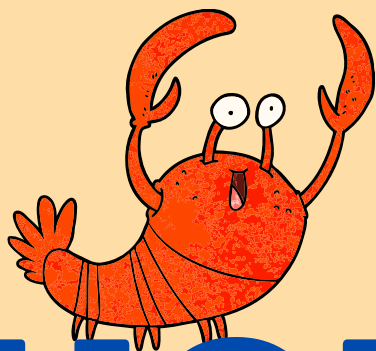


Name



We're so lucky to
live in Suffolk!

HOLIDAY AT HOME

Join Larry the Lobster in exploring the fun that
can be had on holiday in Suffolk.



www.thechildrenscoach.com

This activity pack has been developed by children's coach and author Jo Bivens for Get Suffolk Reading and funded by the Suffolk Holiday Activity and Food Programme which has been funded by the Department of Education.

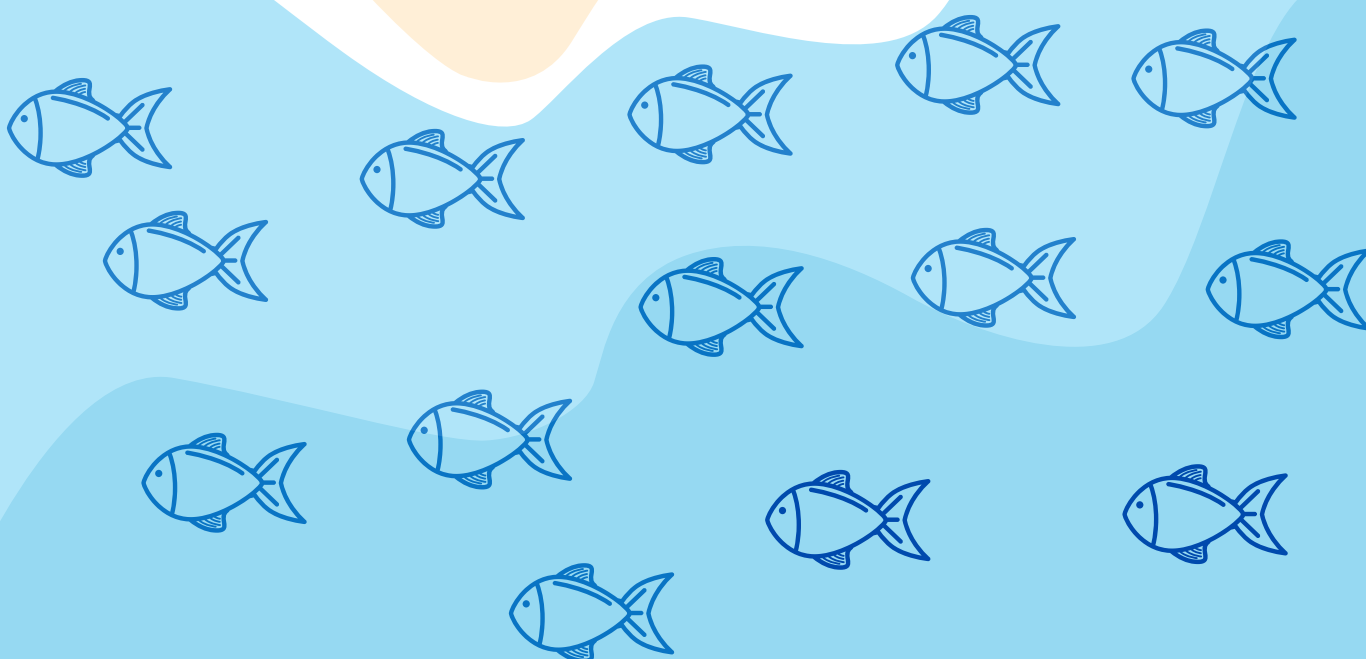
Get Suffolk Reading inspires families across the county to read together, and helps parents support their children's literacy skills.

The activities in this Holiday at Home booklet encourage children to see Suffolk through the eyes of a tourist, and have fun exploring its many attractions without even needing to leave the room! There are opportunities to read aloud, write, discuss and use their imagination to be creative. The pack is in five sections so you can use it over a number of sessions and children can take it home to complete.

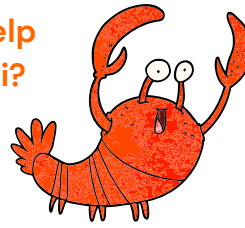
Our aim is that children feel that they have experienced these attractions together with their friends and feel proud of the county they live in.

Look out for the FISHY POINTS!

There are some special activities in which you will need to work as part of a team or to share on your own! How many of these can you achieve?



Can we help
Little Lexi?



Session
one

Hello Larry the Lobster and friends,

My name is Little Lexi and I am coming to Suffolk for my summer holiday.

I have heard it is really lovely, but I am feeling nervous as I haven't been on holiday before!

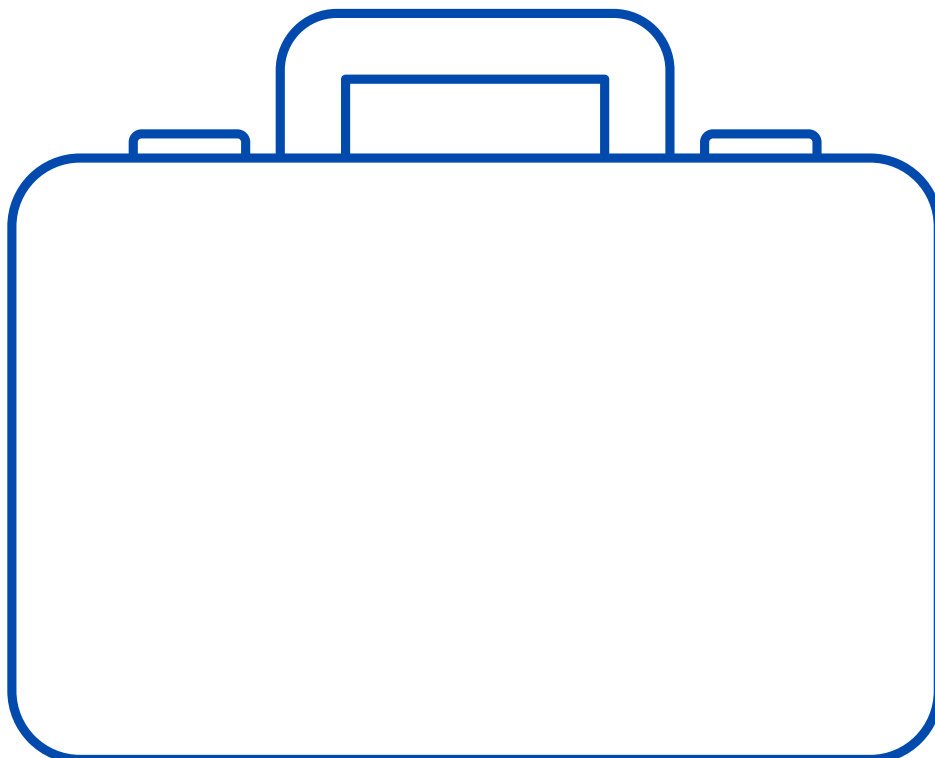
Can you please tell me a little about Suffolk? What are the different activities that I might be able to do?

