

We are Astra and Patrick

*Volunteering
Matters
Children's Pack*

Pack 1



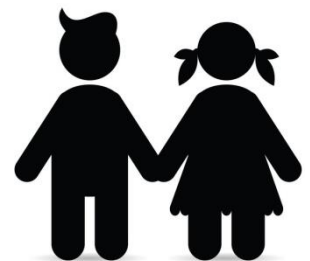
VOLUNTEERING  **MATTERS**

FOR YOUNG PEOPLE

Children's Pack Contents Page



Introduction	Pg. 1	How do you feel?	Pg. 31
How you feel rules	Pg. 2	Yoga Challenge	Pg. 32
How do you feel	Pg. 3	Dot to Dot Challenge	Pg. 33
Hero Astra and Patrick	pg. 4	Word Search – Science	
Draw yourself as a hero	Pg. 5	Challenge	Pg. 34
Shape Challenge	Pg. 6	Garden Challenge	Pg. 35
Drawing Challenge	Pg. 7	Maze Challenge	Pg. 36
Book Challenge	Pg. 8	Comic Book Challenge	Pg. 37
Fortune Teller Challenge	Pg. 9	How do you feel?	Pg. 38
Fortune Teller Template	Pg. 10	Hero badge	Pg. 39
Colours Challenge	Pg. 11	Useful Links	Pg. 40
Spot the Difference		5 Blank Pages	
Challenge	Pg. 12		
How do you feel?	Pg. 13		
Hero City Challenge	Pg. 14		
Dance Challenge	Pg. 15		
Pets Challenge	Pg. 16		
Word Search – Online Safety			
Challenge	Pg. 17		
Flower Challenge	Pg. 18		
Hunt Challenge	Pg. 19		
Spring Eggs Challenge	Pg. 20		
Recycle Challenge	Pg. 21		
How do you feel?	Pg. 22		
Colour by Sum Challenge	Pg. 23		
Spelling Challenge	Pg. 24		
Writing Challenge	Pg. 25		
Binoculars Challenge	Pg. 26		
Fingerprint Challenge	Pg. 27		
Spring Challenge	Pg. 28		
World Tour Challenge	Pg. 29 – 30		



VOLUNTEERING  **MATTERS**

A message to you!



From Astra and Patrick

Hi! I'm Astra

And I'm Patrick!



We need your help. We want you to join our superhero team!
First a few things you need to understand about the packs:

1. You will get a pack every 2 weeks.
2. There are 28 activities,
1 for the AM 
1 for the PM 
(The symbols will be in the bottom left corner of the pg.)
3. We want to know how you are feeling! The next page will show you how.
4. At the back of the pack are blank pages – use them however!
5. We need your voice! In the pack is an envelope with a question inside. When finished please complete it.
6. We will then collect your letter and replace your old pack with a new one!

Pg. 1

VOLUNTEERING  **MATTERS**

*How you feel is important!
We want to know.*

Below are some feelings,
we want you to circle how you feel on different
days

happy

angry

sad

scared

excited



Another way to remember is:

yellow = happy

red = angry

blue = sad

purple = scared

green = excited

Let's try it on the next page (pg. 3)!

Pg. 2

VOLUNTEERING  **MATTERS**

How do you feel?

Circle all the feelings you have:

happy

angry

sad

scared

excited



Draw or write anything that shows how you are feeling.
Why do you feel this way?



Pg. 3

VOLUNTEERING  **MATTERS**

This is Astra and Patrick!

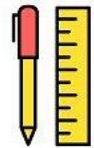


They are heroes because they are:

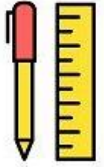
*Resilient Bold Fun
Clever Honest Creative
Kind Energetic
Staying safe online*



List your hero traits:

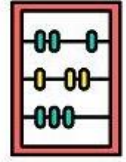


Draw yourself as a hero.



Maths Activity

Shape Challenge



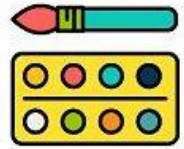
Find as many round shapes from the house, garden or
your imagination

Write what you've found here
(keep them for tomorrow's activity)

A large, empty rounded rectangular area defined by a dashed green border, intended for students to write their findings.

Maths Activity

Drawing Challenge

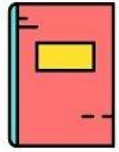


Look at all the round shapes you collected.
Draw them here!
Write another word for round.



English Activity

Book Challenge



Write a review about your favourite book
Or draw your favourite book cover
Or your favourite character from a book

A large, dashed green rounded rectangle that occupies most of the page, intended for the student to write a review, draw a book cover, or draw a character.

Creative Activity

Fortune Teller Challenge



Look at these instructions
Make your own from the template on the next page
Colour it and decorate it!

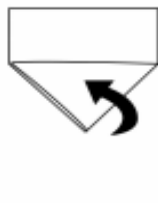
Folding instructions



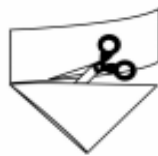
Take one piece of paper



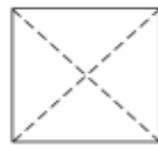
Fold to meet the other corner



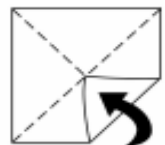
Fold the other corner to meet the edge



Cut off the section at the top



Unfold it to have a square piece of paper



Fold up all four corners so that the points meet in the middle.



It should look like this when folded



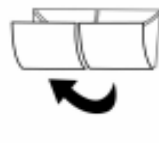
Turn the paper over



Fold in all four corners so that the points meet in the middle.



