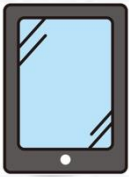


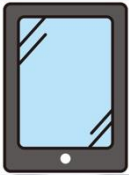
Northern House Academy:
Safer Internet 2024

Digital Detox Challenge

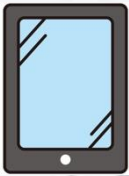
During the week of the 5th February, we are challenging as much of you as possible to detox from your digital and online devices. Have a go at these challenges. You can take picture evidence and email it to office@northernhouseacademy.co.uk with prizes being given upon our return after half term.



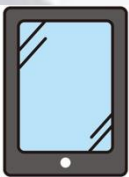
Why not as a family turn off your devices and screens together and take some time to play one of our 'social games' (see attached).



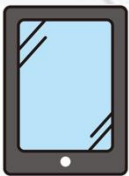
Take some time away from your screens tonight and spend some time outside – if you do not have access to a garden why not take a walk around the block – when you get back inside why not draw a picture of something you saw when outside (see template attached).



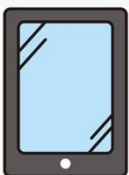
Let's get creative – take some time away from your screen and enjoy some arts and crafts – if you are stuck for ideas why not complete some of our mindfulness colouring in sheets (attached).



Why not spend some time together cooking – have a look at our attached recipe sheet and see if you fancy making some sweet treats!



Spend some time away from your screens and enjoy exploring some reading together – you could snuggle down and read together as a family, look at some comics or go and visit your local library.



Have a go at making some playdough together (see attached) Take a picture of your creations – be as creative as you like and be sure to get a picture to show what you have made.

No Cook

Modelling Dough Recipe



You will need:

- 2 cups plain flour
- 1 cup salt
- 1 tbsp oil
- 1 cup cold water
- 2 drops liquid food colouring (any colour of your choosing)



Method:

1. Mix the flour and salt together in a large mixing bowl.
2. Add the cold water, oil and drops of food colouring and mix together.
3. When your ingredients are well mixed, take them out of your bowl and place your dough onto a flat surface, such as greaseproof paper.
4. Knead vigorously for a few minutes, until your dough feels like modelling dough and all of the stickiness has gone.

What is kneading?

This is when you press, massage, squeeze and fold your dough.

If your dough is too wet, add a little extra flour and carry on kneading.

If your dough is too dry and crumbly, add an extra drop of cold water and carry on kneading.

Make sure you add any extra ingredients a little bit at a time.

Yummy Oat Flapjacks

Ingredients

250g porridge oats
125g light brown sugar
125g butter
2-3 tbsp golden syrup

Method

1. Preheat oven to 200°C/180°C fan.
2. Put all the ingredients into a food processor and mix together well.
3. Grease a baking tray with butter and spoon on the oatly mixture.
4. Bake for approximately 15 minutes until golden brown.
5. Eat and enjoy!



Tip!

If you don't have golden syrup at home, replace it with honey instead!

Chocolate Brownies

Ingredients

350g melted chocolate or
chocolate spread

2 eggs and 1 extra egg yolk

62g plain flour

Pinch of salt (optional)

Method

1. Preheat your oven to 180°C/160°C Fan.
2. Line a baking tin with baking paper.
3. Heat the chocolate or chocolate spread in a microwaveable bowl for 30 seconds at a time, stirring until it melts. Heating it slowly will keep it from burning.
4. Whisk together the melted chocolate and eggs until the mixture is smooth.
5. Fold the flour and salt into the mixture.
6. Pour the mixture into the baking tray and bake in the oven for 20-25 minutes, or until the mixture is no longer wobbly.
7. Allow the baking tray to cool before cutting the brownies into squares.