Thank you,
Love,
Little Lexi



Let's help Little Lexi feel more confident about going on holiday and helping her pack.

Draw or write at least 3 essential items in the suitcase!

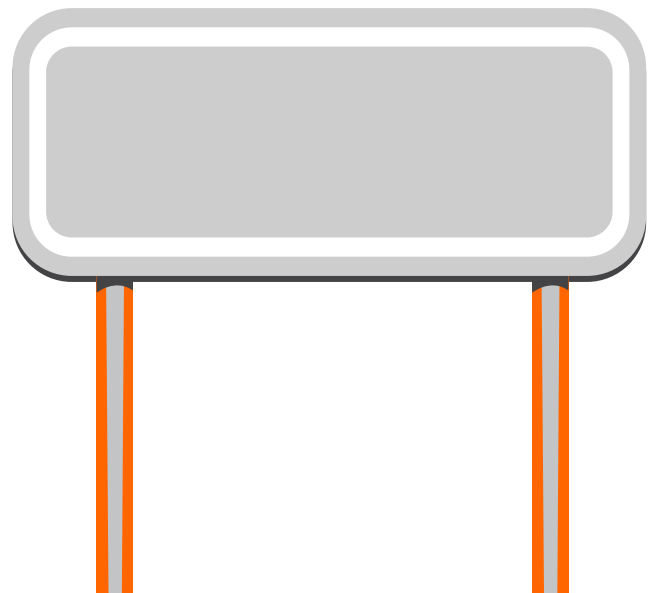
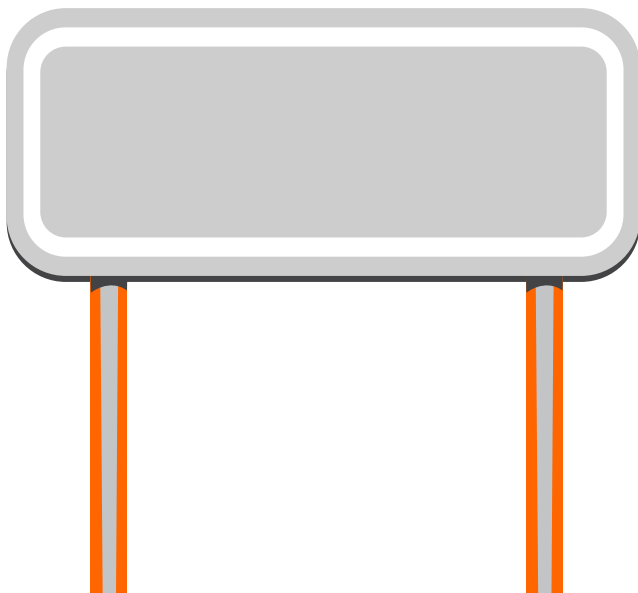
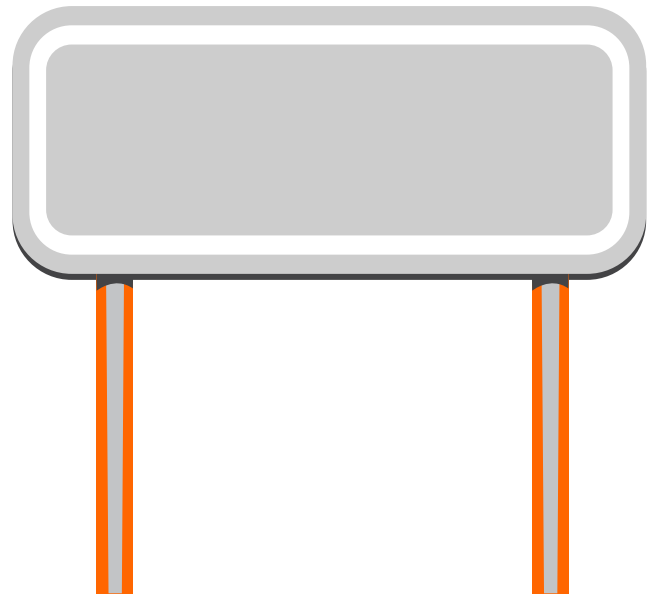
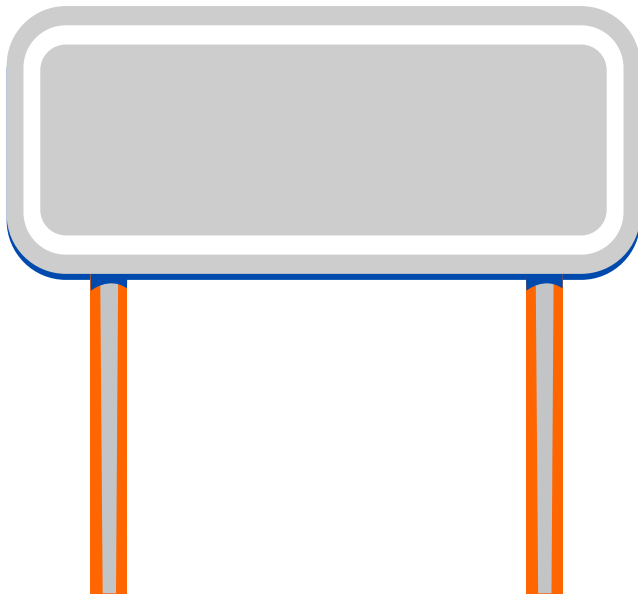


Let's get on the magical holiday bus and imagine visiting all of your favourite places in Suffolk!