It should now look like this



Fold it in half



Push your fingers into the corners to work it into this shape

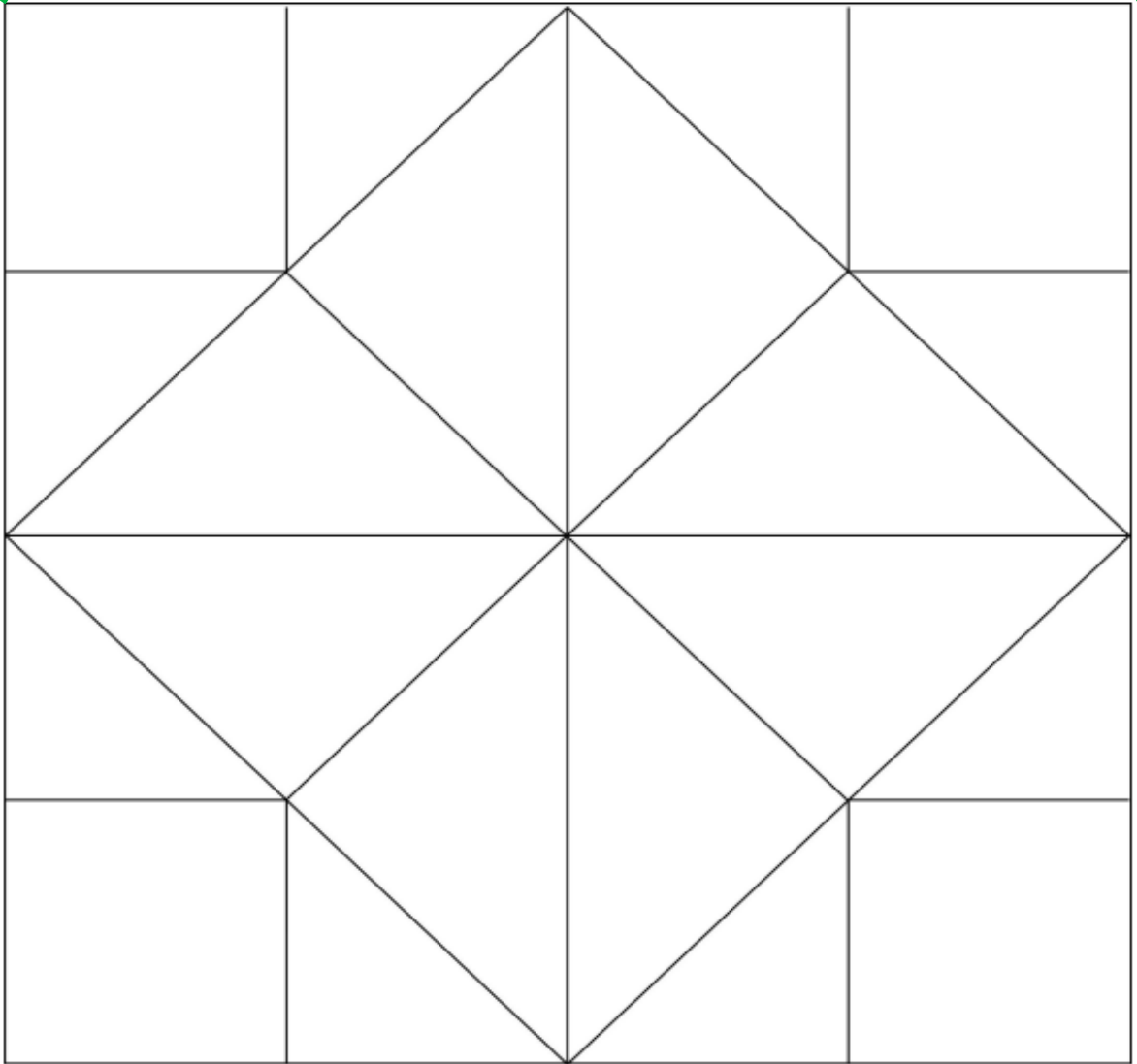


Creative Activity

Fortune Teller Challenge



Here is your template!



