



Home can be an adventure!

Winnie the wiener dog has lost her toy!

Can you help her find her way back through the garden maze to find it?

Wakefield Families Newsletter

A large pink maze is the central feature. To the left of the maze is a cartoon girl with black pigtails, a pink dress, and a blue bow. To the right of the maze is a black and tan dachshund dog. At the top left of the maze is a toy wheel with yellow tassels. A pink arrow points from the dachshund into the maze, and another pink arrow points from the maze towards the toy wheel. The text "solution on page 3" is written in pink at the bottom left of the maze.

solution on page 3

Outside adventures

Venture outdoors and try out some of these fun activities to help keep you busy while you're at home.

- ☐ Make a fairy garden or door
- ☐ Play hide and seek
- ☒ Plant some sunflowers and see who's grows tallest
- ☐ Create homemade wind chimes from cans and lids
- ☐ Do some weeding
- ☐ Play chef - alfresco style
- ☐ Make a milk carton bird feeder
- ☐ Find shapes in the clouds
- ☐ Make a mud pie
- ☐ Paint rocks into characters

Are you a little MONSTER

We all know everyone can be a little monster at times. But why not have fun being monsters together in your household, and try making some **Edible slime**.

Ingredients

200g cornflour, sieved
50g icing sugar
175ml coconut milk (from a can), stirred
A few drops gel food colouring

Instructions

1. Mix all ingredients in a bowl with a spoon until you have a smooth, thick paste.
2. Once the slime has come together, use your hands to roll a little of the mixture into a ball. If it crumbles, add a little more coconut milk, 1 tablespoon at a time. If it's too soft or liquid, add a little more cornflour until it's pliable and stretchy.
3. If it dries slightly, knead with wet hands to soften it up again.

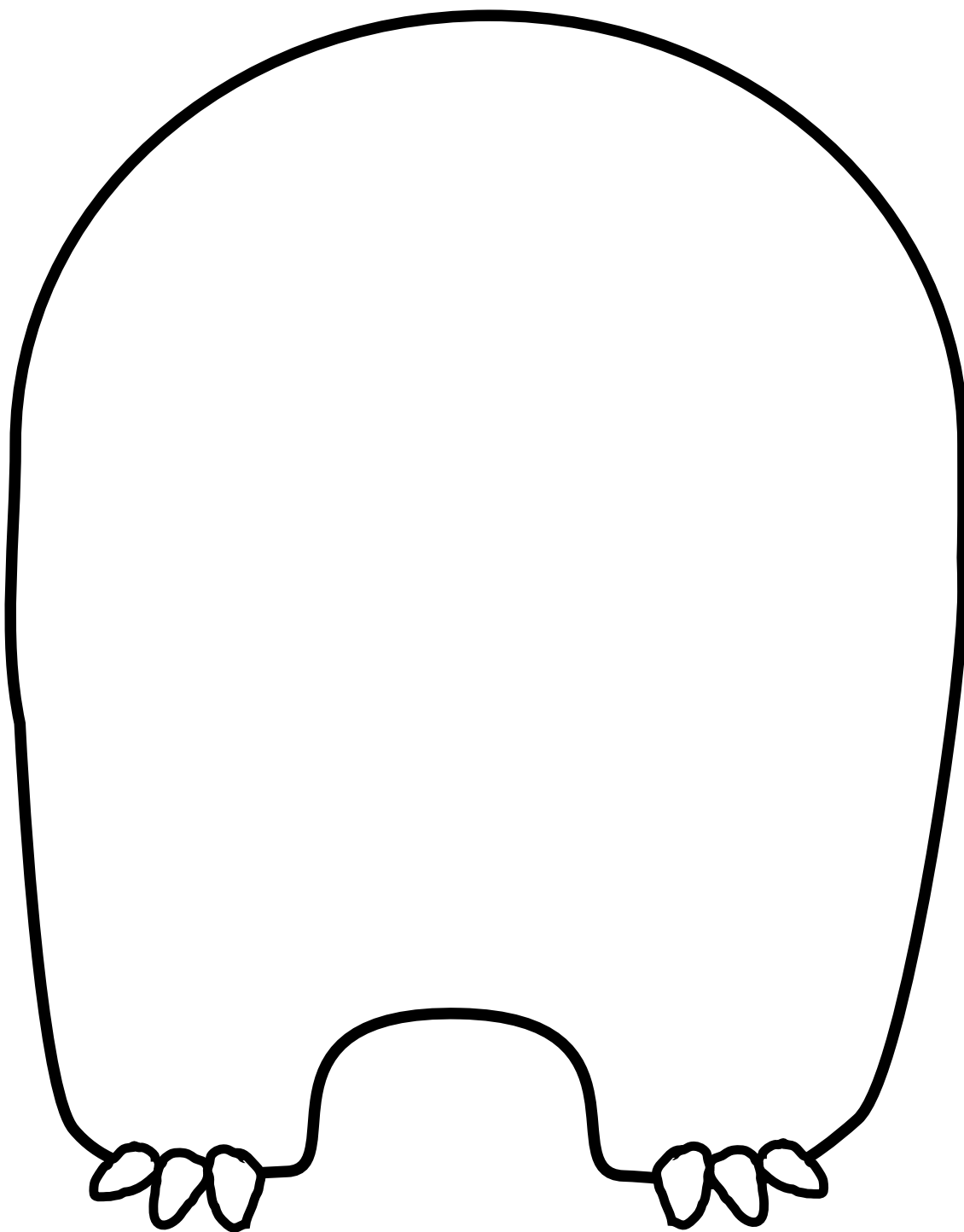
Did you know?

