

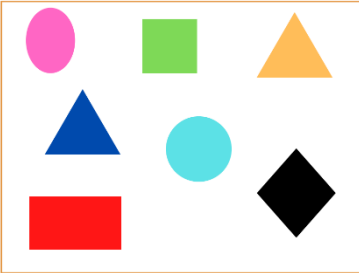



Haddon Autumn 2 Chilli Challenges

Aim to score at least 8 points this half term.

You are welcome to send in evidence e.g. photos, pictures, finished products.

 <p style="text-align: center;">5 dojos</p>	<p style="text-align: center;">Make a Hair Bracelet (not with real hair)</p> <p>In Victorian times it was common to give family jewellery made from the hair of relatives and loved ones. Florence Nightingale had a bracelet which she took with her to the Crimean War, made with hair from her parents and sister.</p> <p>Ideas: https://www.youtube.com/watch?v=6axRx4D_f54</p>		<p style="text-align: center;">Herbal Remedies, Herbal Tea</p> <p>Mary Seacole is renowned for having used herbal remedies.</p> <p>Task: Create a herbal tea from scratch e.g. lemon and ginger, fresh mint. Find out why the ingredients you choose are good for you.</p> <p>Ideas: https://www.superkidsnutrition.com/10-diy-homemade-tea-recipes/</p>	
 <p style="text-align: center;">3 dojos</p>	<p>Florence loved animals and understood the joy animals could bring to people and the calming effect they had.</p> <p>Craft task: Create your favourite calming animal.</p>	<p>Find out about 3 more British heroes.</p> <p>Why are they considered a hero? When did they become a hero? How did they make significant changes?</p> <p>E.g. Edward Jenner, Sir Captain Tom, Malorie Blackman.</p>	<p>Florence Nightingale felt that certain colours helped make people feel better and she would incorporate this into hospital design</p> 	<p>Look at the colours and write one or two words about how that colour makes you feel. Which colour(s) would be best in a hospital? Your house? Your school?</p>
 <p style="text-align: center;">2 dojos</p>	<p>Florence was a pioneer and she recognised that light, space and fresh air made people feel better.</p> <p>Go on a walk. Take time to notice nature. Note how you feel when you get home.</p>	<p>Sing along to the Mary Seacole song:</p> <p>https://www.bbc.co.uk/cbbc/watch/horrible-histories-song-mary-seacole-song</p>	<p>Go and peek at Florence's childhood home.</p> <p>Lea Hurst, Leashaw, Holloway, Matlock DE4 5AT</p>	<p>Who is your British Hero?</p> <p>Create a poster about your British hero.</p> <p>Why are they a hero?</p>

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