To earn a fishy point:
Share your ideas with a
friend, or the rest of the
group!

Draw or write in the boxes below 4 different places the bus could visit that are local to you.



Let's learn some facts about Suffolk!

Go East!

Lowestoft is home to the most easterly point in the UK. **Ness Point** is the first place in the entire country to view the sun rise.

Twinkle Twinkle!

Jane Taylor, a young poet, wrote the bedtime favourite *Twinkle Twinkle Little Star* at her residence in Shilling Street in Lavenham in 1806.

Famous people from Suffolk!

Ed Sheeran is from Framlingham and even wrote *Castle on the Hill* about the town's 12th Century castle.

Ralph Fiennes, who played Voldemort in the Harry Potter films, is from Ipswich. He also starred in a film about the discovery of Sutton Hoo!

Artist John Constable painted landscape scenes all over Suffolk and his work is now in many national museums and galleries.

Geography!

Suffolk is mostly flat and has very fertile soil which is good for both growing crops and grazing animals on.

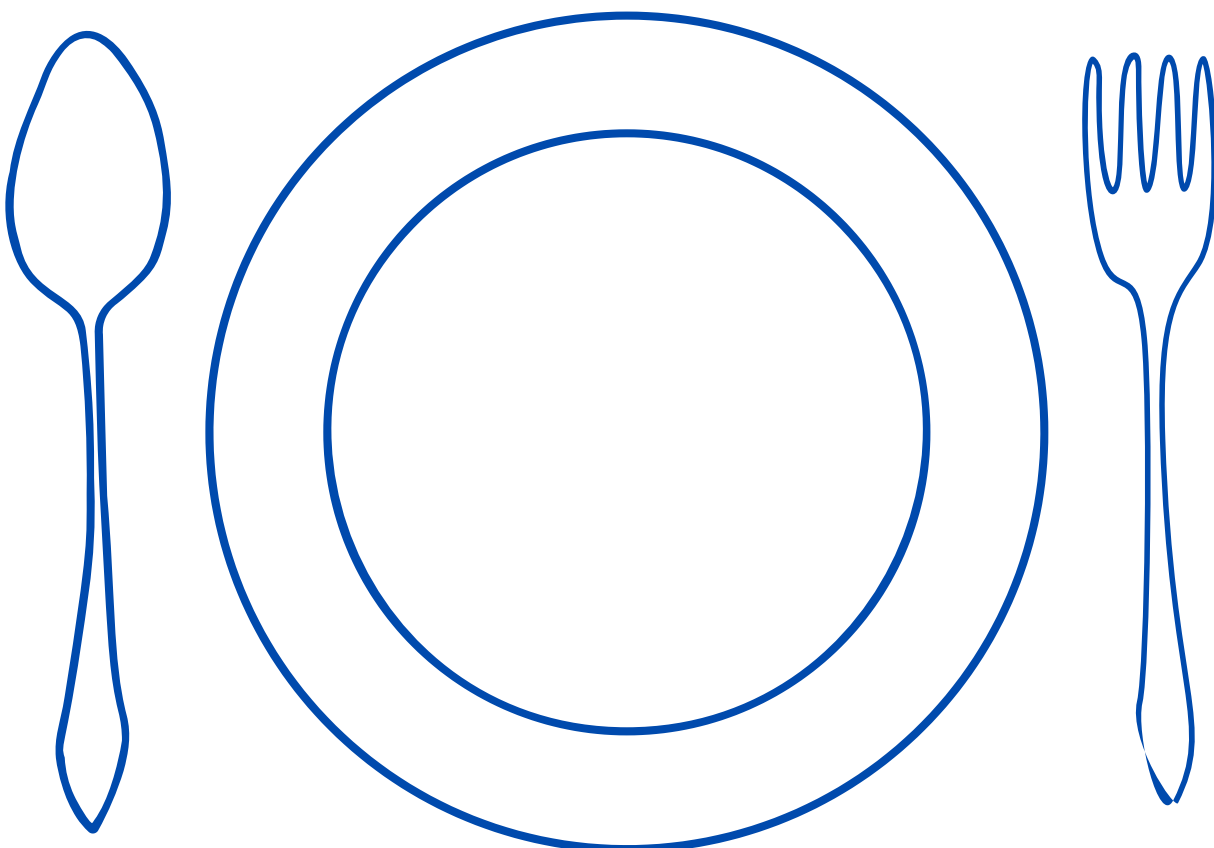


To earn a fishy point: Can you think of any other facts about where you live?

Imagine we are going to your favourite place to eat in Suffolk.

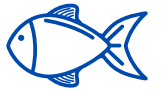
Restaurant name:

Draw or write your favourite meal on the plate.



Have you been to any of the zoos in Suffolk?

It's time to pack your bag! What are you going to take to the zoo?



To earn a fishy point: Can you share with a friend or the group what you have packed?

Let's play a game!

The first person says: "I went to the zoo and I packed" and says one item they would put in their bag.

The next person says: "I went to the zoo and I packed" and says what the person before them said and then adds an item from their bag.

Keep going around the group until someone forgets an item. Remember, none of the items can be repeated - and you have to get them in the right order!

Let's get on the bus and have a sing along



We're going to the zoo, zoo, zoo.
How about you, you, you.
You can come too, too, too.
We're going to the zoo, zoo, zoo.

See all the monkeys scritch, scritch scratching.
Hanging by their long tails scritch, scritch
scratching.
Jumping all around and scritch, scritch scratching.
We can stay all day!

We're going to the zoo, zoo, zoo.
How about you, you, you.
You can come too, too, too.
We're going to the zoo, zoo, zoo.

See the elephants with long trunk swinging.
Great big ears and long trunk swinging.
Snuffing up peanuts with long trunk swinging.
We can stay all day!

