

# Febru-we y

Celebrate February by getting out  
and getting muddy!



WHAT'S YOUR  
**MOVE**



# What is Febru-Welly?

Febru-Welly is a walking initiative aimed at getting you out and active, whatever the weather, this February. Our activity book is full of ideas to keep you and your family busy, and we want you to let us know what you get up to.

## Pledge Your Febru-Welly Walking Target

Challenge accepted! Can you set yourself a goal? Something you haven't achieved before. It could be running fast or further than you have run before, learning how to ride your bike or going for a walk every day for a week. Did you achieve your goal? Let us know @BarnsleyMoving, #BarnsleySplash.

### My Febru-Welly Pledge

“During Febru-Welly, I am going to try to...”

# Thank you



We would like to extend our thanks to Tesco for the kind donation of a number of wellies and raincoats that have been distributed to some children across the borough. Special thanks to Lisa Hammond for making this happen! Good Food Barnsley and What's Your Move have added to this, encouraging more of you to get out and get muddy this February.

# Word Search

F	Z	E	E	P	Y	Y	V	W	T	O	Y	C	Y	N
N	W	D	X	Z	R	K	I	Q	E	L	A	E	Q	V
U	X	A	P	J	A	H	O	W	I	L	L	D	P	U
V	O	U	L	A	U	A	S	M	O	S	L	F	L	Q
D	J	V	O	K	R	G	A	A	N	G	L	I	P	K
T	H	C	R	U	B	F	E	R	L	R	H	K	E	Y
N	L	F	E	Z	E	O	A	J	S	P	D	I	N	S
C	L	E	W	N	F	B	F	C	U	M	S	M	A	T
S	U	N	K	M	I	R	G	C	Z	Q	M	L	G	E
M	C	J	B	O	I	Y	Y	H	T	L	A	E	H	L
U	Y	L	M	E	D	T	H	A	P	P	Y	C	P	D
D	S	G	N	X	J	H	I	T	A	T	S	N	E	D
J	G	D	D	A	Z	X	H	O	L	I	D	A	Y	U
X	S	Q	O	H	K	O	A	J	Z	N	D	J	I	P
U	V	A	M	D	S	A	S	T	W	S	K	T	W	Z

BARNSLEY  
FEBRUARY  
HEALTHY  
PUDDLE  
WELLIES

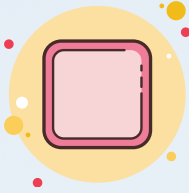
EXPLORE  
FRIENDS  
HOLIDAY  
SPLASH

FAMILY  
HAPPY  
MUD  
WALK

# Scavenger Hunt

Can you find these things on your walks during Febru-welly

**Gate**



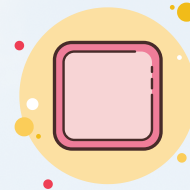
**Horse**



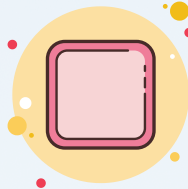
**Stream**



**Big puddle**



**Someone you know**



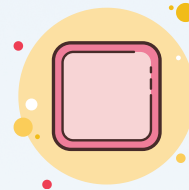
**Post box**



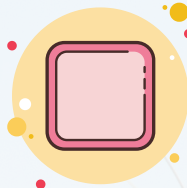
**Dog**



**Flower**



**Feather**



**Stream**



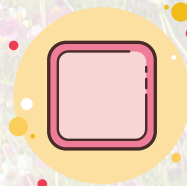
**Bird**



**Duck**



**Pebble**



**Fence**



**Bench**





# Capture a Moment in Haiku

**“Take your materials from whatever is around you – if you see a dandelion, write about that; if its misty, write about the mist. The materials for poetry are all about you in profusion.”**

**Masaoku Shiki, (1867 – 1902)**

Haiku is a form of Japanese poetry. A haiku uses just a few words to capture a moment and create a picture in the reader's mind. It is like a tiny window into a scene much larger than itself.

Traditionally, haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line. Haikus typically focus on nature and seasons, using simple language to describe everyday things.