Healthy Lollipops

Ingredients

5 carrots

Juice of 3 large oranges

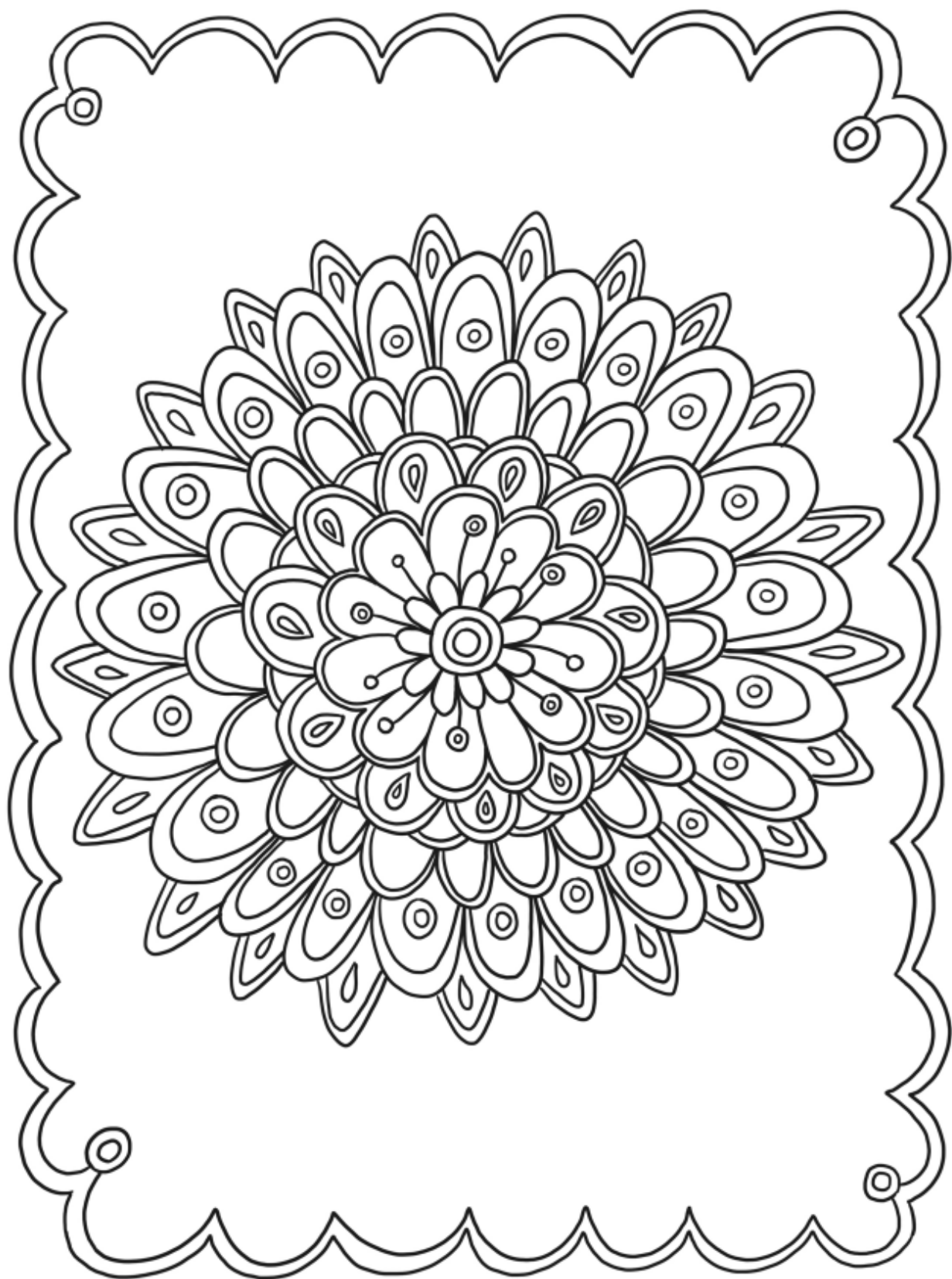
