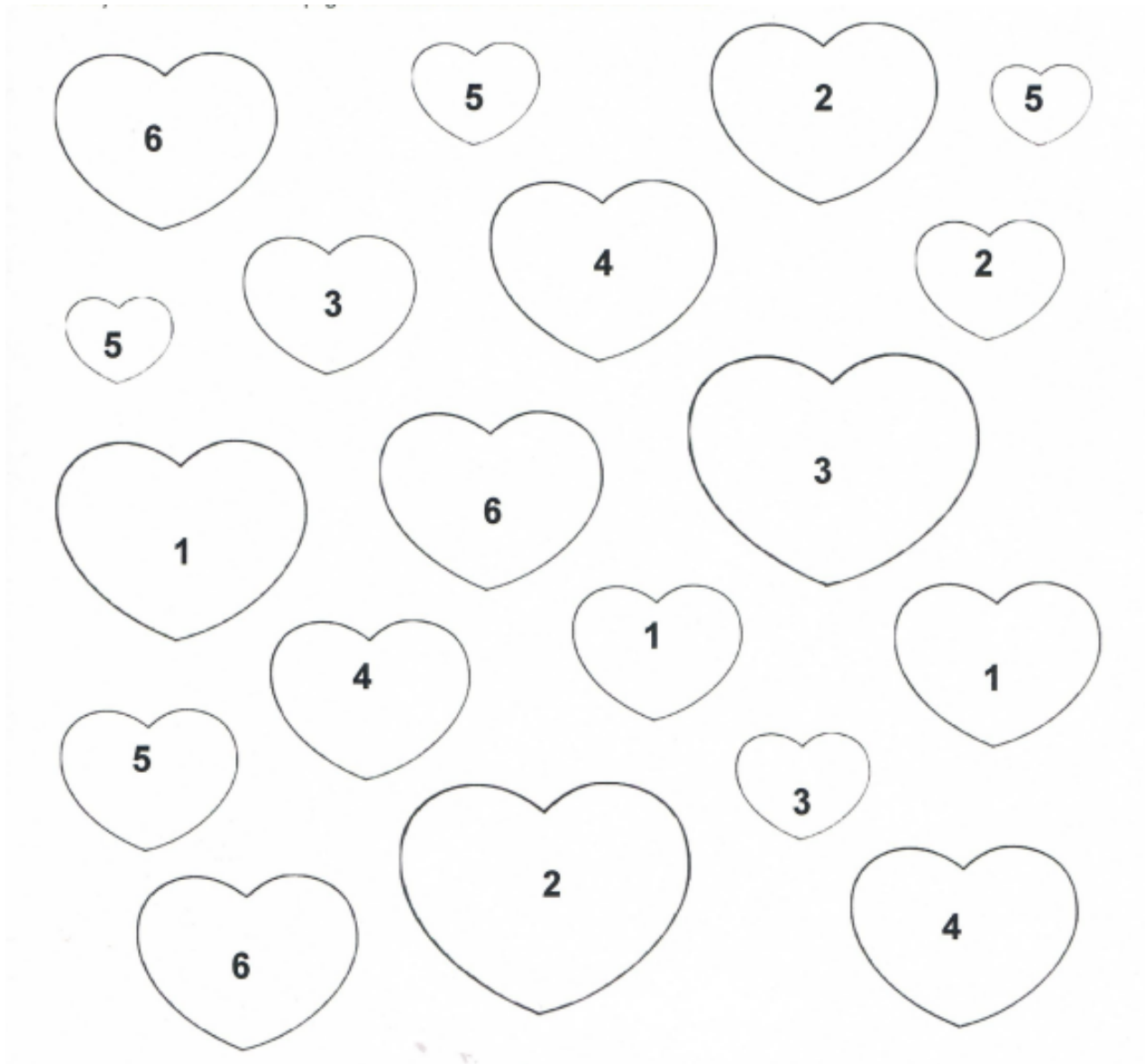
SUPPORT



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Heart Dice Game

Using a single dice, throw and then colour a heart on the page that has the same number as the dice, using the colour key at the bottom of the page. Continue until all the hearts are coloured.



