



# Templates



**SevenSpringsOAC**

[www.pinterest.com/SevenSpringsOAC](http://www.pinterest.com/SevenSpringsOAC)



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[SevenSpringsOutdoorActivityCentre](https://www.facebook.com/SevenSpringsOutdoorActivityCentre)



[@7SpringsCamp](https://twitter.com/7SpringsCamp)



Please **DO NOT GLUE** coins down.  
Use sellotape or masking tape.

Thank you



Thank you for completing your coin shield. Your donations will help to build the new Venture House at Seven Springs Activity Centre.

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## Plastic Bag Kite

<https://livewellforless.sainsburys.co.uk/step-by-step-guide-to-making-a-kite/>

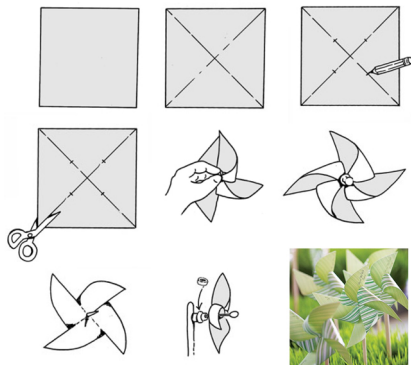


### You Will Need:

Plastic Bags (Heavy Duty works better)  
Electrical Tape in bright colours  
Lengths of dowel (5mm)  
Fishing Line or Dental Floss  
Card (For making the winder/handle)

## Pinwheel

<http://www.fourwindsweddings.com/tag/wedding-pinwheel-diy/>



### You Will Need:

Square pieces of light card  
Split Pin  
Drinking Straw or Garden Cane  
Scissors

Use a ruler to make out the cross on the card, with the lines going diagonally from corner to corner.

Repeat on other side. In each 'triangle' draw patterns using a black pen. Colour in both sides. Make into pinwheel as shown above: Remembering not to cut all the way to the middle point (About 2/3s along)

## Blow painting with straws

<http://www.bbc.co.uk/cbeebies/makes/mister-maker-hairyblowpainting>



### You Will Need:

Drinking Straws  
Diluted Paint  
Paper

Search for "Blow Paint Autumn" for more complex pictures.



## Bubble Painting

<http://www.artideascrafts.com/bubble-painting/>



### You Will Need:

Washing up liquid  
Shallow Trays or Cups  
Paint  
Drinking Straws  
Paper

## Recycled Windchimes

<http://happyhooligans.ca/homemade-wind-chimes-for-kids/>



Visit above link or search for 'Recycled Windchimes' for lots of different variations.





## Windsock

<http://thecraftyclassroom.com/crafts/japan-crafts-for-kids/japanese-carp-kite-craft/>



OR <http://www.thecharmitspot.com/?p=1456>



## Wind Spirals

<http://www.cbc.ca/parents/play/view/water-bottle-wind-spirals>



**You Will Need:** Empty and clean 2l plastic bottles, permanent makers, sharp scissors.  
Colour in bottles using markers.  
Cut off bottom of bottle.  
Start cutting from bottom towards 'lid' end in a spiral direction.  
Do not cut all the way to the top if you want to hang via lid opening  
Or Cut all the way to the top, punch hole in coloured plastic strip and hand using ribbon.



## Inflate balloon using a bottle

<http://www.vivifystem.com/blog/2014/12/8/blow-up-a-balloon-using-diet-coke-mentos-reaction> (Using Coca Cola and Mentos)

<http://www.momto2poshlildivas.com/2012/01/blow-it-up-exploring-gas-with-balloons.html> (Using vinegar and bicarbonate of soda)



For both these experiments

### You Will Need:

500ml plastic bottle

Balloon

Funnel

Bicarbonate of Soda & Vinegar  
OR

Diet Coca Cola & Mentos

We advise that you do these experiments outside or in a sink.