Zest of 1 orange

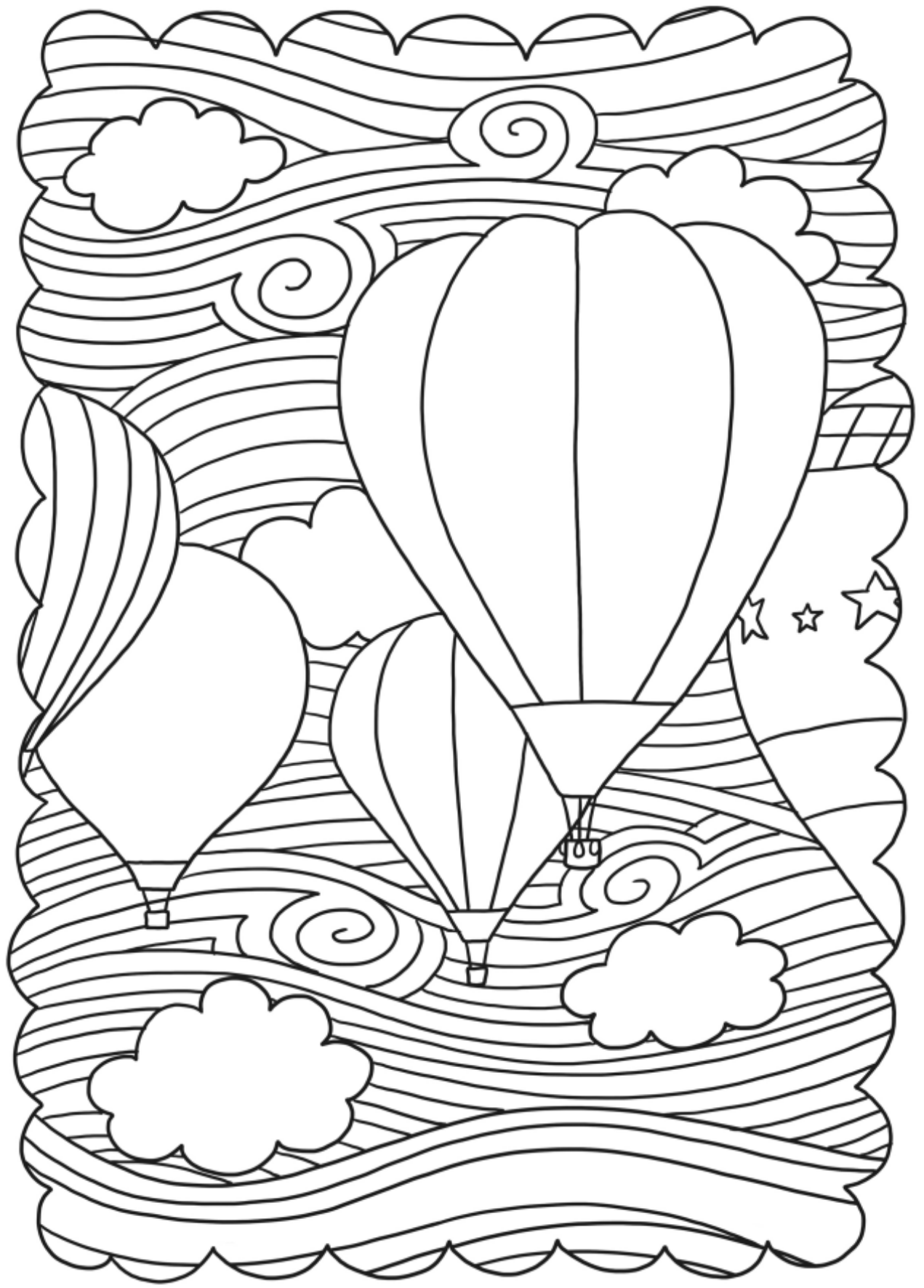
1 satsuma or tangerine,
peeled and chopped
(optional)

