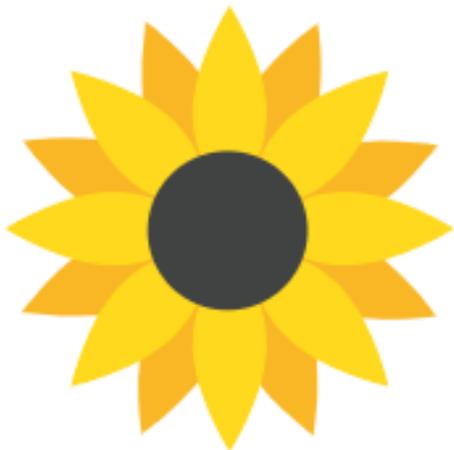
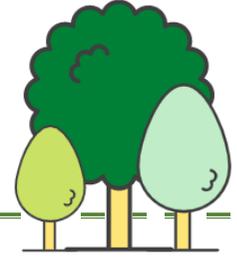




Wesley's Wednesday Challenge



Outdoor
Galore!



Who was John Wesley?

John Wesley worked in a church in the 18th century (the 18th century is any date between 1700 and 1799). He is most famous for helping to start a church called the Methodist Church. He was born in 1703 in Epworth, Lincolnshire.

Our focus this week is being outdoors and the different ways to enjoy it! John Wesley was a fan of getting out and thought it was a great way to exercise.



This is Wesley's Chapel & Leysian Mission, it opened in 1778.

Why get outdoors?



John Wesley thought it was healthy to get outside and get fresh air, he recommended it!

Getting outside has also been shown to be good for your mental and physical health, with this pack we'll be showing you ways to have fun outside, either in the garden or at a local green space near you.

Have you recently discovered any new walks or green spaces near you? How does being outside make you feel? Write down some words or draw yourself outside below:



Make some planters

You can bring nature to your windowsill with these homemade planters made from everyday things.



Good seeds to sow in August are viola seeds, winter pansies and Californian poppies.



There are many household items that you can use as seed starter pots: milk cartons, vegetable trays, cereal boxes. For these seed pots I used 3 toilet rolls, I cut 2 to different sizes to make an arrangement (you'll need an adult to help you cut them). It's best to stand it on a plate so it can be moved without the soil falling out! Cardboard can be directly planted into soil but plastic pots should be recycled.

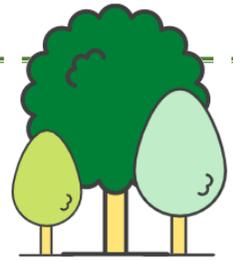
I also used an old egg carton. You can decorate the carton with non-toxic felt tips.

You can use old egg shells to plant seeds. Wash the shell thoroughly, and then ask an adult to put them in the oven at a low heat (100c) for about 20 minutes. Add the soil and plant your seeds as per packet instructions. Once your seedlings have two sets of leaves, they are usually ready to plant to a bigger pot. You can leave it in the eggshell when you do this, but gently crack to the shell before planting. This lets water and roots pass through.

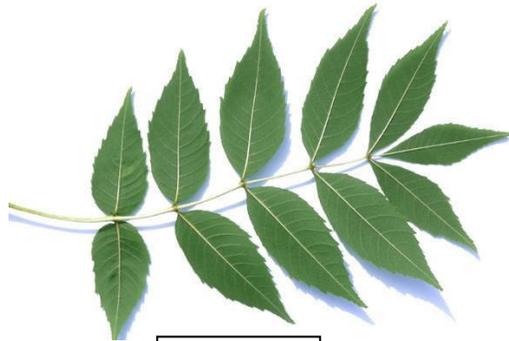


What tree does that leaf belong to?

The leaves below belong to different trees. Fill in the missing letters below to help you identify the trees when you are out and about.



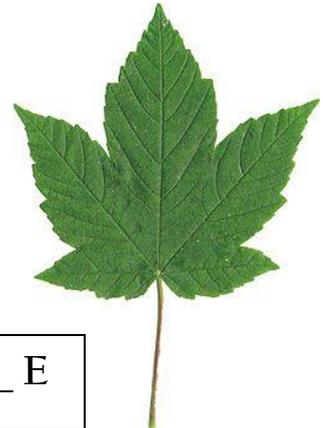
O_K



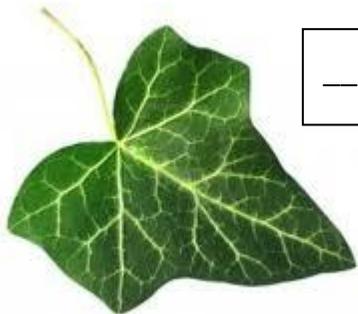
_SH



___W_H_R_



S__A__O__E



___Y

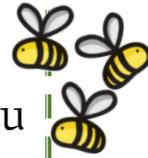


H_R_E
_H_ST_UT



_H_R_Y

Scavenger Hunt!