## Weather Vane

[http://www.education.com/activity/article/wind\\_vane\\_first/](http://www.education.com/activity/article/wind_vane_first/)



### You Will Need:

Plastic Cup

Pebbles/Sand/Rice (to weigh it down)

Sharp Pencil

Drinking Straw

Pin

Card

Permanent Marker

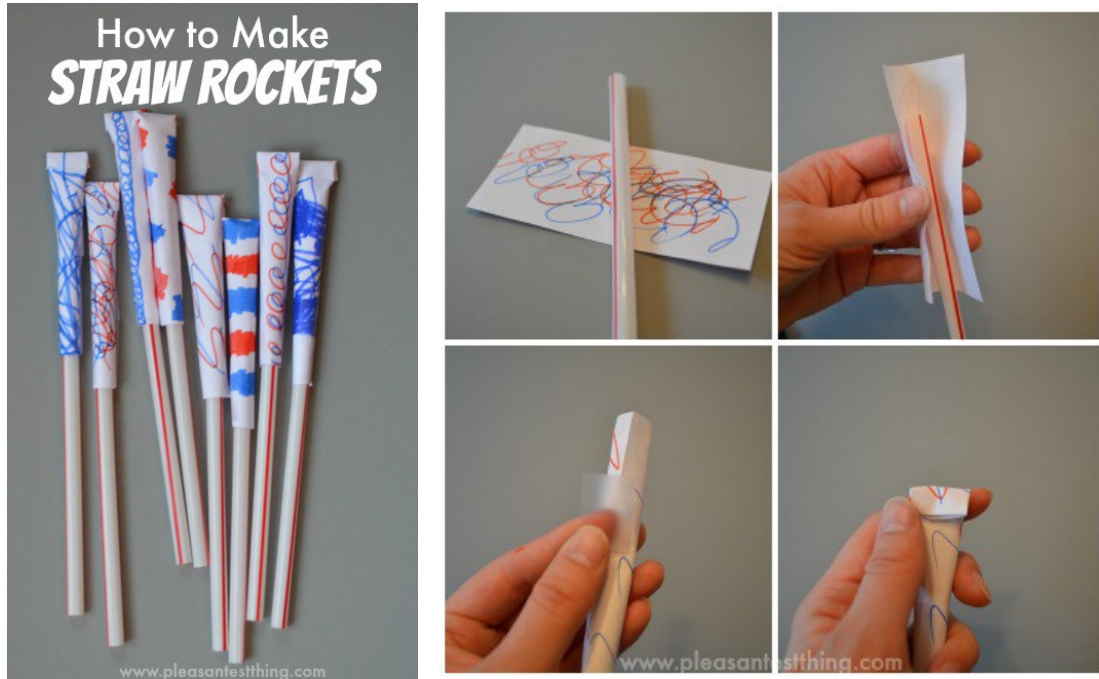
Compass





## Straw Rockets

<http://www.pleasantestthing.com/make-straw-rockets>



Cut small rectangles of paper approx. 5cm X 10cm.  
Decorate with pens, pencils, stickers etc.  
Roll paper into tube around straw and tape together.  
Tape one end of the tube closed.  
Blow down straw and see whose rocket goes the furthest.

## Anemometer

<http://activity-mom.com/2014/05/12/science-experiments-at-home/>



### You Will Need:

- 4 small paper cups
- 2 drinking straws
- Drawing pin
- Tape
- Scissors
- Pencil/dowel





## Blow Football

<http://www.activityvillage.co.uk/blow-football>

### You Will Need:

A ping-pong ball  
Two goals (margarine tubs are good).  
A large drinking straw for each player  
Paper with football pitch markings.

### Rules:

Place a border round the pitch (books might be suitable) to stop the ball going outside the field of play. Then put the ball in the middle of the pitch and blow. If you get the ball in the opponents goal you have scored.

First to five goals wins.

The only rule is that you're not allowed to touch the ball while it is in play -with hand, straw or anything else. If you do, the opponent gets a penalty.

### Penalty shots:

The offending player (or team if playing two-a-side) has to put down his straw, the ball goes on the middle of the pitch and the other team gets the chance to score unopposed. The offending team are not allowed to touch their straws to pick them up and defend until the other team has restarted.