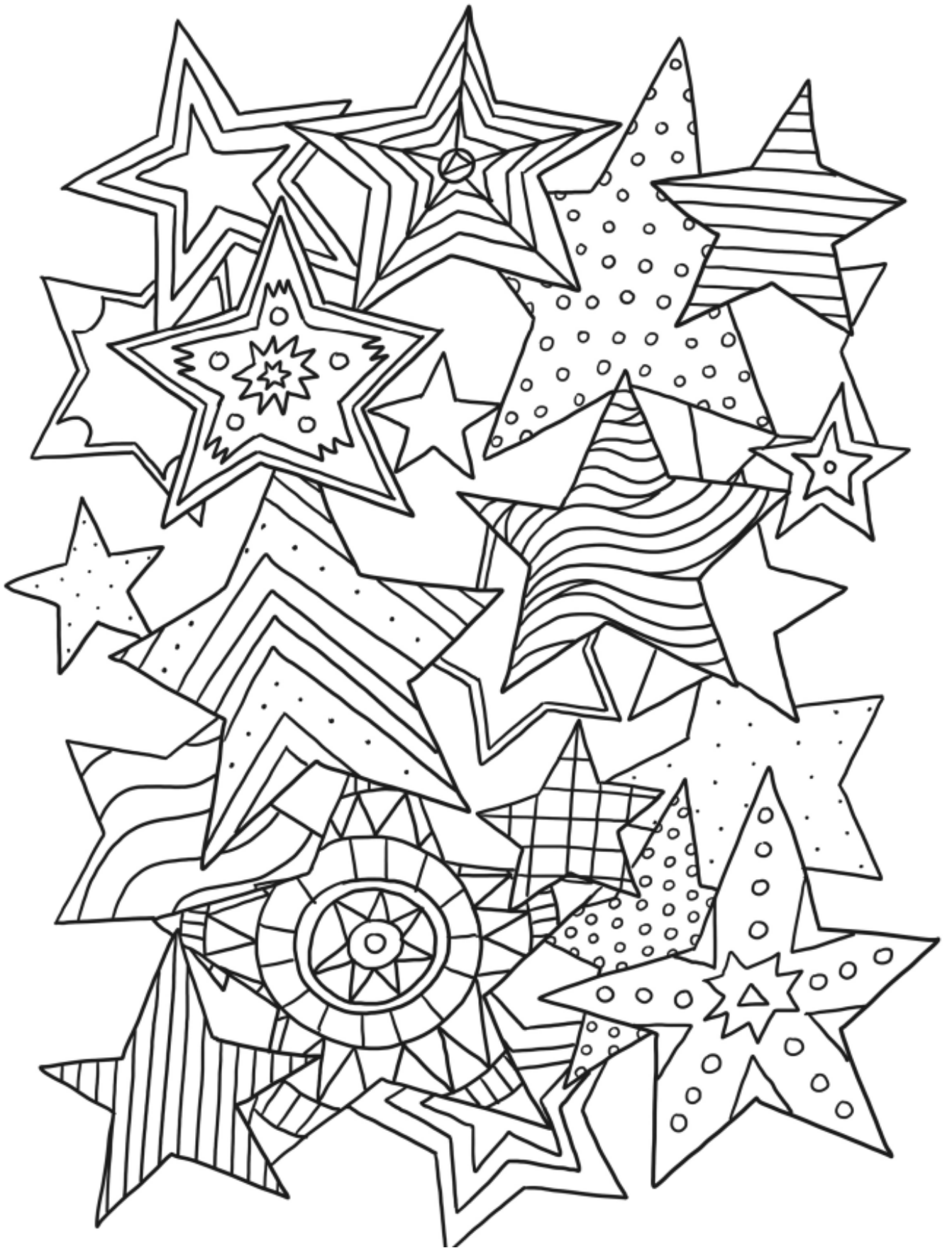
Method

1. Grate the carrots very finely and place in a sieve.
2. Push the carrot through the sieve with the back of a spoon, collecting the juice in a measuring jug.
3. Reserve the carrot pulp to use in other recipes like salads or soups.
4. Add the juice from the oranges into the measuring jug.
5. Add some water so there is 360ml of liquid in the measuring jug.
6. Stir in orange zest and the optional satsuma or tangerine pieces.
7. Pour into lolly moulds.
8. Put in the freezer and let them set overnight.

