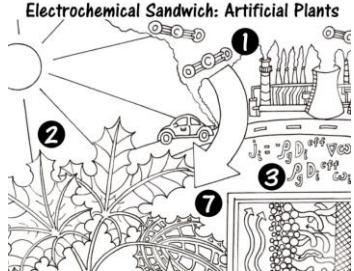



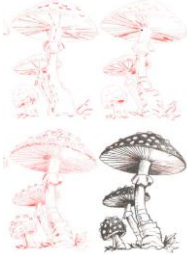



Wellbeing Wednesday – science

12 sciency* things to do away from your computer screen!

1	ColorMePhD is a free all-ages colouring book series for students to learn about real research projects by fabulous scientists and engineers! Download it here: https://www.colormephd.org/	
2	Take your camera for a walk into your local environment and take photos of spring making an appearance. Birds nesting, plants sprouting. The signs of our environment warming up are all around.	
3	Diffusion is the movement of molecules that move from an area of high concentration to an area of low concentration. You can create diffusion art at home. Instructions here: https://innovationkidslab.com/sunprint-science-experiment-kids/	
4	Ever tried making ice cream with your hands? You'll need some single cream (called half-and-half in this recipe) and if you follow the instructions you can have some tasty ice cream in 15 minutes: https://www.delish.com/cooking/recipe-ideas/recipes/a54721/ice-cream-in-a-bag-recipe/	
5	Miss Taylor has some lovely books that teach you how to draw plants and animals. She has scanned a few of the pages for you to try at home. She's also shared her recipe for Biscoff Rocky Road. It is soooooo good... Click on the links attached with this Google Classroom post to access her documents.	
6	Get your knitting needles and yarn out and knit you (or a loved one) a pair of chromosomes. This tutorial shows you how: https://www.ravelry.com/patterns/library/make-your-own-chromosome	

*It's a sciency term, okay?

<p>7</p>	<p>Do you like to bake? Maybe you could decorate a cake to look like a cell. Would you choose a general animal cell or plant cell? Or maybe something more specialised like a neuron?</p>	
<p>8</p>	<p>Can you find an accurate skeletal drawing online and make a model of it using items in your house? Take a look at these foot sculptures for inspiration!</p>	
<p>9</p>	<p>Ever felt jealous of Chewbacca and C3-PO playing holographic chess in Star Wars? Now you can too! Kinda. This is a set of instructions for making a “3D hologram” using some clear plastic and 3D hologram videos on YouTube. https://www.instructables.com/Amazing-3D-Projection-Pyramid-in-10-min-from-Clear/</p>	
<p>10</p>	<p>The egg drop is a great science demonstration. It’s a combination of strategy, skill, and just a little luck. The goal is to get an egg to drop into a glass of water. Sounds easy enough? Just wait... https://www.stevespanglerscience.com/lab/experiments/egg-drop-inertia-trick/</p>	
<p>11</p>	<p>Forensic scientists collect physical and chemical evidence from crime scenes and then analyse the evidence in a laboratory. Ever wondered how they do that? This website has forensic experiments to try at home. http://whodunit.scitech.org.au/</p>	
<p>12</p>	<p>Make a list of the plants, trees, birds etc in your local area. If you don’t have any books at home to help identify the species, there are lots of free apps that identify living organisms. These websites can help you find an app: Plant apps: https://backgarden.org/plant-identification-apps/ Bird apps: https://birdwatchinghq.com/birdingapps/</p>	