On your next walk or trip out of the house can you find the following things?



A spider's web

A hiding place

Five
different
leaves

Something red

Something round

Place for a den

Something
spikey



A shady spot



A sunny spot

Three twigs

Something blue



A favourite
flower

A quiet space

Something yellow

Bugs and their homes

Can you spot the following bugs or animals on your next walk, visit to the park, or in your garden?

Remember not to touch them!

Spider



Woodlouse

Squirrel

Blackbird

Ladybird



Bee

Snail



Fox



And who lives where?

Hive = Nest = Under a stone =

A shell = Tree = On a plant or tree =

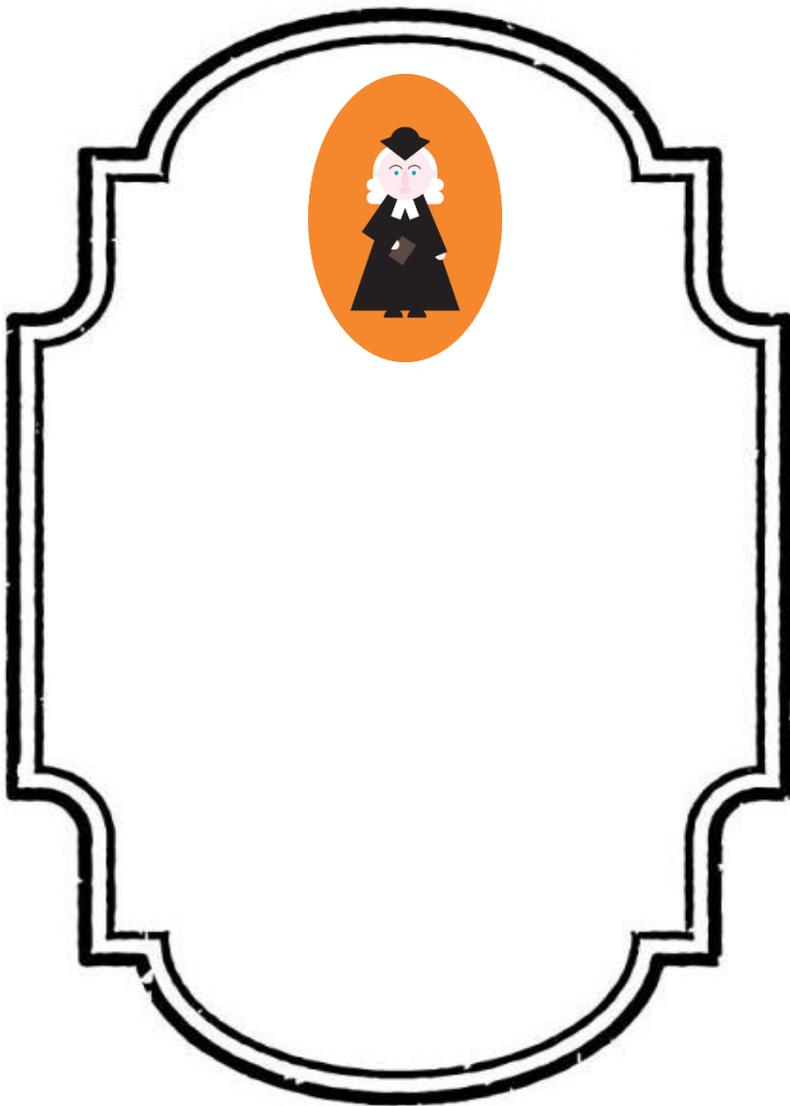
Den = Web =

Make a potion

In our garden at John Wesley's House we planted something called a Physic Garden. It is a garden made up of flowers, herbs and vegetables that John Wesley thought could be used to help cure some illnesses.

Have a go at creating your own potion from plants and herbs from the garden or kitchen. Mix all the ingredients together and put them into a paper bag or bottle.

Using the template below, you can design a potion label for the bag or bottle, then cut it out and stick it on.



What does your potion do?

Make people feel better?

Cheer people up?

Make someone fly?

Transport you to the past?



Thank you! We hope you enjoyed the activities.

Our next pack will be sent on 5th August.

Answers:

And who lives where?

Hive = Bee

Nest = Blackbird

Under a stone = Woodlouse

A shell = Snail Tree = Squirrel. Squirrels make nests (dreys) up in trees in the forks of branches.

On a plant or tree = Ladybird Den = Fox. Foxes mostly come out at night. Web = Spider