## To begin...

- Explore the park or the garden, looking carefully at what is around you.
- What draws your attention? A flower, a view, the weather? Pick one specific theme to write about.
- Write a list of words which relate to your theme.
- Use your senses, what can you see, hear, touch, smell or taste?

## Now you have a collection of words you are ready to write.

- What is most important to you about your theme? Find the words on your list to share
- this. Perhaps it is the colours in nature?
- Think about how this makes you feel. For example, do you feel small next to a tall
- tree or want to dance with the leaves in the wind?

In haikus, rhyme is not important.

Don't forget to count the syllables as you read, to get the right pattern. Try clapping it out as you say the words and count the claps.

Share it with your family and friends, can they create a haiku too?

We would love for you to share your haiku with us!

You can do this on Facebook at: @NTWentworthCastleGardens

**Wentworth  
Castle  
Gardens**



# Barnsley Museums makes: Pine cone feeder

For more activities  
visit:  
[www.barnsley-museums.com/february-half-term](http://www.barnsley-museums.com/february-half-term)

Have you been to Worsbrough Mill & Country Park to spot the birds on our 'Winter Bird Walk' trail yet?

Look after the winter birds which visit your garden or nearby outside space, by creating your own bird feeder.

## You will need:

Wild bird seed  
Mealworms, raisins, grated cheese  
(all optional)  
Unsalted peanut butter  
Pine cones  
String or yarn  
Bowl  
Lolly stick



Wrap a piece of string or yarn around your pine cone a couple of times.



Tie firmly at the top and make a loop for hanging.



Mix your wild bird seed and other chosen dry ingredients, together in a bowl.



Mix your wild bird seed and other chosen dry ingredients, together in a bowl.



Next, roll your pine cone into your seed mixture, making sure it is all coated.



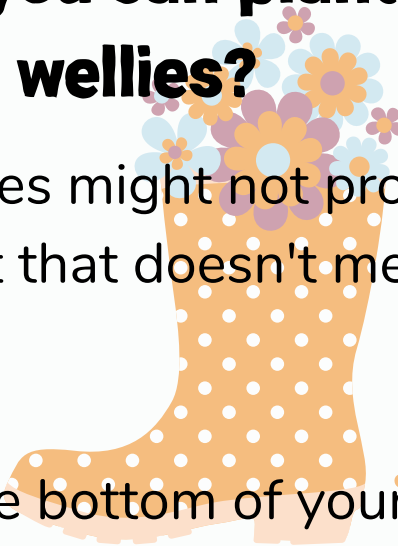
Hang your finished feeder in a tree, bush or shrub and wait for the birds to arrive!

# I welly welly love you



## Did you know that you can plant flowers in your wellies?

A well-loved pair of wellies might not protect you on your walks any more, but that doesn't mean that they can't be put to good use!



1. Drill some holes in the bottom of your old wellies (get an adult to do this for you).
2. Put some stones or broken pieces of pot in the bottom of your wellies then fill with compost.
3. Plant your seeds according to the instructions of the seed packet and water them.



## Get Crafty

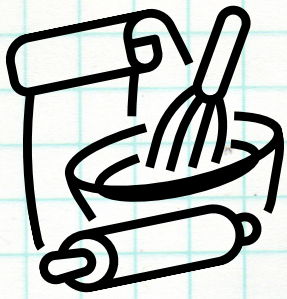


You can get creative when you're on your walk too. Can you...

Take a wax crayon and some paper on your walk and do some rubbings on tree bark. You could also try doing the same with leaves.

Create a Nature Picture. Next time you go on a walk collect stones, sticks, leaves, cones or any other nature things and see what you can create.