Science Activity

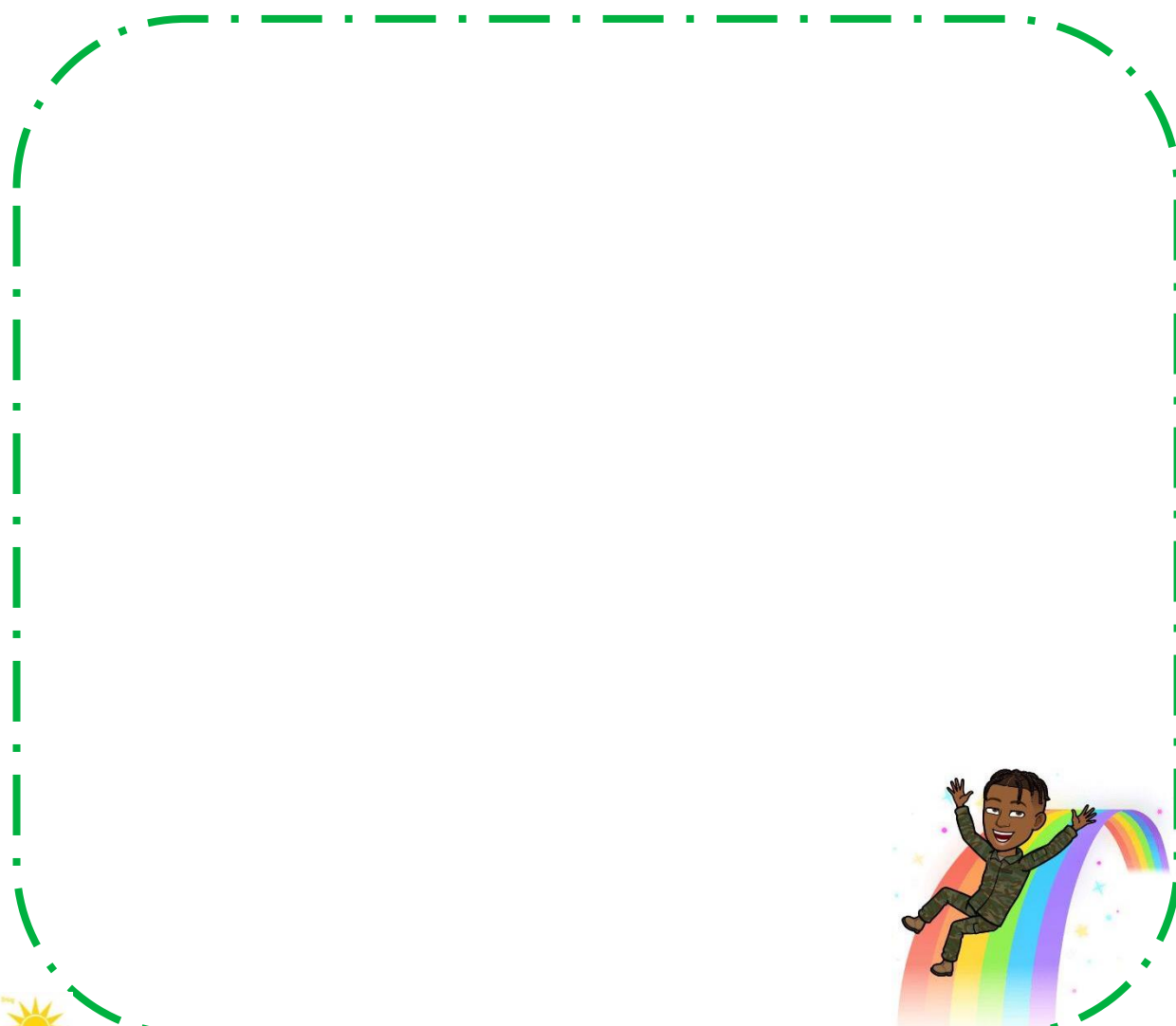
Colours Challenge



Make a rainbow by holding a glass of water up to the sunlight with a sheet of paper behind it to catch the colours.

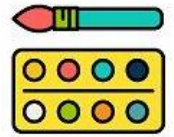
How many colours can you see?

Draw your rainbow here.

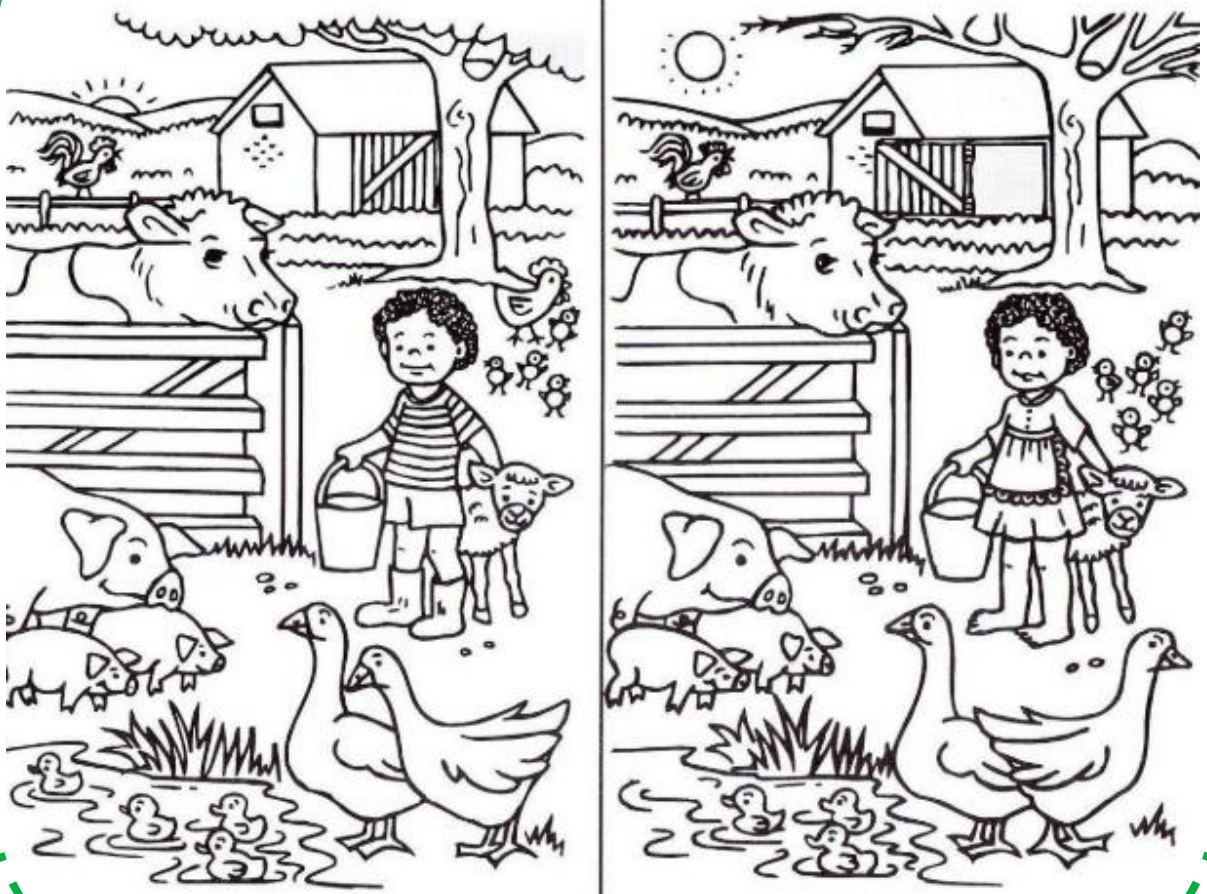


Colouring Activity

Spot the Difference Challenge



Colour this however you like
With paint, pencils or materials
Find all the differences you can!



