

EVERYTHING  
IS INTERESTING  
MIND & BODY EXPLORATIONS  
TO LIVEN UP THE WEEK

WEEK 11

Hello parents and  
children,

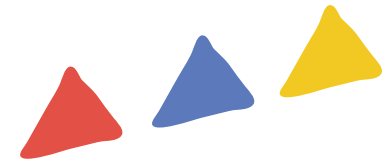
I hope that you enjoy this  
week's Everything is  
interesting. It contains  
ideas for a walk, skipping,  
Art competition,  
Seussville and more.

Thank you and have fun  
exploring, thinking and  
imagining.  
Mrs Davies

Make sure you upload any  
photos or videos on your  
Class Dojo or email your  
teachers. We would love to  
see your efforts!

### How to Explore

1. Explore in any order
2. All are open to interpretation
3. Feel free to add alter or ignore
4. There are no rules, merely suggestions
5. Treat everything as an experiment
6. Start with whatever gives you the most excitement



# SKIPPING SKIPPING SKIPPING

**“We don’t stop playing because we grow old; we grow old because we stop playing.”**

**George Bernard Shaw**

Children have been skipping with ropes since the 1700s; and skipping with hoops since the 1500s. In many playgrounds today, skipping is still as popular as ever. Skipping games can be musical, lively, sociable, and sometimes competitive. Girls and boys may choose to play on their own, seeing how many ‘skips’ they can do without stumbling, or they may play with a long rope, inviting players in to skip while chanting a particular song or rhyme such as ‘banana split’.

Find out more on the British Library website: [https://www.youtube.com/watch?v=eBWfsf6QP\\_4](https://www.youtube.com/watch?v=eBWfsf6QP_4)

Follow this link to watch Hungary’s amazing girls’ skipping team:

[https://www.youtube.com/watch?v=P\\_UWg7fXnCf0](https://www.youtube.com/watch?v=P_UWg7fXnCf0)

Or the World Champion Rope Jumper:

[https://www.youtube.com/watch?v=zU2JULiM\\_Mw](https://www.youtube.com/watch?v=zU2JULiM_Mw)



# St**ART** The Week: A Likeness

- This week your challenge is to make a picture called: **A Likeness**
- This is for an exciting whole school **self portrait competition**.
- You could use your **watercolours, poster paint, coloured pencils or pastels**
- For full details on how to take part and what to do please carefully read the **instructions in this week's newsletter**.
- Follow these links for videos and tips:
- <https://youtu.be/XtfVAnknk4w>
- <https://youtu.be/ql49-Pce4M8>
- <https://youtu.be/cHPCU80xZsE>