We're going to the zoo, zoo, zoo.
How about you, you, you.
You can come too, too, too.
We're going to the zoo, zoo, zoo.

See the tall giraffes with long neck stretching.
Poking out tongues with long neck stretching.
Munching on leaves with long neck stretching.
We can stay all day!

We're going to the zoo, zoo, zoo.
How about you, you, you.
You can come too, too, too.
We're going to the zoo, zoo, zoo.

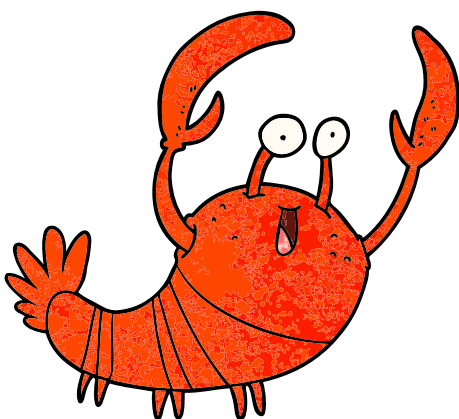
See the slippery seals splish, splash, splashing.
Diving in the water splish, splash, splashing.
Doing funny jigs and splish, splash, splashing.
We can stay all day!

We're going to the zoo, zoo, zoo.
How about you, you, you.
You can come too, too, too.
We're going to the zoo, zoo, zoo.

Great big rhino he's huff, huff, a-puffing.
Horns too heavy he's huff, huff, a-puffing.
Don't get too near the huff, huff, a-puffing.
Or you won't stay all day!

We're going to the zoo, zoo, zoo.
How about you, you, you.
You can come too, too, too.
We're going to the zoo, zoo, zoo.

**To remind yourself of the
tune scan the QR code**



If you were a zoo keeper, you'd need to know a lot about animals! Here are some facts about some of the animals you might find in a zoo.



Meerkats live in the deserts and grasslands in Africa.
A baby meerkat is called a pup.
They live in burrows underground, protecting them from predators and the heat.
Some of the sounds that they make are murmurs, growls, spits, clucks and bark.
They sleep in heaps on top of each other.



Giraffes are the world's tallest mammals and their legs are about 6 feet tall – which is taller than many people!
They can run as fast as 35 miles an hour over short distances.
They stand up almost all of the time and baby giraffes can stand up half an hour after being born.
Giraffe tongues are massive – about 45 centimetres!
A baby giraffe was born in Africa Alive in May 2023 – his name is Charlie.



Elephants can hear through their feet!
Elephants are excellent swimmers.
Their trunk consists of over 40,000 muscles.
They use dirt as a sunscreen.
They suck their trunks like humans suck their thumbs.
They can spend 16 hours a day eating.



Chimps groom each other. This is one way to show friendship.
Chimps sleep in nests made of leaves and they have babies in these nests too.
Chimps chew up leaves to make sponges. They soak up water with the sponges to drink.
Chimpanzee mothers carry their babies on their back for 4 years or more and they remain close their whole lives.



To earn a fishy point: Can you act out each animal?

Here's a poem about the zoo that's really fun!

At the Zoo by A. A. Milne



To earn a fishy
point: Can you
read the poem out
loud?

There are lions and roaring tigers,
and enormous camels and things,
There are biffalo-buffalo-bisons,
and a great big bear with wings.
There's a sort of a tiny potamus,
and a tiny nosserus too -
But I gave buns to the elephant
when I went down to the Zoo!

There are badgers and bidgers and bodgers,
and a Super-in-tendent's House,
There are masses of goats, and a Polar,
and different kinds of mouse,
And I think there's a sort of a something
which is called a wallaboo -
But I gave buns to the elephant
when I went down to the Zoo!

If you try to talk to the bison,
he never quite understands;
You can't shake hands with a mingo -
he doesn't like shaking hands.
And lions and roaring tigers
hate saying, "How do you do?" -
But I give buns to the elephant
when I go down to the Zoo!

Play animal scramble

Get into four teams - elephants, lions, dogs and horses. Spread around the room and close your eyes.

When the game starts, everyone must make the sound of their animal and try to find the other animals in their team by listening to their sounds.

The first team gets all their animals together wins.

The amusement park!

Session
two

It's time to pack your bag! What are you going to take to the amusement park or fun fair?



Earn a fishy point if you remembered to pack a bottle of water!

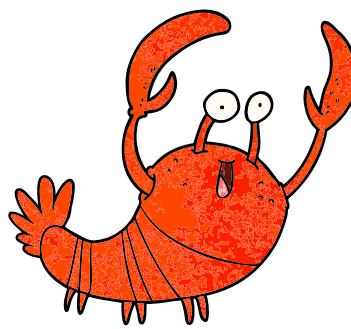
Let's pretend to get in the car ready for the journey to the fun fair. Shall we play a game! I-Spy is always a favourite.

One person chooses an object in the room and works out the first letter of the word. Then they say:

"I spy with my little eye something beginning with..."

Everybody else takes turns to guess the object - and the winner picks the next object to spy.

I spy with my
BIG eye.....



Have you been to a fun fair or amusement park in Suffolk?

Where did you go?

What was your favourite ride?

Can you create an acrostic poem for the phrase 'fun fair'? In an acrostic poem, the first letter of each line spells a word or phrase and the word or phrase is the subject of the poem!

F

U

N

F

A

I

R



To earn a fishy point: Can you name some rides you find at the fun fair?

There are so many rides to explore at an amusement park!

Can you write in the boxes words to describe how you might feel when on the ride?



Rollercoaster



Log flume



Merry-go-round



Ghost train



Earn a fishy point for every ride you can act out being on!

Design a ride that you would like to see at an amusement park!

A large rectangular area defined by a border of orange stars, intended for drawing a ride design.