# BBC Good Food

## Pancakes

### Ingredients

100g plain flour

2 large eggs

300ml milk

1tbsp sunflower oil  
plus extra for frying

#### **OPTIONAL EXTRAS:**

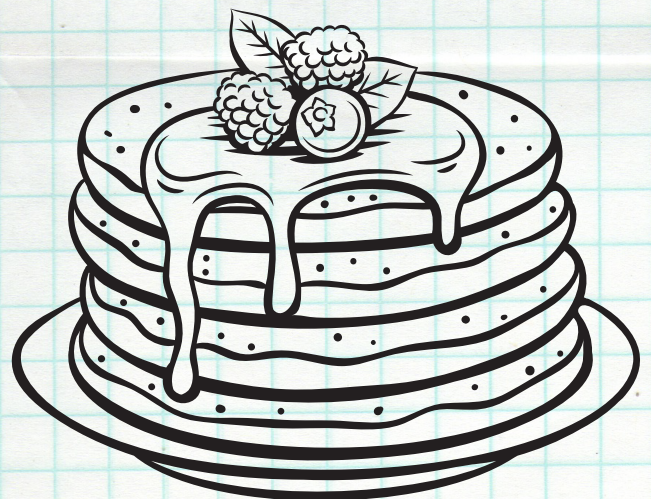
Lemon wedges to  
serve

Caster sugar to serve

Your favourite fruit,  
cut into small slices

### Methods

- Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
- Set aside for 30 mins to rest if you have time, or start cooking straight away.
- Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
- When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go
- Serve with lemon wedges and caster sugar, or your favourite fruit. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months





# Give it some welly!

Share your photos with us to win shopping vouchers!

Entries must be sent to What's Your Move on Facebook or Twitter, @BarnsleyMoving, using our hashtag: #BarnsleySplash.

Make sure you submit your entry/entries by **12:00 noon on Friday 5th March.**

For your entry to be considered, make sure you use the name of the challenge (listed below) in the subject of your email, and include your name, age and an adult's contact details in the body of the email.

## Our welly photo challenges are...

- The biggest splash (can also be a video entry)
- Best looking wellies
- Muddiest wellies

With help from an adult can your film one of your activities to share how you are being active and send it to @BarnsleyMoving, #BarnsleySplash



**Beef wellingtons**

# Get a helping hand with Healthy Start vouchers

With Healthy Start, you can get free vouchers every week to spend on milk, fresh, frozen and tinned fruit and vegetables, fresh, dried and tinned pulses, and infant formula milk. You can also get free vitamins.

You qualify for Healthy Start if you're at least ten weeks pregnant or have a child under four years old and you or your family get:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance – however this only applies while you are more than ten weeks pregnant. Once the child is born you no longer qualify under Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- Pension Credit; or
- Universal Credit with no earned income or total earned income of £408 or less per month for the family.