How do you feel?

Circle all the feelings you have:

happy

angry

sad

scared

excited



Draw or write anything that shows how you are feeling.
Why do you feel this way?

Imagination Activity

Hero City Challenge



Create a city for your hero. Name the city.
What languages are spoken? What's the food? How
many days of school are there? What is the weather?

Tell us everything!
Draw or write it below.

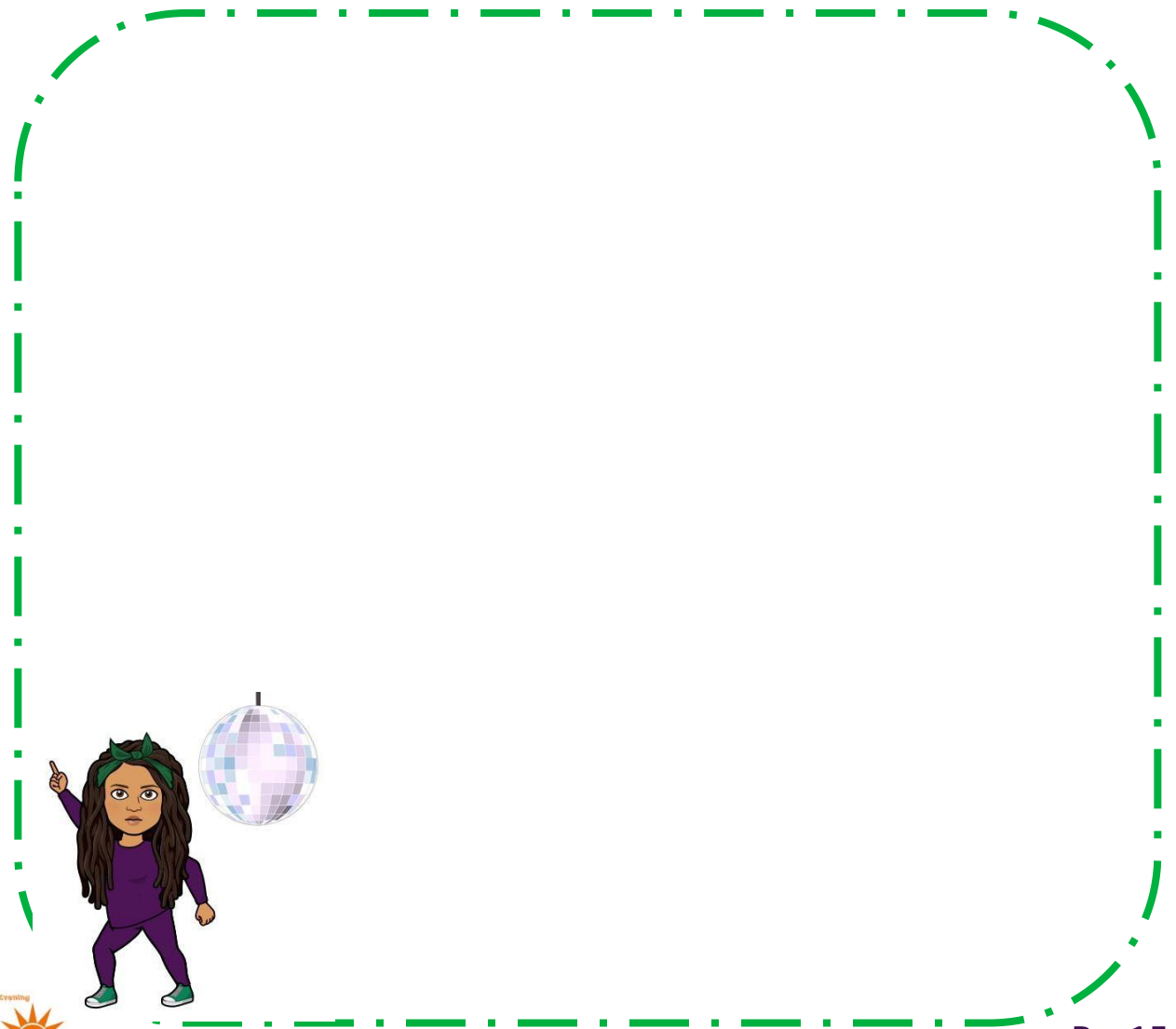


Physical Activity

Dance Challenge



Create a dance routine for your hero. How many different dance moves can you create. Draw your routine below.



Animal Activity

Pets Challenge



Do you have a pet? How do we care for them?
If you don't, what pet would you have?
Tell us how you'd care for them here.

A large, empty rounded rectangle with a dashed green border, intended for the user to write their response to the challenge questions.

Word Search Activity

Online Safety Challenge



Find the following words

- | | |
|-----------------|----------------------------------|
| 1. STAY SAFE | 11. THINK BEFORE YOU CLICK |
| ONLINE | 12. CHILDLINE |
| 2. INTERNET | 13. TRUSTED ADULT |
| 3. CYBER CRIME | 14. TRUSTED SITES |
| 4. BULLYING | 15. NEVER SHARE PERSONAL |
| 5. SPEAKUP | INFORMATION |
| 6. KNOWLEDGE | 16. DIGITAL |
| 7. TELL SOMEONE | 17. BEWARE |
| 8. SAFETY | 18. HARM |
| 9. PROTECT | 19. ABUSE |
| 10. CHILDREN | 20. SECRET WORD BEGINNING WITH K |