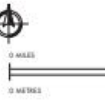
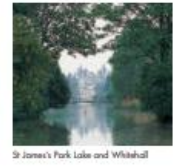
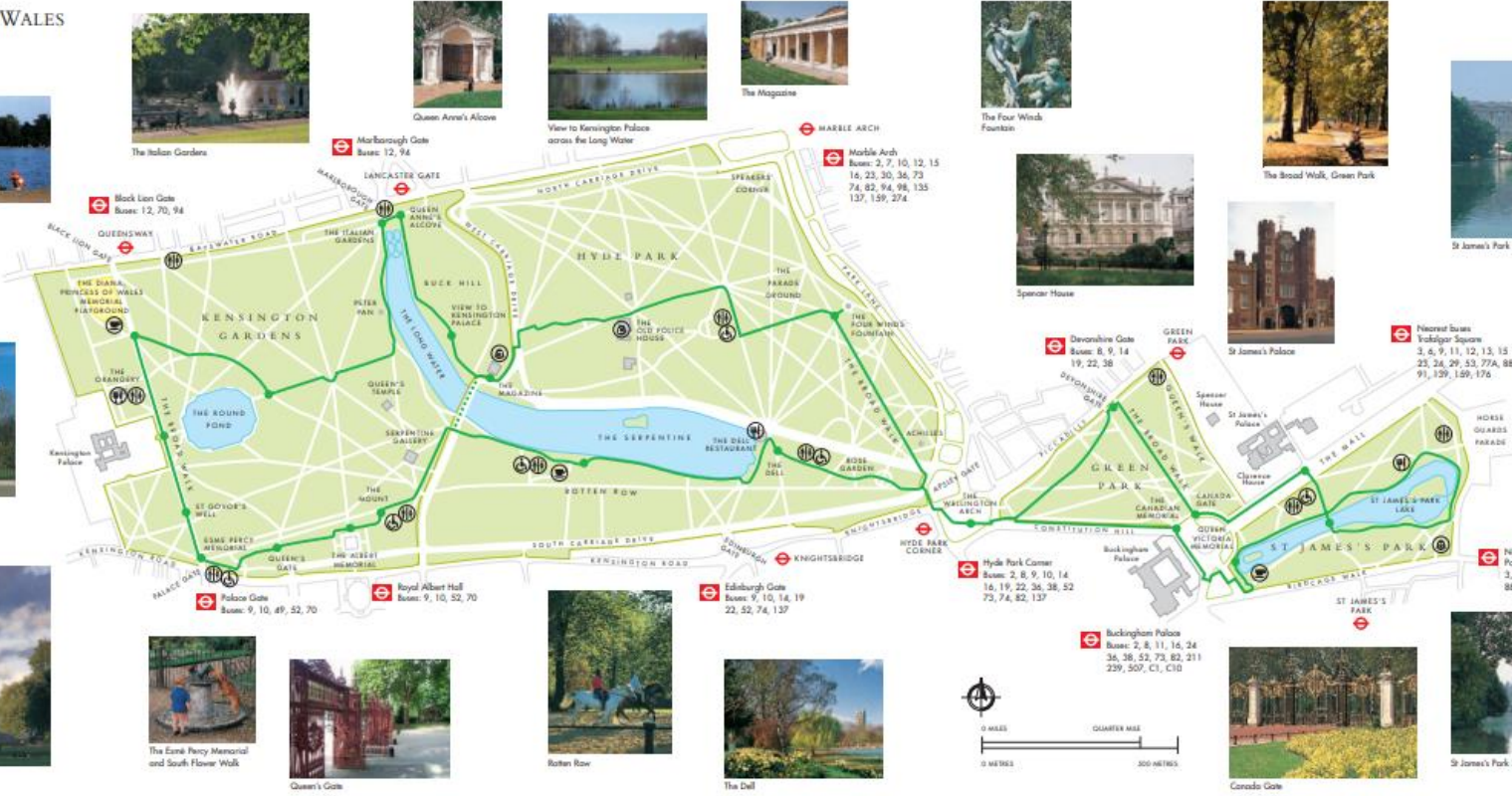
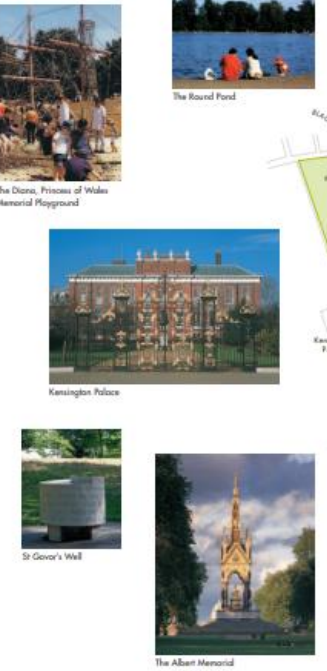



# Take a 7 mile walk on the wild side in RBKC

You will pass through four of the eight Royal Parks on this walk: St James's Park, Green Park, Hyde Park and Kensington Gardens.




## THE DIANA, PRINCESS OF WALES MEMORIAL WALK





Ten years of the  
sun in one hour –  
Nasa releases  
mesmerising  
space film

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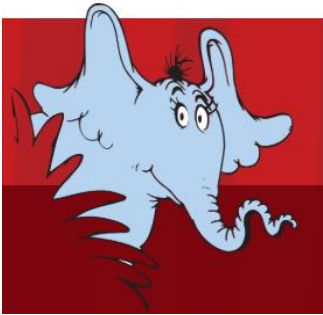
<https://www.theguardian.com/science/2020/jul/01/ten-years-of-the-sun-in-one-hour-nasa-releases-mesmerising-space-film>



Oh, the thinks you can  
think up if only you try!

Think left and  
think right  
and think low  
and think high.

Think and wonder.  
Wonder and think.



Have you ever been to Seussville?

<https://www.seussville.com/>



# Baking with Granny



## COOKING CORNER

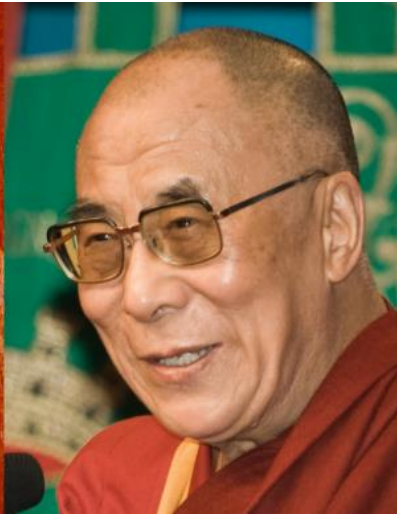
### JAM TARTS

<https://bakingwithgranny.co.uk/recipe/jam-tarts/>





"Be kind  
whenever  
possible.  
It is always  
possible."



When you talk, you are  
only repeating what  
you already know. But  
if you listen, you may  
learn something new.

Dalai Lama



**Monday 6th  
July: Happy  
84th Birthday  
to Tenzin  
Gyatso,  
the 14th Dalai  
Lama**



Follow the link to look at the UNESCO World Heritage Site,  
the Potala Palace, former residence of the Dalai Lama:

<https://www.britannica.com/topic/Potala-Palace>