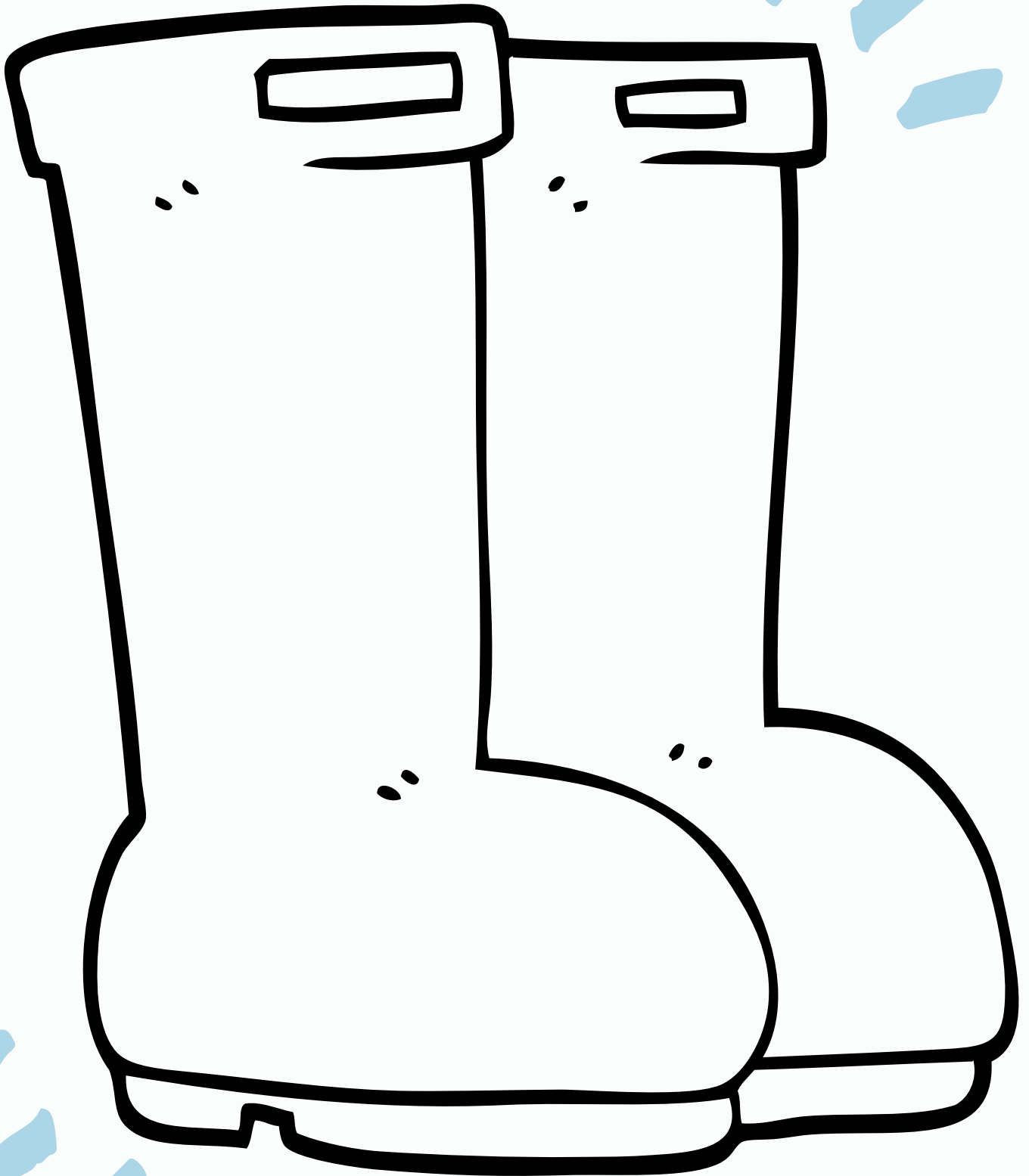
You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



Find out more at <https://www.healthystart.nhs.uk/>.

# FAB-u-Welly

Using your colouring pencils, design a pair of fabulous wellies



# Welly Word Challenges

Can you solve the anagrams:

HALSPS

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UMDDY DDUPLE

----- / -----

LEWNLIGHTOS

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How many words can you make from the word 'February'?

## Poet's Corner

I've walked so far in lockdown that my shoe  
Has started creaking. It's a ghostly sound  
As sunset smoulders, reddening the blue.  
But who's the ghost? Who follows me around?  
I walk the paths I've walked since this began,  
I feel I've tramped from Darfield to the moon.  
Folks see me, say 'Here comes the creaking man'  
And I stroll by as my shoe plays a tune.  
The ghost is me, of course, come from the past  
Before Coronavirus took its hold.  
The ghost looks for a future where at last  
Something will change. The skyline's solid gold  
Gives us some hope, me and my phantom creak.  
Let's take it by the hour, the day, the week.

28 May 2020 Ian McMillan #PoetInLockdown

Splash, Muddy puddle, wellingtons

ANSWERS



# Barnsley Staying Active Challenge

1. Set yourself a walking target that you are going to try and complete.
2. Can you find some empty plastic bottles, toilet roll or cardboard boxes? Why not set them up like bowling pins and see how many you can knock down? You don't need a ball. You could use some rolled-up socks.
3. Who fancies playing Hot Potato? Grad your rolled-up socks again or a small ball and see how many times you can pass it back and forth to someone else without dropping it. Remember its hot so you can't hold it for too long.
4. Let's play the Floor is Lava. Can you get around your house without touching the floor? You might need to use cushions as islands.
5. Before going out on a walk, make a list of all the things you might see with a few unusual ones and use your Adventurers checklist to tick them off. Can you tick them all?
6. Learn a new game. Ask a family member about what games they used to play when they were younger that got them active.