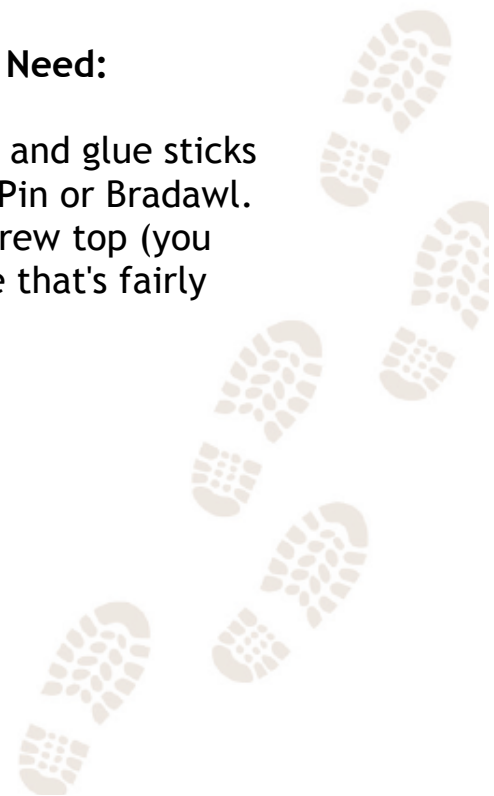
## Hovercraft Balloon

<http://deceptivelyeducational.blogspot.co.uk/2014/05/how-to-make-hovercraft.html>



### You Will Need:

A CD  
Glue gun and glue sticks  
Drawing Pin or Bradawl.  
Bottle screw top (you want one that's fairly deep)  
Balloon



## Tea Bag Rocket

<http://www.planetscience.com/categories/experiments/surprise/2011/03/make-a-teabag-fly.aspx>

### You Will Need:

Tea Bag with string and label  
Lighter  
Non-Flammable Plate or Surface  
Scissors  
Bucket of Water

## Jam Jar Candle

<http://www.brit.co/color-block-candles/>



### You Will Need:

Paper Cups  
Candle Wax  
Crayons  
Wicks  
Small Glass Jars  
Lollipop Stick (For Stirring)  
Supplies available at hobby craft (See Link Below)

<http://www.hobbycraft.co.uk/home-crafts/candle-making/waxes-and-wicks>



## Make a lava lamp

[http://mashable.com/2015/08/09/diy-lava-lamp/?utm\\_cid=mash-com-pin-link#qH582jTYWqgy](http://mashable.com/2015/08/09/diy-lava-lamp/?utm_cid=mash-com-pin-link#qH582jTYWqgy)



### You Will Need:

- A Water Bottle
- A Cup of Water
- Vegetable Oil
- Food Colouring
- Alka-Seltzer Tablet

## Walking Water experiments

<http://www.playbasedlearning.com.au/2011/03/walking-water/>



### You Will Need:

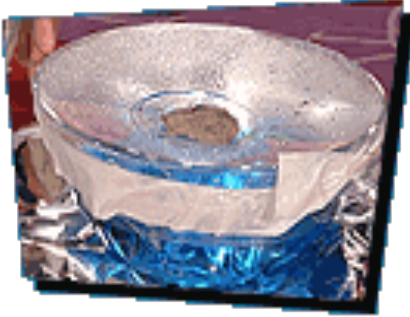
- 2 Glasses
- Kitchen roll
- Water
- Food Colouring





## Build a Solar Still

<http://pbskids.org/zoom/activities/sci/solarstill.html>



### You Will Need:

- Large Bowl
- Short Cup
- Tape
- Clingfilm
- Small Rock
- Jug of Water
- Salt
- Long Spoon (for stirring)

## Make Magic Sand

<http://gimmiefreebies.com/make-your-own-kinetic-sand/>



### Moon Sand 1.0

4 cups flour  
1/2 cup baby oil

crumbly, moldable,  
dry, messy

### Moon Sand 2.0

2 cups fine sand  
1 cup cornstarch  
1/2 cup water  
1 t Tea Tree Oil

crumbly, moldable,  
muddy, wet

### Kinetic Sand

5 cups play sand  
1 cup + 3 T corn starch  
1/2 t dish soap  
1 cup water  
1 T Tea Tree Oil

soft, moldable,  
moist but not wet





## Captain's Coming Game

### How to Play

The players assemble in the centre of the playground or in a hall. A leader is chosen

who calls out various commands. The commands need explanation to each participant before the game can begin. A game of Captain's Coming can have any number of various commands; the more there are, the more that needs to be memorised, and the harder it is to play.

The group competes with each other to complete the commands. If there is an obvious person or, if applicable, group of people who are last to start a command, they are then out. The game continues until there is only one person left - the winner.

### The Commands

Bow - everyone races to the front of the room.

Stern - everyone races to the back of the room.

Starboard - everyone races to the right of the room.

Port - everyone races to the left of the room.

Captain's coming - everyone stands tall, salutes and shouts, 'Aye aye Captain.'