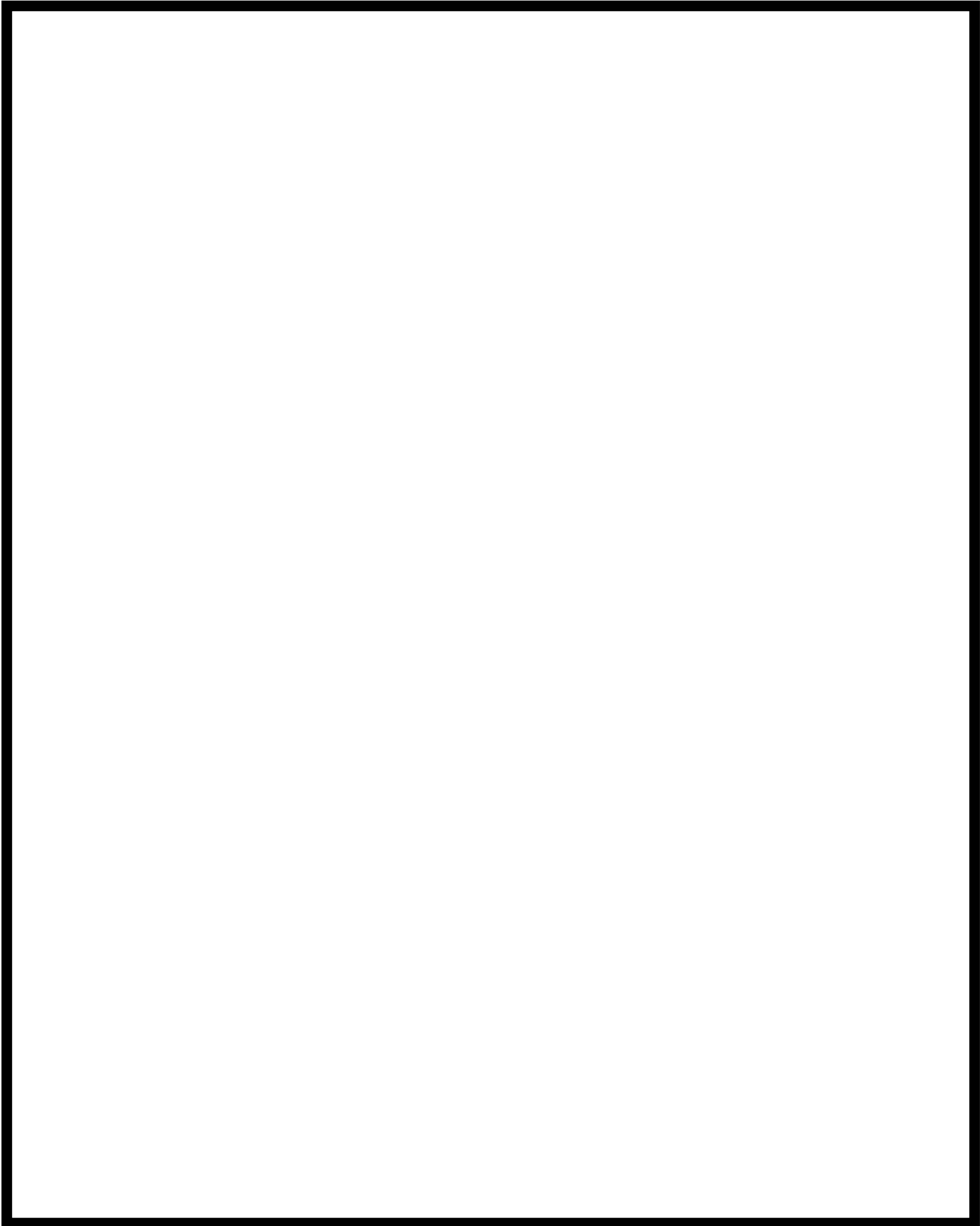








Use this space to create your picture:

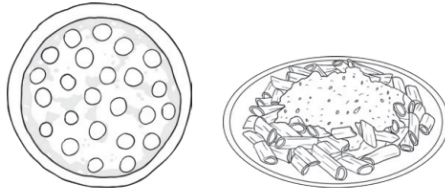


Social Games – Would you rather

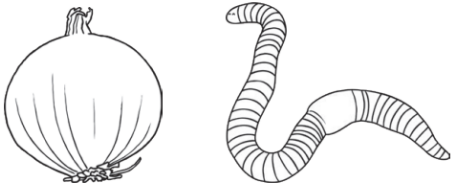
Do you prefer being in a forest or at a playground? Why?



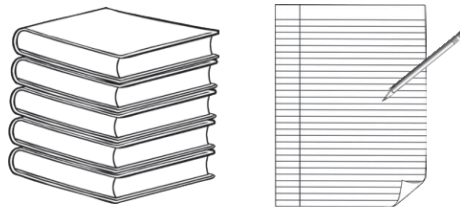
Do you prefer pasta or pizza? Why?



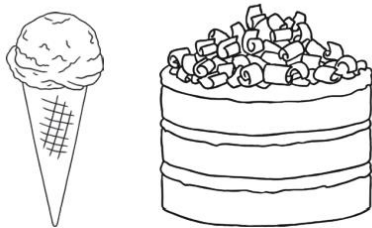
Would you rather eat onions or worms? Why?



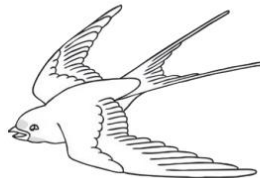
Would you rather read a book or do your homework? Why?



Do you prefer ice cream or chocolate cake? Why?



If you could fly, what would you do? Why?



If you had a superpower, what would it be? Why?



Would you rather have super strength or be able to fly? Why?