7. Garden marathon. How many laps of your garden or a safe space near your house can you run or walk? Can you try it every week to beat that score? If you find that too easy try hopping around your space!
8. Play Backyard Basketball. Get a bucket or a bin and a ball and see how many times you can get the ball in. Take a step back after each successful shot and see how far away you can get from the bucket!
9. Unusual art. Draw a picture or make a model of some of the most unusual things you see when you are out walking.

10. How many star jumps can you do in a minute? Challenge someone else to see who can do the most. In a few days try to beat your score.

11. Can you touch your heads, shoulders, knees and toes 10 times, try to get quicker each time? If you find that easy how many times can you repeat it?

12. Create an obstacle course in your house or garden. If you want to make it really hard ask an adult if you can try the course with an egg either in your hand or on a spoon! This sounds Egg-citing!

13. How many Keepy Uppys can you do? You could use a bat and a ball, your hand, your foot and even a rolled-up sock if you don't have a ball. Get creative and use a book or a frying pan as a bat!

14. Make a packed lunch or some snacks and go on a nice walk to find somewhere to have a healthy picnic.

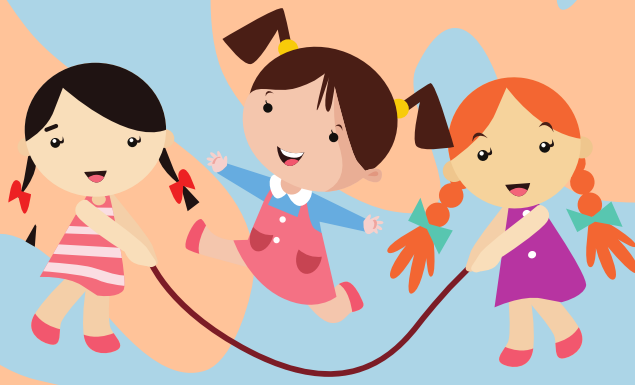
15. Can you mark out and play Hopscotch! If you are not sure ask an adult if they know how to play!

16. Run the gauntlet, create a room with lots of obstacles, blindfold yourself and then listen to someone's instructions to get you through it safely. Then swap over – no peaking!

17. Take a photo of something that makes you smile while out on a walk, scoot, run or bike ride.

18. Can you mix more than one game together? For example, can you play hide & seek but the floor is lava, or what about hopscotch and backyard basketball?





19. Have you tried to do the handstand wheelbarrow? This can be done indoors, in the garden or any safe open space. Your hands go on the floor and your legs go in the air with someone holding them. How far can you get before falling over!

20. I'm the map, I'm the map...can you think about what is around where you live and create a map of your local area? Then walk it and see how close it is. Then could you hide a distinctive stone that you can mark on your map as treasure? Try and find it again in a few days.21. The sprint challenge. When you are out on one of your walks, create a space that you can sprint along as fast as you can. You can keep trying to get quicker and quicker! Then can you try sideways, zigzagging, jumping, hopping, funny walks, animal impressions or think of your own!

22. Let's have a game of Dodgeball using any size balls and if you don't have any then use the trusty rolled up socks!

23. Watch out, if someone shouts 'shark attack' you need to get off the floor. This is great to play on a walk or at home and see how creative and quickly you can find something to climb or jump on.

