**It is time for week 6 of the Silly Squad** summer reading challenge. This week our story is **Superworm** by

Julia Donaldson.

**Superworm** just isn’t your typical superhero, he does not have massive muscles. He is super-skinny but, not weedy at all! When trouble strikes, this worm is brave, this worm is kind, this worm is super helpful. This is **Superworm**!

I hope you enjoy the story.

**First**, it is time wake your bodies up!

**Activity 1: 7 minute HITT workout for children** p2

For anyone who needs a little help or, would like a more gentle workout, ask a partner to help you with:

**Activity 2:** **Garden Yoga** p3

**Activity 3: Sharing a digital story:**

**Superworm by Julia Donaldson**

1. Click on the Youtube link below; watch and listen to the

story:

<https://www.youtube.com/watch?v=4nH1FGYYA3E>

2. Don’t forget to fill in your story record sheet.

3. Do you recommend this story: Yes / No

**Activity 1: 7 minute HITT workout for children**

|  |  |  |
| --- | --- | --- |
|  | **Frog jump** | **Hop, hop, hop backwards and forwards like a frog** |
|  | **Bear walk** | **Hands and feet on the floor, hips high, walk left, walk right. Walk like this for 1 minute.** |
|  | **Gorilla shuffle** | **In a low sumo squat, use your hands to balance and shuffle around the room** |
|  | **Star fish jumps** | **Spread your arms and legs wide and jump up and down.** |
|  | **Cheetah run** | **Run on the spot as fast as you can. Try and run for a minute.** |
|  | **Crab walk** | **Sit down, place your palms on the floor. Lift your hips up and**  **walk on your hands and feet.** |
|  | **The elephant stomp** | **March around, the room or the garden stomping your feet.** |

**Activity 2: Garden yoga poses**



**Activity 4: Superworm playdoh**

**You will need:**

Playdoh or salt dough (see recipe below for salt dough p5)

Pencil or kebab stick (for making markings)

Ruler



* Roll your playdoh into a long sausage

squeeze him, stretch him.



* Shape your worm’s head and tail



* Use something with a point to make

markings on your worm’s body



* Give your worm some eyes. If you do not

have googly eyes, use your pencils or playdoh to

make eyes



* Measure your worm. How long is he?

My worm is: \_\_\_\_\_\_\_\_\_cm

**Recipe for Salt dough:**

**You will need:**

1 cup of flour

½ cup salt

½ cup water

a squirt of washing up liquid

Method:

Pour all the ingredients into a bowl and mix well to form a stretchy dough

**Activity 5: Making Jelly worms**

**You will need:**



A jar

Plastic straws

Jug

Jelly

Warm water

Dish

**Method:**

**1.** Stand your straws in a

 glass jar

2. Fill your straws with jelly

3. When set, pour warm

water over the straws to

loosen the jelly

4. Put your worms in a dish

5. Enjoy playing with your worms

Stretch them, squeeze them. Make them into hats, skipping ropes, belts, even taste them!

**Activity 6: Washing up**

1. Put all your dirty things in the sink
2. Put any rubbish in the bin, remember to recycle
3. Wash up all your equipment
4. Use a cloth to wipe the table
5. Check the floor and clear up any mess
6. Wash your hands and put everything away

**Activity 7: Me time – time to smile**

1. Find a quiet place, somewhere you like to be
2. Sit down, lie down if you prefer
3. Close your eyes
4. Think of something that makes you happy and
5. Smile
6. How do you feel now?

The next time you see someone smile.

When you **smile**, even a fake smile, your brain releases feel-good chemicals making both **you** and **those around you** feel better. Try and do this everyday!

**I hope you enjoyed this week’s story. Keep reading and sharing your stories**