A	D	I	J	J	I	N	T	E	R	N	E	T	J	K	A	B	G	O	A	T	X
B	E	S	A	F	E	O	N	L	I	N	E	I	N	E	B	A	K	N	P	O	C
D	H	M	E	Z	Z	P	P	Q	S	U	X	O	U	A	D	S	T	I	C	T	S
B	E	W	A	R	E	X	Z	C	T	N	E	V	E	R	S	H	A	R	E		T
G	G	M	F	T	N	N	E	V	I	B	C	E	L	N	G	E	E	M	P	X	A
I	H	F	B	H	A	R	M	S	L	A	P	B	B	N	G	R	A	V	E	T	Y
T	F	X	I	D	I	G	I	T	A	L	Q	B	Y	A	B	E	J	T	R	I	S
A	S	C	I	E	N	C	E	C	E	L	L	N	Z	O	E	C	M	T	S	T	A
T	H	I	N	K	B	E	F	O	R	E	Y	O	U	C	L	I	C	K	O		F
S	C	H	I	L	D	L	I	N	E	V	M	O	M	M	K	N	T	F	N	X	E
C	A	T	T	D	A	A	X	F	T	C	L	F	V	A	E	B	R	D	A	Q	X
Y	P	T	A	T	R	U	S	T	E	D	A	D	U	L	T	S	U	I	L	E	C
B	D	K	C	C	T	C	V	P	C	J	C	E	L	E	K	T	S	I	I	I	C
E	I	E	N	K	N	P	R	O	T	E	C	T	U	A	I	E	T	N	N	V	E
R	G	R	O	O	M	I	N	G	Y	X	O	F	I	B	N	X	E	E	F	C	X
C	H	E	M	I	S	A	F	E	T	Y	K	T	T	U	D	P	D	L	O	Y	I
R	E	E	L	M	A	S	S	N	B	I	G	E	U	S	N	E	S	E	M	C	N
I	L	V	M	C	H	I	L	D	R	E	N	N	B	E	E	R	I	M	A	L	I
M	E	T	E	L	L	S	O	M	E	O	N	E	N	B	S	I	T	E	T	E	B
E	C	I	V	G	L	J	O	C	O	N	T	R	O	L	S	I	E	B	I	J	D
C	T	K	N	O	W	L	E	D	G	E	N	N	O	C	Y	J	S	N	O	P	O
Z	R	X	P	L	A	B	H	M	A	T	N	E	R	C	X	M	N	O	N	M	V
S	P	E	A	K	U	P	M	O	P	S	C	Q	E	B	U	L	L	Y	I	N	G

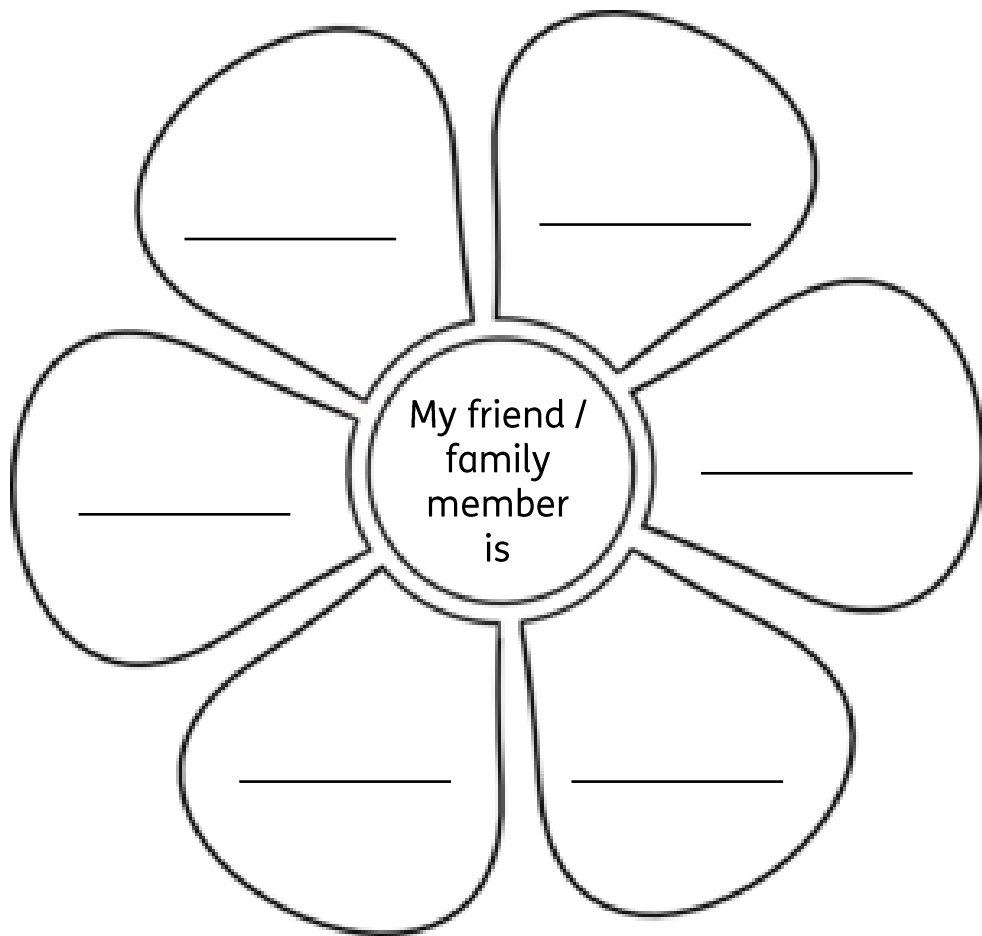


Nature Activity

Flower Challenge











Decorate this flower
Use each petal to put a nice word about your
friend or a family member (brother, mum, sister, dad)



Scavenger Hunt Activity Hunt Challenge



Can you find things in nature or around your house to represent each colour on your list.
You can stick or draw each item .