1 - PURPLE

2 - ORANGE

3 - PINK

4 - YELLOW

5 - BLUE

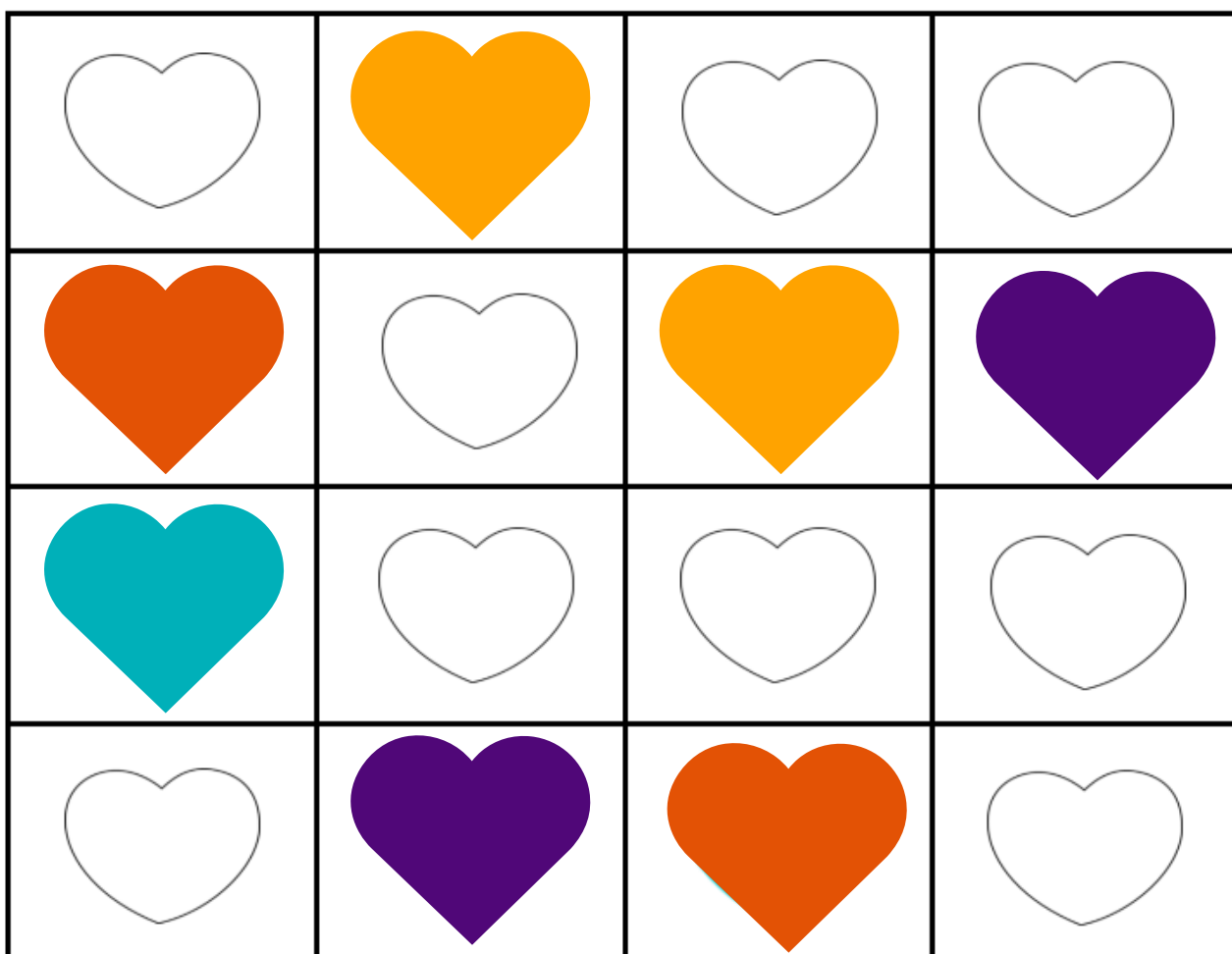
6 - RED



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Heart Sudoku

Colour each blank heart purple, orange, yellow or blue. Each horizontal row must have one heart of each colour and each vertical row must also have one heart of each colour.



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Scavenger Hunt

This activity is best played with two or more people so you can compare items at the end.

What you will need to get started:

- plain paper bag or box
- PVA glue
- Items to decorate; colouring pencils or crayons, glitter, buttons, etc.

Instructions

Decorate your bag or box with Home-Start colours, then set a timer for 10 minutes and first one back with all the objects below wins the game.



