

THE ACROBAT

Activities

- Make popsicles. Get a grown-up to help you make a fruit smoothie in blender, pour into an popsicle 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.



- Try 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. Ask an adult to look on your city or town's website to see if there is a local water park.



- Go to the park and watch the birds. You could borrow a book from the library to look up the types of birds that you see. You could even bring a sketch book and try to draw them.

