



May Day



Make and create Art & Craft and Music

May Day has traditionally been a time to celebrate Springtime, with communities coming together with songs and dancing. In the 20th century, May 1st became a Public Holiday for workers which is still observed by many countries. You can [find out more about the history of the festival here](#)

Our activities this week are inspired by the traditions associated with May Day celebrations, from street festivals, music and dancing to celebrating the new life and growth of springtime you might see around and about.

We begin with [the 'Obby 'Oss festival](#), a folk custom that takes place each May Day in Padstow, Cornwall Or, perhaps a trip to the seaside to [join the celebrations in Padstow](#) on May Day You might enjoy watching the dancers [performing a traditional Morris Dance](#) and try to create your own version!

The change to May Day being a workers' holiday are shown in [this illustration from the Victoria and Albert Museum](#). Perhaps you could create your own poster to mark May Day?

We also [love this 'how to draw'](#) from AD Art:

Task 1:

Time for some listening!

Listen to ['Waltz of the Flowers'](#) from The Nutcracker by Tchaikovsky. This is an elegant dance often performed by lots of dancers making amazing patterns on the stage and swaying like flowers.

Whilst you listen to the piece, use your imagination to draw how you imagine the flowers to look.

Task 2:

Now, let's make some music!

Go on a nature walk around your garden or walk through your local park and observe the plants growing. Look carefully at how they look, feel and smell. Choose one plant and think of words and phrases to describe the stem, leaves and flower e.g. tiny leaves, rustling, smooth leaves, feathery, long stems...

Using natural resources, can you create musical sounds to describe the different parts of your chosen plant? Think carefully about whether long/short, loud/quiet, fast/slow sounds will be appropriate for each musical sound.

Combine 3 or 4 of your chosen musical sounds together and decide on an order to perform your sounds in- beginning, middle, ending.

Perform your piece of music to your family- see if they can recognise which plant you are describing.

Top tip: When you have been handling plants in the garden, remember to wash your hands with warm, soapy water!



May Day

We would love to see and hear your musical compositions – please share with us on Twitter and Facebook @EdsentialUK.

Let's Sing

1. Out of the Ark - '[Living and Learning](#)' - can you persuade other people in your home to sing with you or learn the song to sing to those around you?
2. '[It's a Spring Thing](#)' - can you add the harmonies in the echo?



Time to move
PE, Dance and Healthy Eating

Daily

Take part in #EdsentialAtHome Daily Challenge against a member of the Health and Wellbeing Team. Challenges are posted daily on Twitter @EdsentialUKH_WB and Edsential Facebook. [View all Daily Challenges here](#)

Weekly Skills

Use this week's videos to work on your jumping techniques. We are sure you will notice a big difference by the end of the week. [Jumping Video 1](#) and [Jumping Video 2](#)

Working Together

Create an obstacle course with a member of the family. Use things you have already got in the house to make a number of challenges and join them all together.

Health and Fitness

Continue with last week's Marathon Challenge. You might have already done 10-15 miles. 13.1 miles is half way! Try to do 1 mile a day this week in your garden. Keep going!

Resources

Play the activities and complete the challenges from Energy Club Cards Sessions 6 and 7: [Energy Club Cards for KS1](#) and [Energy Club Cards for KS2](#).

Eat well to stay active

Can you take part in the [Sugar Swap Challenge](#) using the Change4Life Sugar Swaps? Swap a high sugar item for a lower sugar alternative. Pick one or two on Monday and see if you can keep going for the whole week.

Did you know:

Sitting down for a long time is not good for your body. Try to stand up and stretch your legs every 30 minutes.





May Day



Let's go outside

Using the natural world to learn and play together

May Day is a public holiday usually celebrated on 1 May. It is an ancient festival of Spring and a current traditional spring holiday in many European cultures. Try some of these activities to help you celebrate.

- Make your very own May Day crown. Place any signs of spring in your crown. Make sure you check with an adult before you pick flowers from your garden. [Find more ideas here.](#)
- Make a miniature may pole. Find a stick and then attach different coloured wool to the top. Wrap the wool around the stick to create a pattern. You can [watch a Maypole Dance here.](#)



- Painting with flowers. Find some flowers in your garden. Make sure you check with an adult before you pick them. Try painting with these flowers. What shapes and designs can you make?



- Have a May Day family picnic. Set out the rug in your garden – listen to the birds sing – hear the leaves rustling in the trees.
- The twisting ribbons around the maypole make a beautiful spiralling pattern. Sally from our Catering Team has shared [this delicious recipe](#) which uses the same spiralling pattern – maybe you could make these to share at your May Day picnic?
- There are lots of different ways that families celebrate May Day. Find lots of suggestions to [celebrate with your family here.](#)



May Day



Adventures at home

Build resilience, confidence and curiosity with our Residential team

The #ConwayAdventuresAtHome focus this week is Initiative – “The ability and willingness to take charge and responsibility before others do”.

Can you think a time this week when you have had to take charge and use your initiative? Has anyone else in your household used their initiative?

Adventurer of the Week – Reinhold Messner

Reinhold Messner is a true example of an explorer that showed initiative, belief, sheer determination and exploratory spirit.

Can you [find out more about his most famous expeditions?](#)

Adventure Films:

Treat yourself to watching [these interesting short films](#). Keep an eye on BMC's Youtube channel for more.

Activities

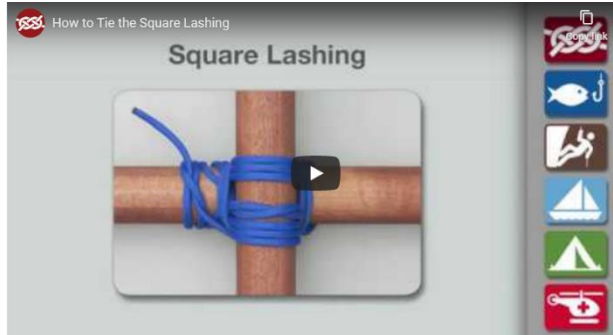
This week is about using your **initiative**, taking charge and using your powers of persuasion to encourage your household to try some new activities and embark on an adventure at home.

1. Planning for an adventure is a crucial. Test your preparations skills by initiating and [setting up a game of Frisbee Golf](#). You can play this outside or be resourceful with what you have in the house to (safely!) play indoors.
2. Nothing is more satisfying than designing, building and then flying your own kite. [We show you how here](#). Use your initiative to look ahead at the weather forecast to see when there will be enough wind and plan to have your kite ready to fly!
3. Challenge your initiative and your brain with one of 'The Big Questions' through STEM (education through Science Technology Engineering and Mathematics). STEM Crew have designed a remote learning project for young people to link the world around us and curriculum. Do any of the projects spark your initiative? Do you want to learn more? [Get started here](#)



May Day

Knot of the Week – Square Lashing



Our #KnotOfTheWeek is the square lashing knot, used to tie two poles together. It's a very useful knot for raft building and when making your own kite.



Amazon Audible

Our top literary picks to extend their learning even further
<https://stories.audible.com/start-listen>

To celebrate Springtime and the festival of May Day, we have chosen titles which share festivals and folktales from around the world and the UK.

You might enjoy:

- [Rastamouse Da Big Carnival](#)
- [The Adventures of Robin Hood](#)
- [English Fairy Tales](#)



Keep in Touch

We would love to see your activities and you can upload images, sound and video recordings of your creative responses to our Twitter [@EdsentialUK](#) and Edsential Facebook – please ask an adult to do this for you.