Go on a treasure hunt around your home, and find TWO items that are **PURPLE** and pop them into your bag or box.

Now find TWO items that are **ORANGE** and pop your treasure in your bag or box.



Next find TWO items that are **PINK** and pop them into your bag or box.

Find TWO more items that are **YELLOW** and pop your treasure in your bag or box.

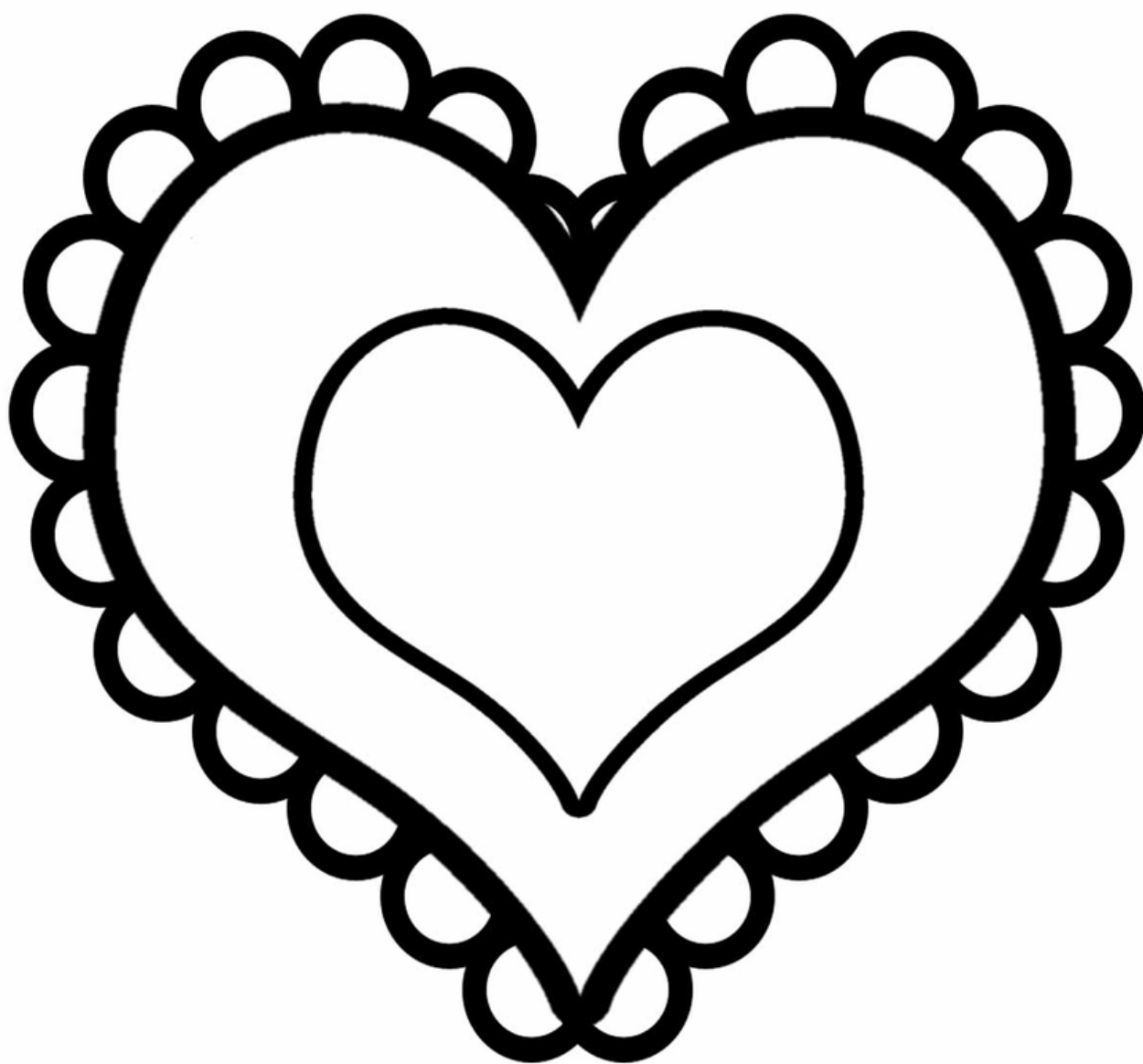


And finally, find TWO items that are **BLUE** and pop them into your bag or box.