 Red	 Orange
 Yellow	 Green
 Blue	 Purple
 Brown	 Black



Creative Activity

Spring Eggs Challenge



You need empty egg shells!
or something that you can fill with water and add
colourful stuff in.



How to Do It:

Gently create a small hole on the larger end of the egg and make it big enough for the egg to come out easily as well as to make it possible to add the petals.

Clean the inside of the shells to remove any egg residue.

Fill the eggs with their flower pieces.

Add water until they are full and place in the freezer.

Once the Spring eggs are frozen, peel apart the eggs and reveal the magic inside!



Environment Activity



Recycle Challenge

Colour the pictures

Draw a line to what can be put in the recycle box

What else can you recycle?



How do you feel?

Circle all the feelings you have:

happy

angry

sad

scared

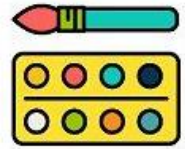
excited



Draw or write anything that shows how you are feeling.
Why do you feel this way?

Maths Activity

Colour by Sum Challenge



Complete the sums!
Use the answer to know what colour to use
for each part of the drawing.

Add. Then color all the sums using the color key below.

1 = Green 2 = Red 3 = Blue 4 = Yellow 5 = Orange

THE GREAT BALLOON RACE

2+1

0+1 1+0+1

0+2 1+3 4+0 1+1

1+1+1 1+1+3 2+1

3+1

2+0+1

0+3 1+1+1

0+1+0

1+2+1

0+1

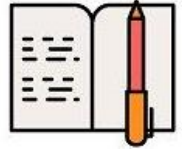
1+0

2+2



English Activity

Spelling Challenge



Food Spelling!
Circle the correct spelling for each word
Draw them or
use them in a sentence

BRED
BREAD
BREDD
BREHD

CABBIJ
CABBIGE
CABBAGE
CABAGE

CHICKEN
CHIKKEN
CHICKIN
CHIKKIN

PEENUT
PEANUTT
PEANUT
PEENUTT

SAWSIJ
SAWSAGE
SAUSIJ
SAUSAGE

YOHGERT
YOGURT
YOGERT
YOHGURT



BROCCOLI
BROCKOLI
BROCKLY
BROCCOLY

SAMMON
SAMMIN
SALMON
SALMUN

POODING
PUDDING
PUDING
POODYNG



GUICE
JEWSS
JEUICE
JUICE

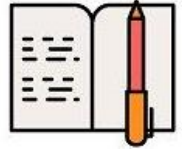
POTATOE
POHTATOE
POTAYTO
POTATO

CHOWDER
CHOWDAH
CHOWDUR
CHAWDER



English Activity

Writing Challenge



Write a story about your favourite hero
Or draw them!
List their qualities, skills and likes.

A large, empty rounded rectangular area defined by a dashed green border, intended for the student to write or draw their response.

Creative Activity

Binoculars Challenge



To make your binoculars, glue two toilet rolls together and decorate them as you like. You can use paper, feathers, paint, stickers.

What can you see through your binoculars in your garden or through a window?

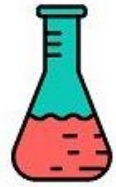
Birds, Flowers, Insects, Stars, Moon.

Write or draw here what you find.

A large, empty rounded rectangle with a dashed green border, intended for the student to draw or write their observations.

Science Activity

Fingerprint Challenge



Press one of your fingers into play dough to create a fingerprint.

Use a magnifying glass , to look at your fingerprints.

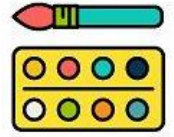
What do you notice? Are all fingerprints the same?

Draw your fingerprints here.



Colouring Activity

Spring Challenge



Colour this however you like
With paint, pencils or materials
Or put it as a picture in your house!



Imagination Activity

World Tour Challenge



Think about the world globe or map

Draw one here.

Name as many countries as you can/



Imagination Activity

World Tour Challenge



Pick a country.

Tell us about the people, the weather, the nature, the animals, the houses, the culture, the money, the languages spoken

List / draw them or make a story!



How do you feel?

Circle all the feelings you have:

happy

angry

sad

scared

excited



Draw or write anything that shows how you are feeling.
Why do you feel this way?

Physical Activity

Yoga Challenge



When you feel you need to move
Try one of these poses!
Circle which one was your favourite.