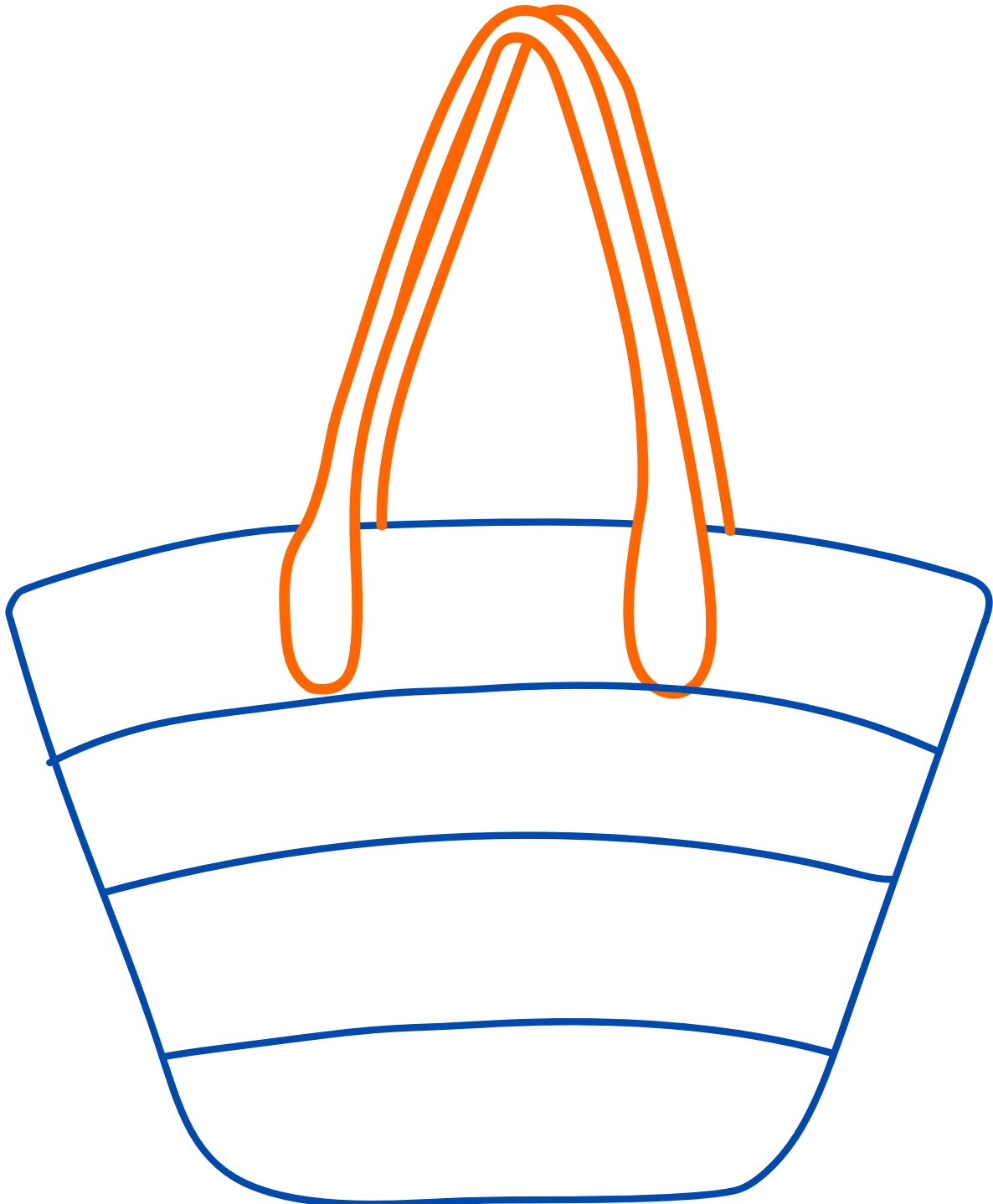


To earn a fishy point: Can you create a name for your ride?

Beautiful beaches

We have lots of beaches in Suffolk. Have you been to any of them?

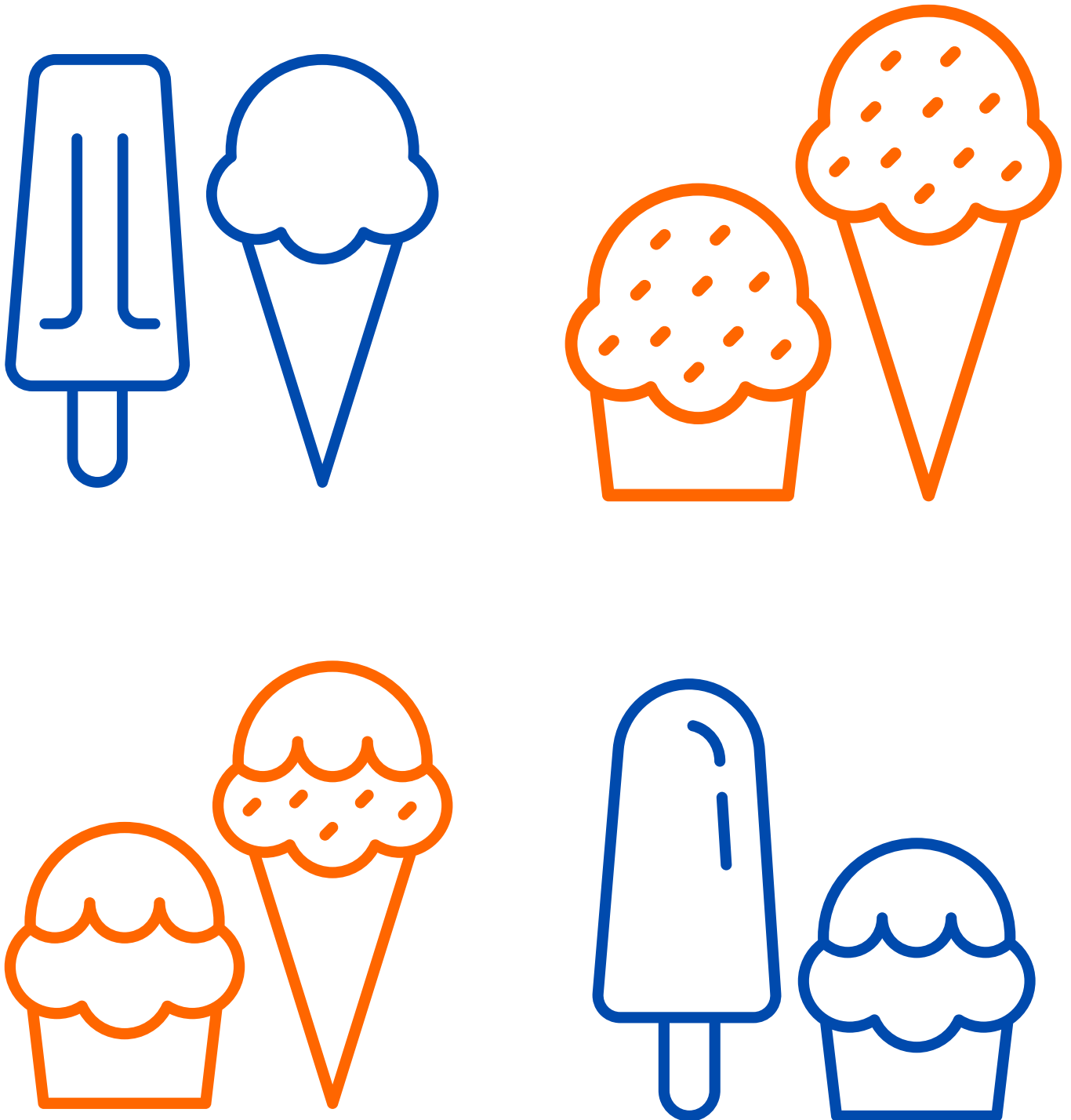
Let's imagine we are heading to the beach! What are you going to pack in your beach bag? Draw or write your items on the bag.