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Colouring Sheets



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Colouring Sheets



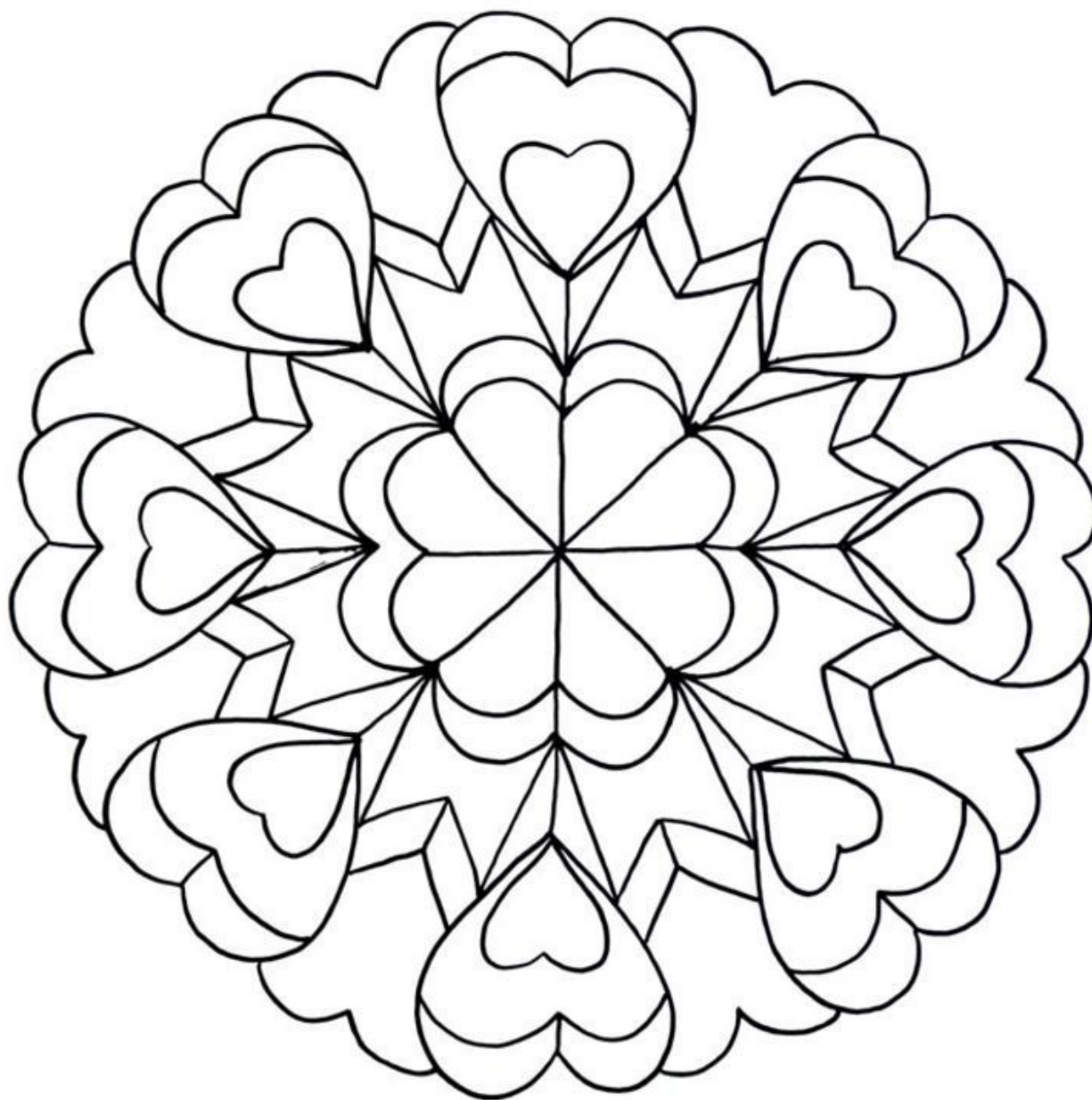
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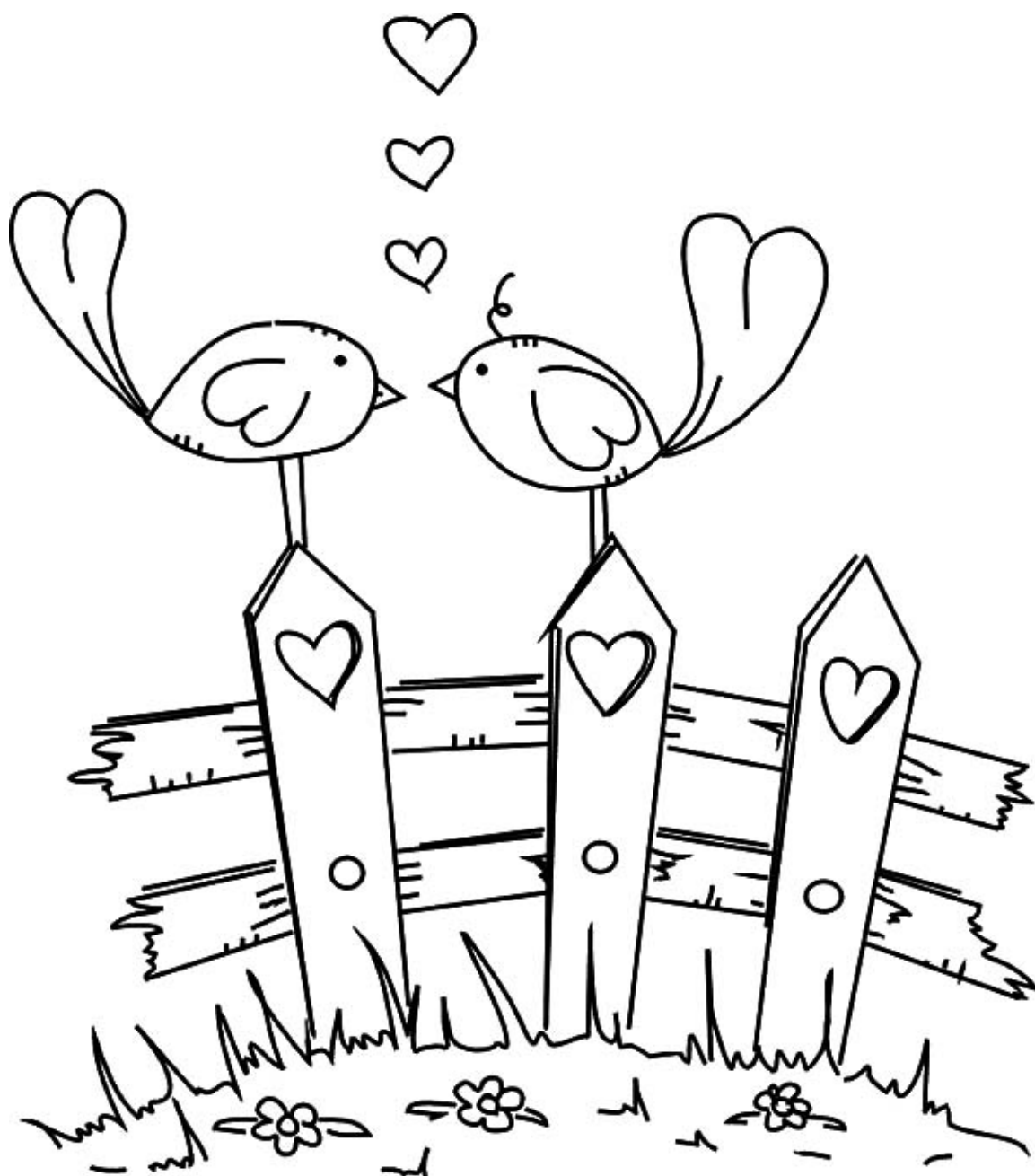
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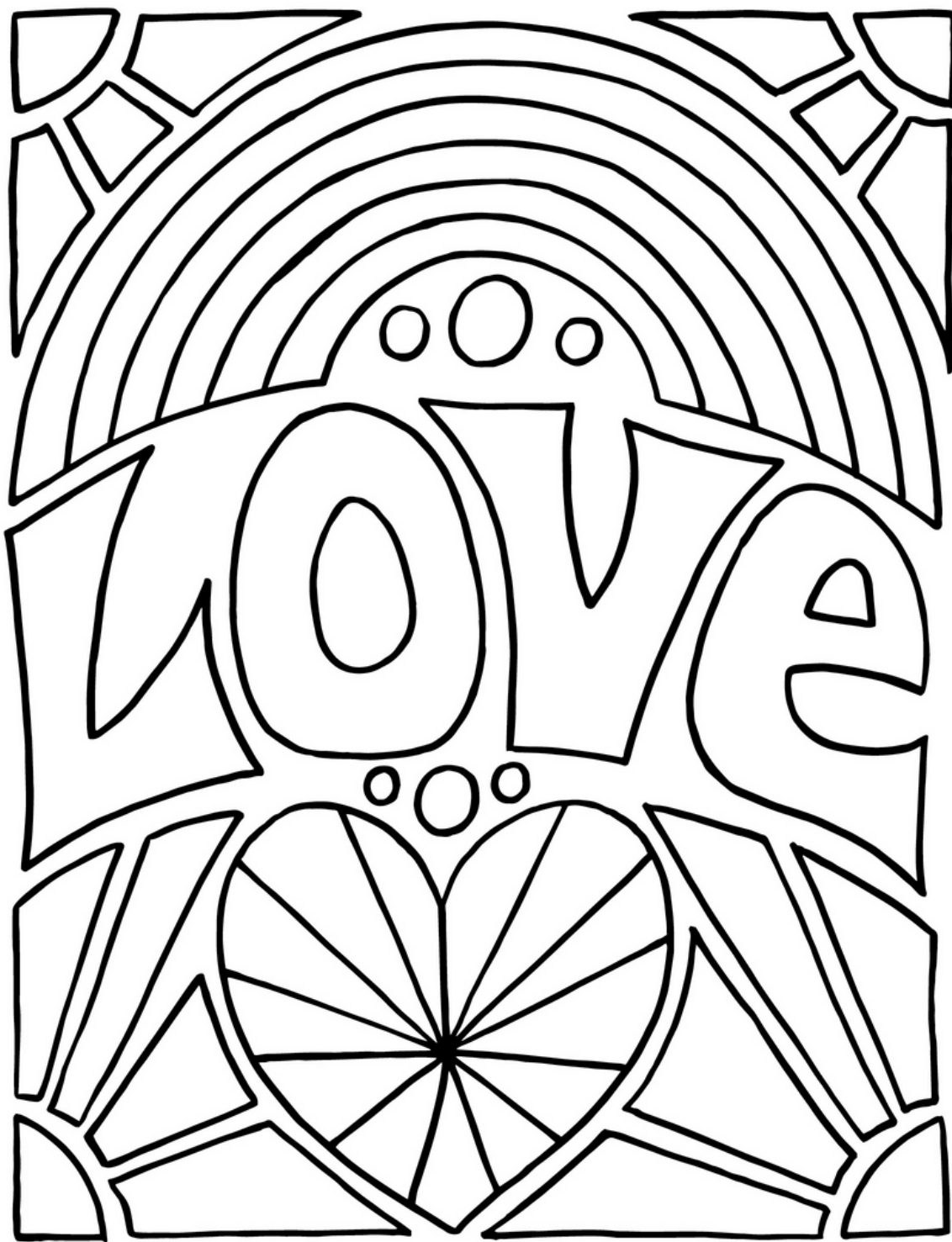
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Colouring Sheets



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Home-Start Royston, Buntingford & South Cambridgeshire

Home-Start Royston, Buntingford & South Cambridgeshire are there for local families with children aged 9 or under who might want extra support to reduce anxiety and loneliness.

We offer free, confidential and non-judgemental support for families in Royston, Buntingford and their surrounding villages, and the SG8 villages of South Cambridgeshire who are experiencing difficulties such as:

- Parents feeling isolated and lonely
- Expectant or new mums struggling to establish routines and keep connected with others
- Parents and children feeling anxious and worried about the effects of the pandemic
- Parents struggling to juggle everything that is being asked of them right now
- Financial worries

We can offer help like:

- Regular supportive phone, video or face to face contact from a member of staff or trained volunteer
- Signposts and information about other services that might be able to provide help and assistance
- Share ideas for activities to support your child's learning and development
- Access to our family support groups where you and your children can meet other people, make friends and build a network of support, reduce feelings of loneliness and isolation and improve well-being and mental health

You can ask for help by:

- emailing us - admin@hsrsc.org.uk
- making contact via our website www.hsrsc.org.uk
- calling us on 01763 262262

One of our co-ordinators will contact you to discuss your needs and the best way that we can support you.