Captain's wife - everyone curtseys.

Scrub the decks - mime scrubbing on hands and knees.

Climb the rigging - everyone pretends to climb a rope ladder.

Man the lifeboat - find a partner and hold both hands. Anyone without a partner is out.

Sharks - lie on stomach with feet up.

Freeze - stop all actions when this is called. If a further command is given

without saying 'unfreeze' anyone obeying it is out.

© 101 Playground Games by Therese Hoyle [www.theresehoyle.com](http://www.theresehoyle.com)





Grow your own... Garden in a glove.

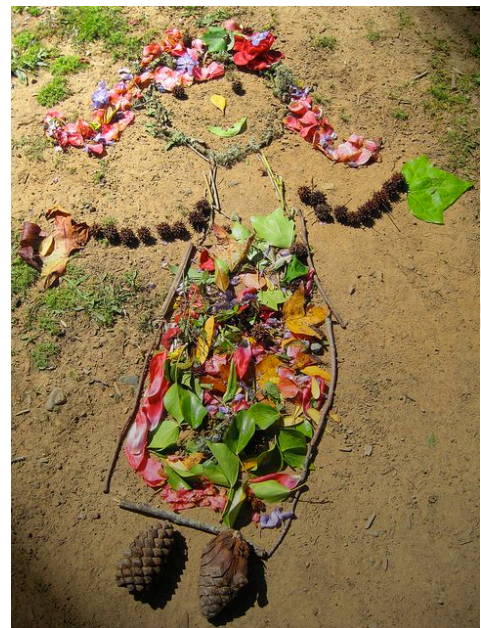
<http://zweberfarms.com/free-farm-lesson-plans-garden/>

Carrots in a Bottle

<http://laughingkidslearn.com/how-to-grow-a-carrot-top/>



“The Earth, without ‘art’ is just ‘eh’”



## Mud Paint

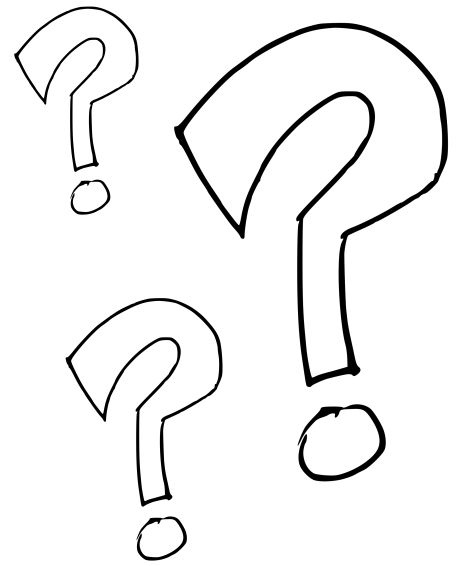
<http://www.learnplayimagine.com/2014/03/mud-paint-recipe.html>