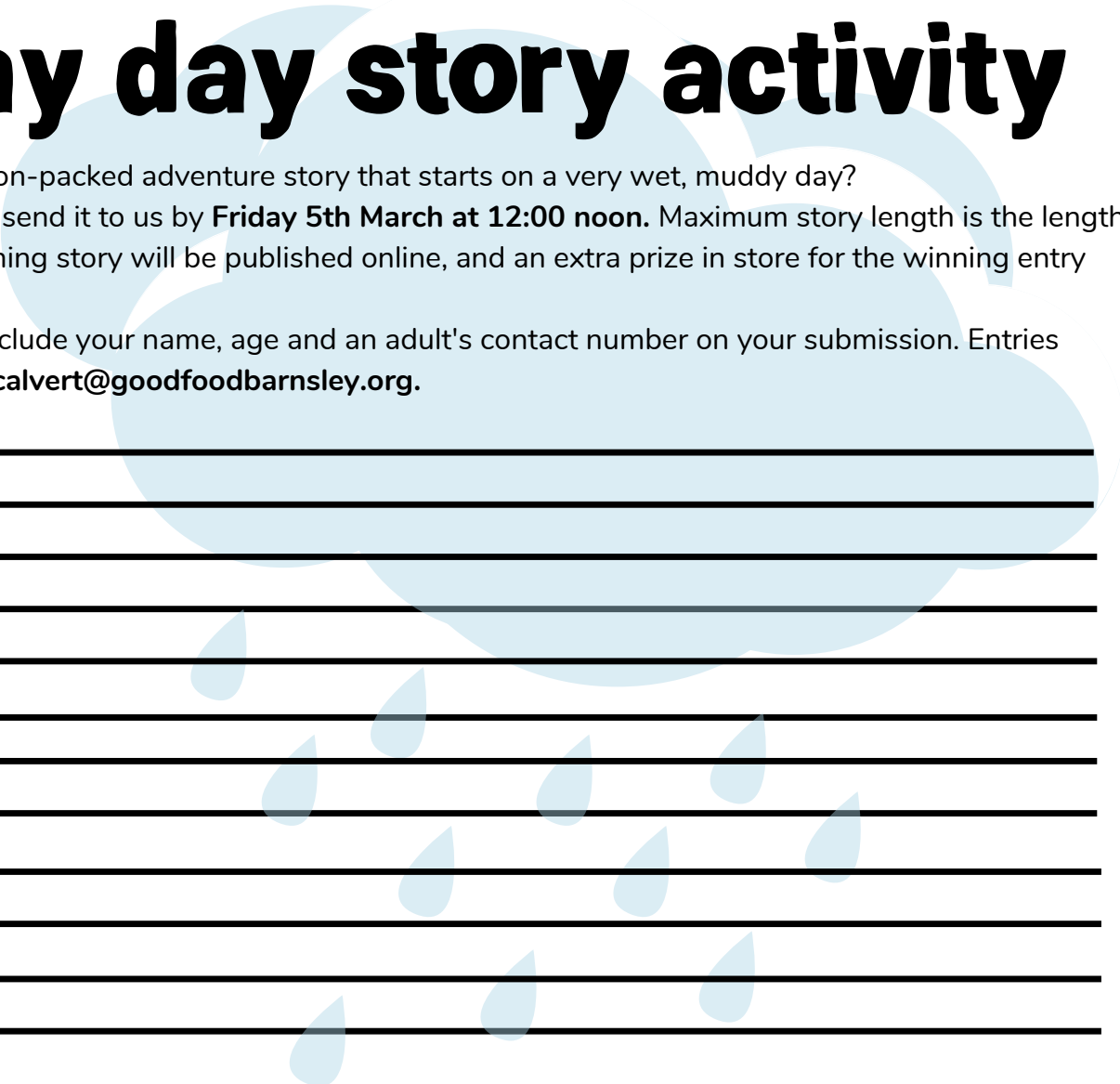
24. Captain's Calling. One person is the Captain who shouts out orders to follow. Salute, climb the rigging, scrub the decks, walk the plank, bucket out the water, dodge the cannon balls. Can you think of your own?

25. Den Building. Whether it's in the woods, in your back garden or in your front room dens are really cool. Build your den and see who can fit inside. Is there enough room to read or play games?

# My day story activity

Write a non-packed adventure story that starts on a very wet, muddy day?  
Send it to us by **Friday 5th March at 12:00 noon**. Maximum story length is the length of the page.  
The winning story will be published online, and an extra prize in store for the winning entry.

Include your name, age and an adult's contact number on your submission. Entries to: [calvert@goodfoodbarnsley.org](mailto:calvert@goodfoodbarnsley.org).



Write your story, and send it to us by **Friday 5th March at 12:00 noon**. Maximum story length is the length of this page. The winning story will be published online, and an extra prize in store for the winning entry too.

Make sure that you include your name, age and an adult's contact number on your submission. Entries must be sent to: **[amycalvert@goodfoodbarnsley.org](mailto:amycalvert@goodfoodbarnsley.org)**.

A light blue cloud with several light blue raindrops falling from it, positioned at the top of the page.