Camel pose



Plow pose



Boat pose



Tree pose



Triangle pose



Belly breathing



Cobra pose



Warrior pose



Down dog pose

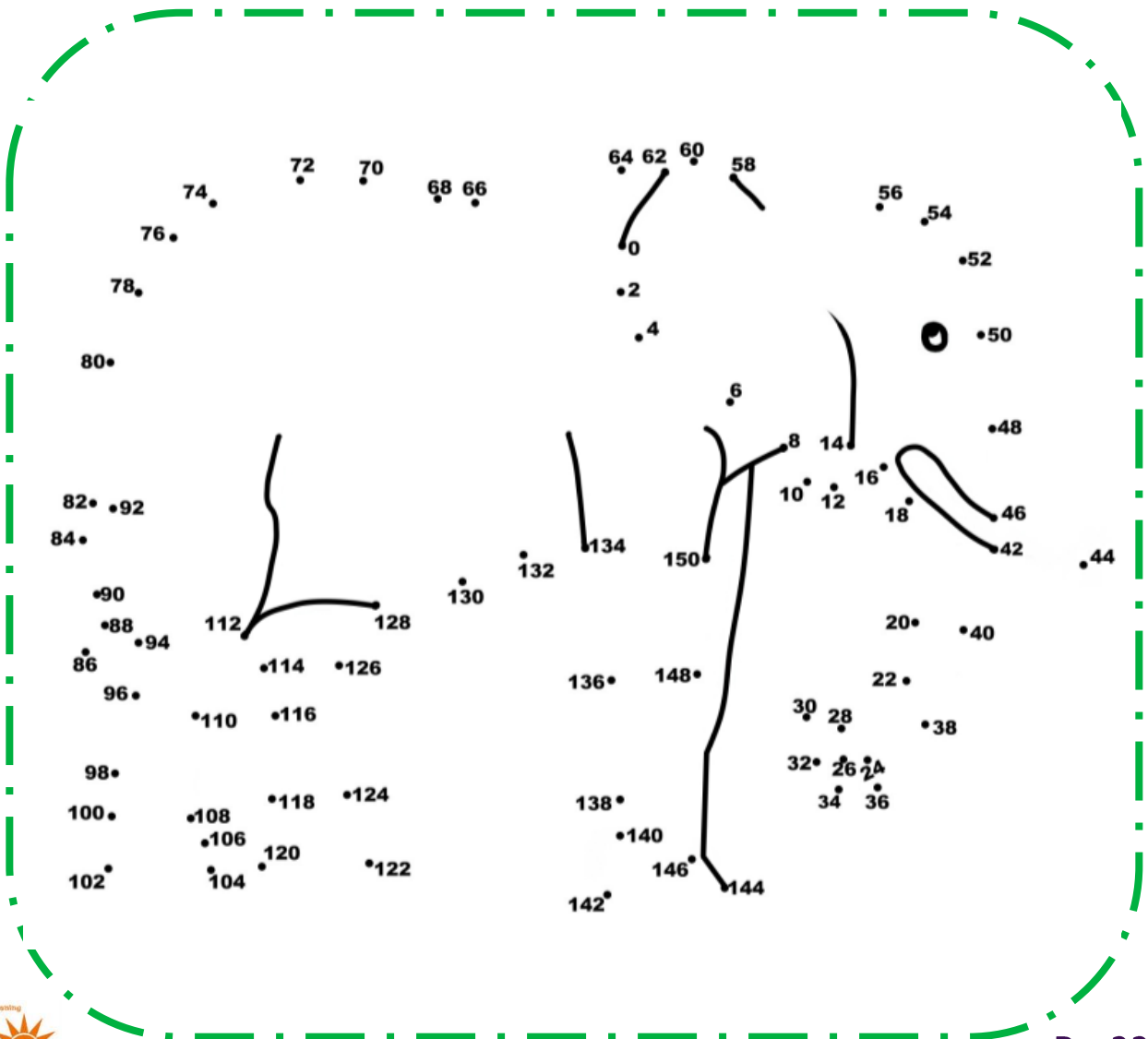


Animal Activity

Dot to Dot Challenge



Follow the numbers
Create the animal and name them
Colour it in however you can or want!



Word Search Activity

Science Challenge



Find the following words:

- | | |
|-------------|---------------------------------|
| 1.SCIENCE | 16.MATTER |
| 2.CHEMICAL | 17.THEORY |
| 3.CLIMATE | 18.TISSUE |
| 4.DATA | 19.TEST |
| 5.FUNNEL | 20.TUBES |
| 6.CHEMISTRY | 21.ENERGY |
| 7.CLIMATE | 22.ELEMENT |
| 8.CONTROL | 23.ATOM |
| 9.CYLINDER | 24.ELECTRICITY |
| 10.BEALER | 25.GENETICS |
| 11.PHYSICS | 26.GRAVITY |
| 12.BIOLOGY | 27.EXPERIMENT |
| 13.CELL | 28.LAB |
| 14.MASS | 29.BUNSEN BURNER |
| 15.SCALE | 30.SECRET WORD BEGINNING WITH S |

A	D	I	J	J	X	K	O	Q	F	T	F	U	I	E	A	B	G	O	A	T	X	Z
P	H	Y	S	I	C	S	A	T	O	M	V	K	H	E	B	A	K	N	P	O	C	Z
C	H	M	E	Z	Z	P	P	Q	S	U	X	O	U	A	D	S	T	I	C	T	H	X
C	H	E	M	I	C	A	L	B	S	N	E	N	E	R	G	Y	B	N	K	J	V	Q
L	G	M	F	T	N	N	E	V	I	B	C	E	L	N	G	E	E	M	N	X	L	R
I	H	F	B	N	V	S	R	S	L	A	P	B	B	N	G	R	A	V	I	T	Y	S
M	F	X	I	O	D	D	I	I	G	D	X	B	Y	A	B	E	J	T	I	I	E	M
A	S	C	I	E	N	C	E	C	E	L	L	N	Z	O	E	C	M	T	M	T	L	E
T	A	T	O	C	T	V	B	V	N	N	A	I	K	J	A	C	C	T	P	Y	L	S
E	T	A	D	A	T	A	X	D	E	M	B	N	M	M	K	N	V	F	S	X	O	V
D	A	T	T	D	A	A	X	F	T	C	L	F	V	A	E	B	S	D	F	Q	W	N
C	Y	L	I	N	D	E	R	V	I	T	Y	T	N	B	R	S	M	I	L	E	T	O
N	D	K	C	C	T	C	V	P	C	J	C	E	L	E	C	T	R	I	C	I	T	T
B	I	E	N	K	N	B	U	N	S	E	N	B	U	R	N	E	R	N	E	V	E	P
K	O	L	X	Z	F	Z	F	G	Q	X	O	F	I	N	T	X	O	E	N	C	O	N
C	H	E	M	I	S	T	R	Y	B	P	K	T	T	W	I	P	E	L	Y	Y	I	M
R	E	E	L	M	A	S	S	N	B	I	G	E	U	E	S	E	A	E	D	C	N	B
C	L	V	M	A	S	F	U	N	N	E	L	S	B	I	S	R	E	M	Y	L	I	I
J	E	B	I	O	L	O	G	Y	F	T	G	T	E	F	U	I	D	E	S	E	B	I
X	C	I	V	G	L	J	O	C	O	N	T	R	O	L	E	M	A	N	K	H	J	L
C	T	C	V	O	O	M	T	H	E	O	R	Y	O	C	X	E	A	T	D	E	T	H
Z	R	X	P	L	A	B	H	M	A	T	T	E	R	C	N	N	O	G	E	T	H	S
Z	I	Z	N	O	P	S	C	A	L	E	T	H	E	O	R	T	T	E	L	I	M	S



Nature Activity

Garden Challenge



Go into your garden or look out of your window or use your imagination to spot signs of Spring
You can draw, photograph, or collect this!