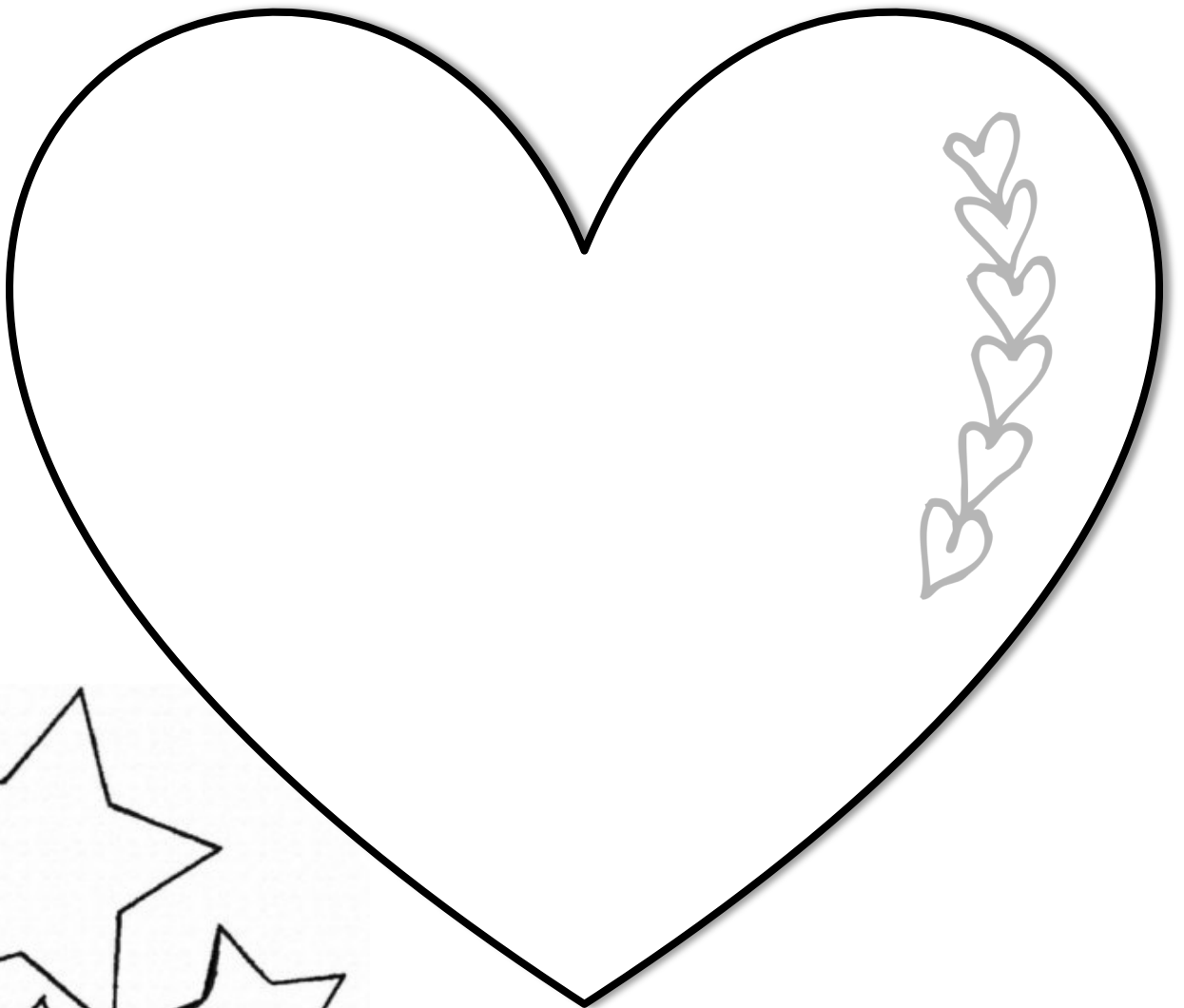
## Cress Heads

<http://gardeningwithchildrenblog.co.uk/tag/childrens-indoor-gardening-activities/>





**I Promise to...**





## Plastic Bottle butterflies

<http://www.icreativeideas.com/diy-beautiful-butterflies-from-plastic-bottles/>



### You Will Need:

2l Plastic Bottles

Scissors

Black permanent marker pen

Butterfly Outline Template

Nail Varnish/Acrylic Paint/Coloured Tissue Paper

## Recycled paper

<http://www.kisthegroom.com/2009/09/handmade-paper/>



### You Will Need:

Sponge

Window Screening (mold)

Wood Frame (old picture frame can be used too) (

Plastic Basin/Tub

Blender/Food Processor

(For making paper pulp)

White Felt or Flannel Fabric

Staples (For tacking screen on frame)



## Making a journey stick

<http://growingfamily.co.uk/out-and-about/making-a-journey-stick-on-a-nature-walk/>

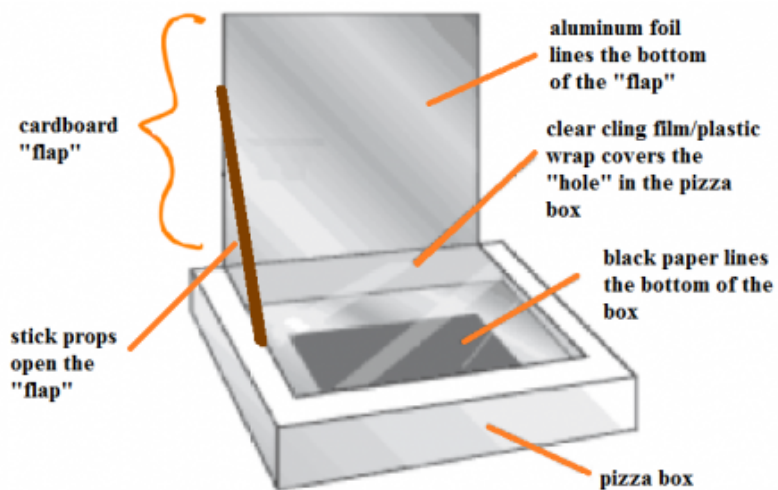


### You Will Need:

- A long stick or flat piece of wood
- Double Sided Sticky Tape
- Short pieces of string or wool