Social Games – What am I

What am I?

**I have four legs.
I am big and grey.
I have a trunk.**

twinkl.com



What am I?

**I have four legs.
I like to eat carrots.
I have two long ears.**

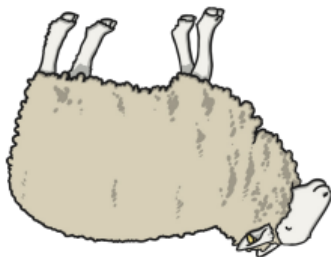
twinkl.com



What am I?

**I have four legs.
My coat is used for wool.
I say 'baaaaaaa'.**

twinkl.com



What am I?

**I have four legs.
I look like a horse.
I have black and white stripes.**

twinkl.com

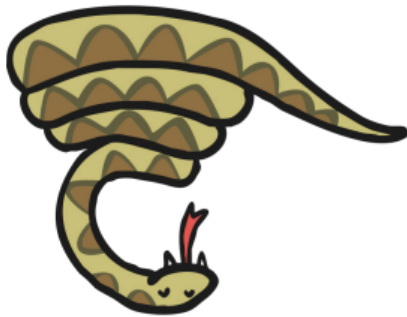


Social Games – What am I

What am I?

I have no legs.
I slither and slide.
I say 'hisssssss'.

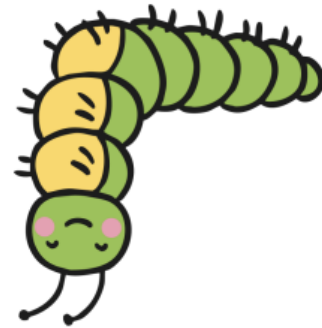
twinkl.com



What am I?

I have lots of legs.
I like to eat leaves.
One day I will turn into a butterfly.

twinkl.com



What am I?

I live on a farm.
I like to eat grass.
I give milk.

twinkl.com



What am I?

I have four legs.
I like to chase mice.
I say 'miaow'

twinkl.com



What am I?

I have four legs.
I love to go for walks.
I say 'woof woof'.

twinkl.com



What am I?

I have four legs.
I like to eat leaves.
I have a very long neck.

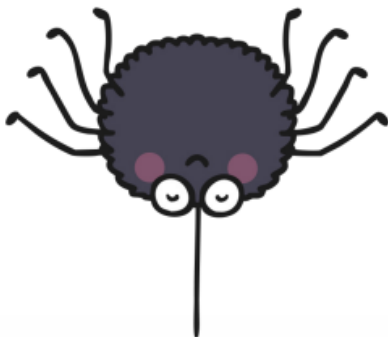
twinkl.com



What am I?

I have eight legs.
I eat flies.
I live in a web.

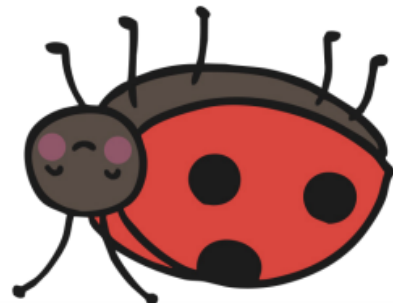
twinkl.com



What am I?

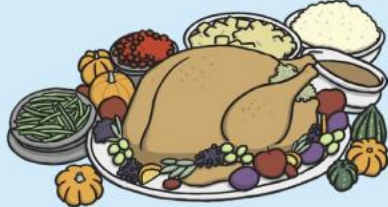
I have six legs.
I can fly.
I am red with black spots.

twinkl.com



Social Games – Talk for 1 minute

Talk for a minute about...



food

Talk for a minute about...



animals

Talk for a minute about...



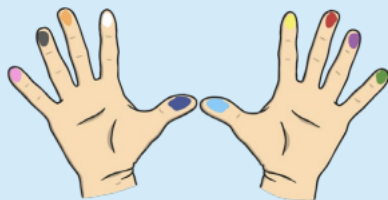
parties

Talk for a minute about...



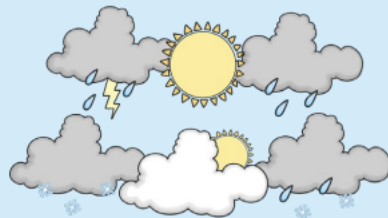
stories

Talk for a minute about...



colours

Talk for a minute about...



the weather