Pg. 35

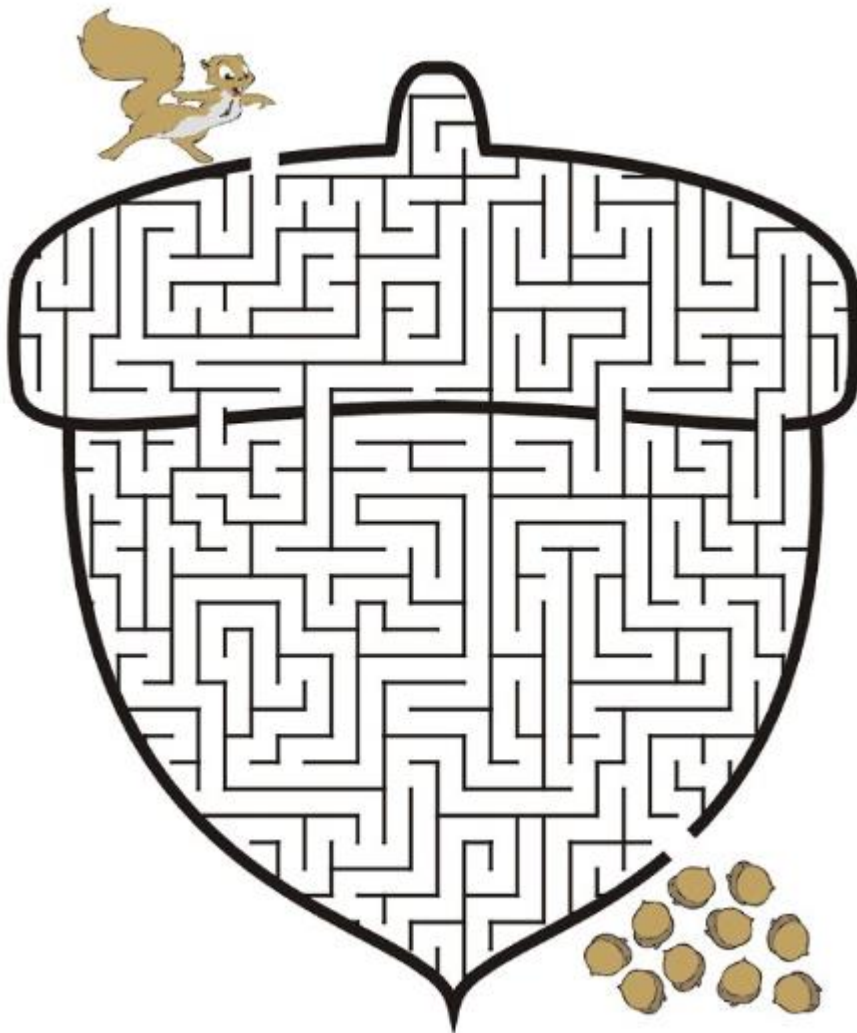
VOLUNTEERING  **MATTERS**

Scavenger Hunt Activity



Maze Challenge

Help the squirrel get to their acorns



Creative Activity

Comic Book Challenge



Astra and Patrick are superheroes but the world has been hit with a virus!
What can they do to help?
Draw a comic strip



How do you feel?

Circle all the feelings you have:

happy

angry

sad

scared

excited



Draw or write anything that shows how you are feeling.
Why do you feel this way?

A large, rounded rectangular area defined by a dashed green border, intended for a child to draw or write about their feelings.

Well done on completing this pack

*You have earned yourself the
HERO Badge*

Decorate it whatever way you want!



Pg. 39

VOLUNTEERING  **MATTERS**

Useful Links



Links to help you at home

These links will help you keep yourself active and learning during the weeks!

Follow Astra and Patrick on YouTube:

 [Volunteering Matters - YouTube](#)

- A variety of books in different languages
<http://en.childrenslibrary.org/>
- A range of games in a variety of languages
<https://www.digitaldialects.com/>
- A variety of songs from around the world
<https://www.mamalisa.com/>
- Stories translated into 31 different languages
<https://worldstories.org.uk/>
- Follow our Youth Social Action Instagram:

<p>#STAYSAFESATURDAY</p>  <p>0800 1111</p> <ul style="list-style-type: none">• Helpline: 08001111• 1-2-1 counsellor chat online• Calm Zone: if you're feeling anxious or overwhelmed• Advice on domestic abuse, anxiety and online safety 	<p>#STAYSAFESATURDAY</p>  <p>CHILD EXPLOITATION AND ONLINE PROTECTION COMMAND</p> <p>Worried about online sexual abuse or the way someone has been communicating with you online</p> 	<p>#STAYSAFESATURDAY</p> <p>NSPCC</p> <p>NATIONAL SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN</p> <ul style="list-style-type: none">• Supporting parents to talk to their child about online safety.• Call on 0808 800 5000 or contact online.
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 <https://www.instagram.com/youth.social.action/>

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