

# ACTIVITY BOOK



## ACTIVITY: HOMEMADE DIFFUSER

Store-bought diffusers often contain artificial fragrances, which can smell too strong and give some people a headache.

This homemade, all-natural diffuser will make any room smell amazing, it looks stylish, is fun to make and its cost is minimal.

Plus, you can personalise your bottle to make a great gift!

### What you'll need:

- ✿ a small vase or bottle – like a cute repurposed glass bottle from the kitchen. It works best if you can find one with a narrow neck, but a jar will work too, although the liquid will evaporate more quickly
- ✿ 30–40 drops of an essential oil, such as lavender, grapefruit, chamomile, rose, geranium or ylang ylang – these are just a few of the many essential oils you can choose from, or you could make your own combination of oils
- ✿ ½ cup unscented (or lightly scented) oil, such as grapeseed, safflower or canola
- ✿ 6 bamboo skewers with the pointy tips cut off

### What to do:

1. Add the essential oil and unscented oil to your bottle or jar and mix well.
2. Stick the bamboo skewers in your bottle. It may take a few hours for the scent to travel up the skewer. Every few days, turn the skewers around, placing the other end in the oil to give you a stronger scent.

# STICKS AND DIPS

Get crunching on these veggie sticks, perfect for digging in to this smooth avo dip. If you're feeling adventurous, try making your own sweet potato wedges too!

Serves: 4

## What you'll need

- 1 large carrot
- 2 or 3 celery sticks
- 2 avocados
- 3 tablespoons sour cream
- 2 tablespoons lime juice
- 2 tablespoons chopped coriander (optional)
- salt and pepper to season

## What to do

1. Chop up your carrot and celery into small sticks.
2. Cut the avocados in half, remove the seed, then scoop the soft part out of the skin and into a bowl.
3. Using a fork, mix in the sour cream, lime juice and coriander (if using), and season with salt and pepper to taste. Mix until the dip is smooth.

## STEM ACTIVITY: EXPERIMENT WITH BONES

This super-cool experiment lets you see the real-life effect that calcium and collagen have on our bones, and why we need them.

### What you'll need:

- 3 chicken bones, cleaned and with as much meat removed as possible
- a small saucepan and access to water
- tongs
- 3 glasses or repurposed glass jars, big enough to hold one chicken bone each
- enough white vinegar to fill one jar
- enough bleach to fill the second jar
- enough water to fill the third jar
- paper towel

**Note:**  
Find an adult to supervise. This activity uses bleach, which can stain your clothes and harm your skin. Take care not to spill or touch the bleach. Also be careful not to breathe in the fumes as they can hurt your eyes, nose and lungs.

### What to do:

1. Put the 3 bones in the saucepan and cover them with water. Bring the water to a slow boil, and boil the bones for 30 minutes. Remove the bones from the water, using the tongs, and set them aside to allow them to cool. Once they're cool, see if you can bend the bones. They're pretty hard, aren't they?
2. Place one bone in each of the three jars. Then cover one bone with vinegar, one with bleach and one with water.
3. Leave the bones to soak in their liquids for 24 hours.
4. Use tongs to remove each bone from its container, rinse the bones off with water, and place them on a paper towel. Now, try to bend the bones again. Which one is the most bendy? What's changed?
5. You can continue soaking each bone in their liquids for another 2 days, then check back in again.

Calcium is a mineral that makes our bones stiff, so we can stand up, walk around and lift things. But our bones also need to be a little bit flexible so they don't break! This is where a protein called collagen comes in. In your experiment, the acid in the vinegar dissolves the calcium but leaves the collagen, so the bones become super bendy and flexible. The bleach breaks apart the collagen proteins but leaves the calcium, so the bones become brittle and hard. Nothing noticeable happens to the bone soaked in water - this is your control in the experiment: you can compare this bone to the others and see how they've changed. So, remember to eat lots of healthy foods full of calcium and protein!

# EASY LEMON ROAST CHICKEN

Everyone loves a good roast chicken. It's the ultimate comfort food. Serve with delicious roast potatoes.

What you'll need:

- 1 whole chicken
- 1 lemon, cut in half
- 2 sprigs fresh rosemary
- 2 tablespoons olive oil
- 6 sprigs fresh thyme, or 1 teaspoon dried thyme
- salt and pepper to season

What to do:

1. Preheat the oven to 180°C fan forced (or 200°C in a regular oven).
2. Rinse the chicken under cold running water, then pat it dry with a paper towel.
3. Place the chicken in a baking dish. Push both halves of the lemon and the sprigs of rosemary inside the cavity of the chicken, then tie the legs together with twine.
4. Rub the olive oil over the skin of the chicken, then season with thyme, salt and pepper.
5. Roast for 20–25 minutes per 500 grams (so, if your chicken is 1.5 kg, it will take a little over 60 minutes).
6. When the chicken is cooked, remove it from the oven, cover it with foil and allow it to rest for 10 minutes before serving.



## ACTIVITY: MAKE A MIND JAR

A mind jar works like a snow globe: when you shake it up, there's a storm inside. Then, if you watch as the storm slowly calms down, you might find you calm down too.

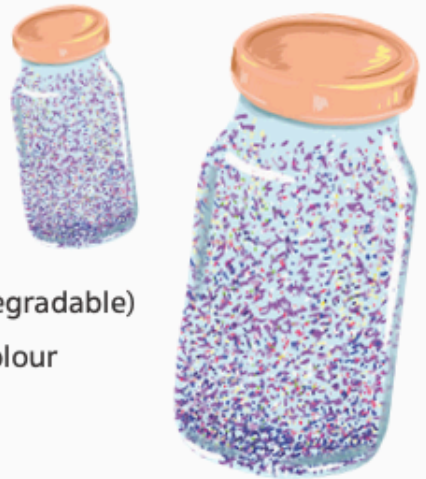
If you're feeling angry or upset, give the jar a shake and watch as everything that's been swirled up then begins to fall into place. Remind yourself that even when things go wrong, everything will settle back down and be okay.

There are many ups and downs in life.

### Here's how to make your own mind jar

What you'll need:

- ✿ a repurposed jar
- ✿ warm water
- ✿ liquid glycerine
- ✿ 1 teaspoon dishwashing liquid
- ✿ 2 tablespoons glitter (ideally biodegradable)
- ✿ food colouring in your favourite colour



What to do:

1. Fill your jar 2/3 of the way with warm water.
2. Add the glycerine until the jar is almost full, then add the dishwashing liquid.
3. Stir in the glitter and about 3 drops of food colouring (you hardly need any).
4. Screw the lid of the jar on tight and get shaking!



# DRINKS

For these healthy and refreshing juice ideas, all you have to do is chop up the ingredients, pop them in a blender and get blitzing! It's ready to drink straight away, but you can strain the juice into your glass if you don't like the pulpy bits. If you need more liquid, add half a cup of coconut water.



## SUPER STRENGTH

- 4 strawberries
- 1 apple
- 4 chunks of pineapple
- handful of spinach
- 4–6 ice cubes



## BERRY DELICIOUS

- 2 apples
- handful of blueberries
- handful of raspberries
- 6 strawberries
- 4–6 ice cubes

## COOL AS A CUCUMBER

- 1 cup grapes
- 2 oranges
- handful of blueberries
- 1 small cucumber
- 4–6 ice cubes

## WATERMELON WONDER

- 2 cups fresh watermelon (preferably chilled)
  - 4 strawberries
  - 1 apple
  - 4 mint leaves
  - 8 ice cubes
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