Earn a fishy point if you remembered to pack sun protection!

Imagine you are the owner of an ice cream shop on the seafront!

What flavour ice creams and lollies would you sell? Create them below by colouring and labelling them with the flavours.



To earn a fishy point: Can you create a brand new flavoured ice cream?

If you go to the beach, here are some games and activities you can do.



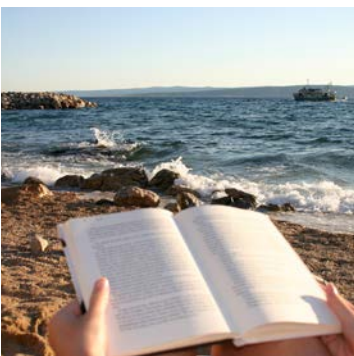
Use paints, felt tips or even chalk and create some designs on pebbles collected from the beach. Maybe you could write special messages or draw yourself or a character you like! It's up to you! Be creative!



Make your own beach picture using sand from the beach. Draw the outline first, then add glue and stick the sand on.



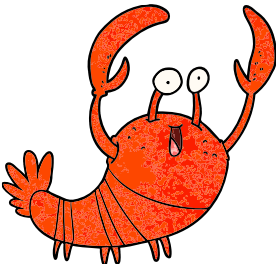
Play beach limbo! Two people hold up a piece of string, beach towel or even hold hands and then each person takes turns to limbo (bend backwards and go as low as you can) under it. It will be held up high to begin, but each time it will get lower and lower!



Try taking some books with you to read on the beach. Reading outdoors is good for wellbeing. You can borrow books from your library – they won't mind them being returned a little sandy, but try not to get them wet!

Let's have a sandcastle competition Who can create the best one?

Draw your sandcastle below.



A large rectangular area defined by a dashed orange border, intended for drawing a sandcastle.

Send a postcard to Little Lexi about spending a day at a Suffolk beach.

Draw the picture on the postcard.



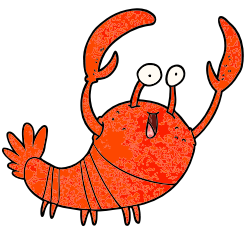
Write the message to Little Lexi.

A rectangular box with a blue border, designed for writing a message. It contains a vertical line on the right side, a small square box in the top right corner for a stamp, and four horizontal lines at the bottom for writing.

The circus

The circus often comes to Suffolk.

Have you been to a circus? Think about the acts you enjoyed or might enjoy. Create a poster to advertise a Suffolk circus.



Roll up!
Roll up!

IDENTITY CARD

Clown name

Special skills



Create your own clown ID card!

What would your clown name be?

What are your special skills?

Let's have fun being clowns and sharing jokes!

What do you call two bananas?

Slippers.

HAHAHA

Why do bees have sticky hair?

Because they use a honeycomb.

What bird is always out of breath?

A puffin!

Which dinosaur had to wear glasses?

Tyrannosaurus specs

HAHAHA

What do you say to a cow who's in your way?

MOOOOve!

HAHAHA

Why was 6 afraid of 7?

Because 7, 8, 9

HAHAHA

What did the left eye say to the right eye?

Between us, something smells.

HAHAHA

Knock knock!

Who's there?

Boo.

Boo who?

Oh no, why are you crying?!

HAHAHA

How do we know that the sea is friendly?

It waves.

Why do giraffes have such long necks?

Because they have smelly feet.



To earn a fishy point: Can you make up your own joke?

Let's practice our circus performances!



Tightrope walking

Find a line on the floor, maybe the edge of the carpet or the tiles. If not you could make one with string or chalk. Pretend you are high in the air on a tightrope. Can you balance along the line without falling?



Magician

Hold a pencil between your thumb and index finger towards the end. Shake it up and down. It will appear to bend just like it is made out of rubber! Keep practising until you get the speed and technique just right.



Juggler

Hold a ball in both hands. Throw the ball in your right hand lightly in the air. Once it's in the air, move the ball in your left hand to your right hand and catch the first ball in your left hand. Then repeat.