## Solar Oven

<http://thekrazycouponlady.com/family/summer-diy-make-a-solar-oven-using-a-pizza-box/>



## A penny hike

### You Will Need:

A Penny

Heads = Left

Tails = Right

Flip the coin at each road junction to decide which way to turn.

## Mud pie deserts

## Upcycling furniture / shoes

<http://www.dandeliondrift.com/2014/03/03/tutorial-diy-sharpie-doodle-shoes/>



### You Will Need:

Sharpies (Permanent Markers)

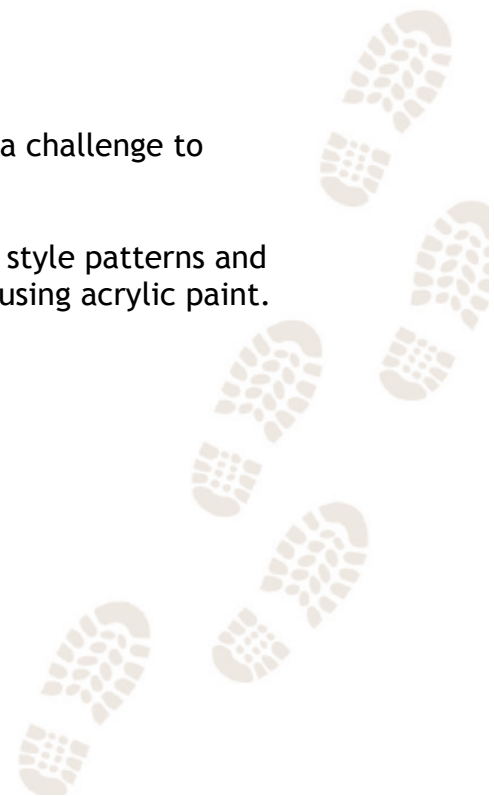
Or Acrylic Paint  
Canvas Shoes

You may be interested in customising flip flops or tote bags. Search on the internet to find more ideas.

A Lack table from Ikea is easy to customise. Set the girls a challenge to decorate it, some ideas to do this are:

Stick pennies/buttons to the top.

Decoupage comic pages onto table, draw intricate henna style patterns and colour in, use washi tape (coloured masking tape), paint using acrylic paint.





## Make an origami frog

[http://www.itsalwaysautumn.com/2015/03/06/origami-jumping-frogs-easy-folding-instructions.html#\\_a5y\\_p=3464328](http://www.itsalwaysautumn.com/2015/03/06/origami-jumping-frogs-easy-folding-instructions.html#_a5y_p=3464328)



**You Will Need:**  
6" Square Paper

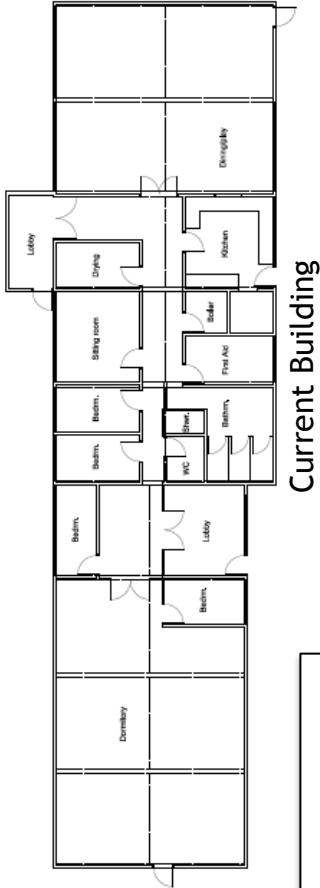
## Hold a tiddliwinks competition

<http://www.etwa.org> Click link for the rules.





What would you call our new building?



Current Building

Entrance

- Must Have:**
- 30 Beds or 15 Bunk beds
  - 1 Kitchen
  - 1 Leaders Room
  - 1 Activity Room
  - Bathrooms
- Plus anything else you want.