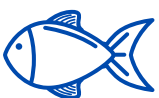
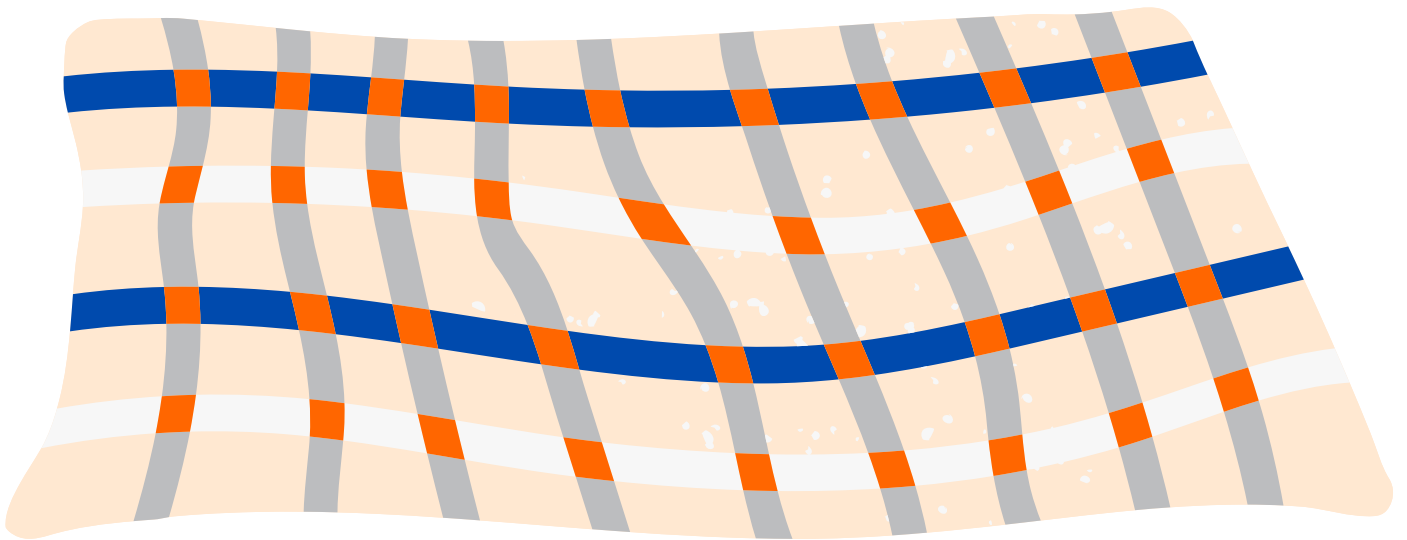
Clown

Pretend to be a clown! Can you create a funny walk and tell jokes to make other people laugh?

Our Suffolk parks

There are lots of super parks in Suffolk! Which ones do you like visiting? Who do you go with? What do you do there?

What would you like to eat and drink if we had a picnic in the park?
Draw or write your choices on the picnic blanket.



To earn a fishy point: Act out having a picnic at the park!

Let's have fun playing some park games!



The blob

This is a super fun version of Tag! Choose one person to be 'the blob', who runs around trying to catch someone by tapping them gently. Once the first person is caught they join hands and work together at trying to catch others to join the blob.



Hot and cold

Choose a small group of people who are the 'searchers' to close their eyes while a small object like a block or ball or orange is hidden. Then the group of searchers look for the item while the hider gives them clues telling them 'hot' when they are close and 'cold' when they are far away. .



Follow the leader

Everyone's favourite! The person at the start of the line makes a movement and everyone else copies it. Swap around the leader so everyone can have a turn and enjoy crawling, dancing, hopping, skipping and whatever other ideas that you have!

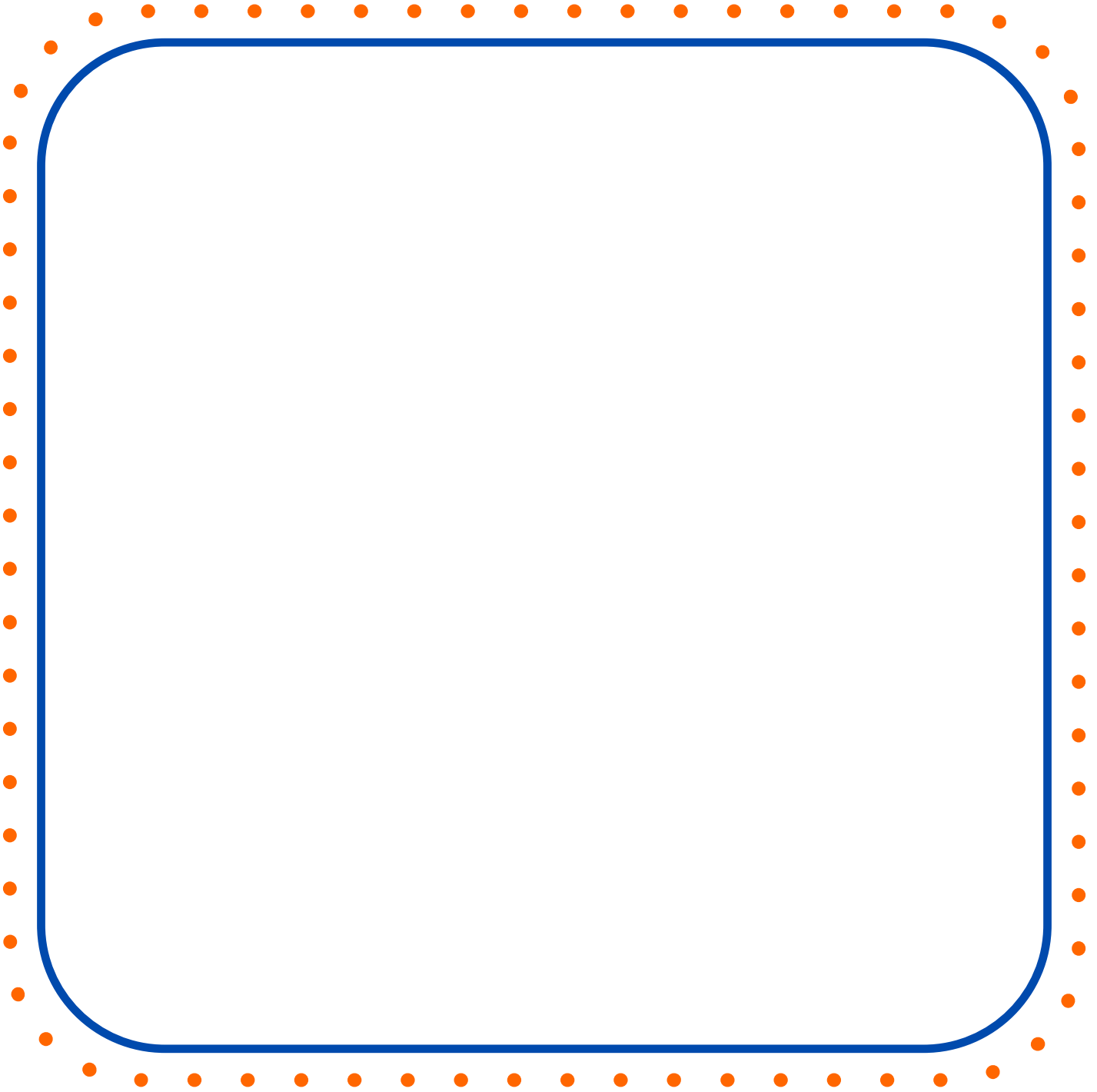


Traffic lights

One person is the 'traffic light' and stands on one side of the room. Everyone else goes to the other side. When the 'traffic light' says 'green light' everyone should start moving towards them. When they say 'red light' everyone must freeze. Anyone seen moving when 'red light' has been called needs to go back to the starting point. The first person who reaches the traffic light is the winner and takes the next turn as traffic light.

Create your own game to play in the park!

Write instructions on how to play it.



To earn a fishy point: Teach your friends or family how to play your new game!

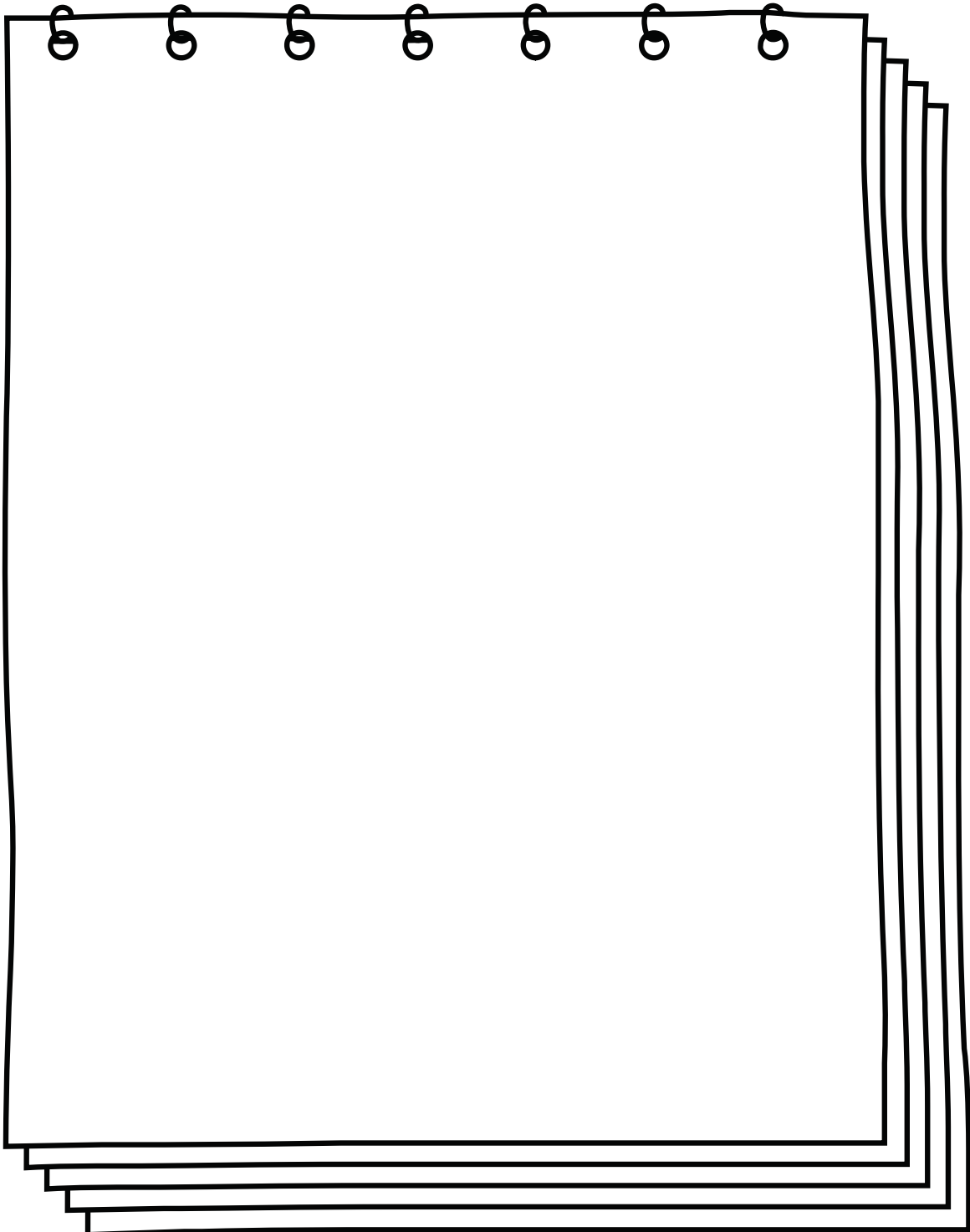
The park is a great place to get active. Create an exercise routine to do at the park. You could include some of the following exercises. Can you add any others?

Star jumps

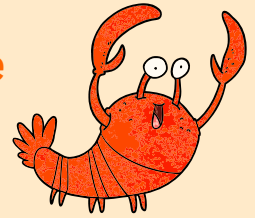
Touch your toes

Jog on the spot

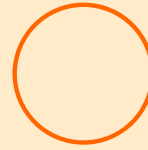
March on the spot



Well done Larry the Lobster and friends! You have shown Little Lexi so many wonderful things about Suffolk and what there is to do.



Count up how many fishy points you earned!



Here is a letter from Little Lexi to say thank you for telling her all about Suffolk.

Hello Larry the Lobster and friends,

Thank you so much for telling me about the places to visit in Suffolk. I can't wait to see the animals at the zoo. I will enjoy going fast down the roller coasters at the amusement park.

I will bring my pens so that I can decorate some stones on the beach and will hopefully make some friends to play traffic lights and The Blob in the park!

You are really kind and creative.

I can't wait to be in Suffolk soon.

Love,
Little Lexi