Sunflowers can often grow as tall as 16 feet! But the world record was grown by Hands-Peter Schiffer in Germany at 30ft 1in – that's taller than a house!

HOW ARE YOU THERE?

Design your own monster

Make up your own monster using the template below, or use some paper to draw your own from scratch. Be as colourful or inventive as you want!

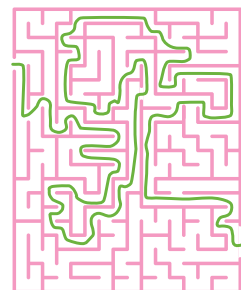


Name:

What is their favourite food?.....

Use five adjectives to describe them

My monster feels.....



Grown-ups guidance

Now, here's some useful information on changes to services and support available for the grown-ups:

Carers Wakefield & District

More people than ever are taking on caring responsibilities as a result of the COVID-19 outbreak. But whilst caring can be a rewarding experience, it can also have a huge impact on a person's health, finances and relationships.

Carers Wakefield and District are still here to help. They can offer telephone support with experienced workers, as well as provide you with a whole host of information on their website to help guide and support carers during this very difficult time. Visit **carerswakefield.org.uk** and get in touch by calling **01924 305544** or emailing **info@carerswakefield.org.uk**.

F.A.B

The Families and Babies Wakefield service are still available to offer support around breastfeeding. Their trained peer supporters can provide support virtually – you just need to call **01924 851901** or email **wakefieldamin@familiesandbabies.org.uk**. They also have a private Facebook group 'FAB breastfeeding support' for further social support.

Don't miss out!

The team are also offering a free online antenatal course for those want to know about bonding with their bump, skin to skin contact, and breastfeeding their baby. Simply visit **www.familiesandbabies.org.uk** to sign up.

Download the DadPad® app

Lots of new fathers or fathers-to-be can lack confidence in their role. This new app helps them to find practical information, support, and guidance. It also allows you to helpfully log questions ready for you to come back to when talking with the baby's mum, family, friends, or health professionals such as midwives and health visitors. Download now from your usual app store.

Speak out

It's an uncertain time for many of us, but particularly for those in lockdown with an abusive partner. For advice, help, and support WDDAS are always here to help. You can call:

★ **0800 915 1561**

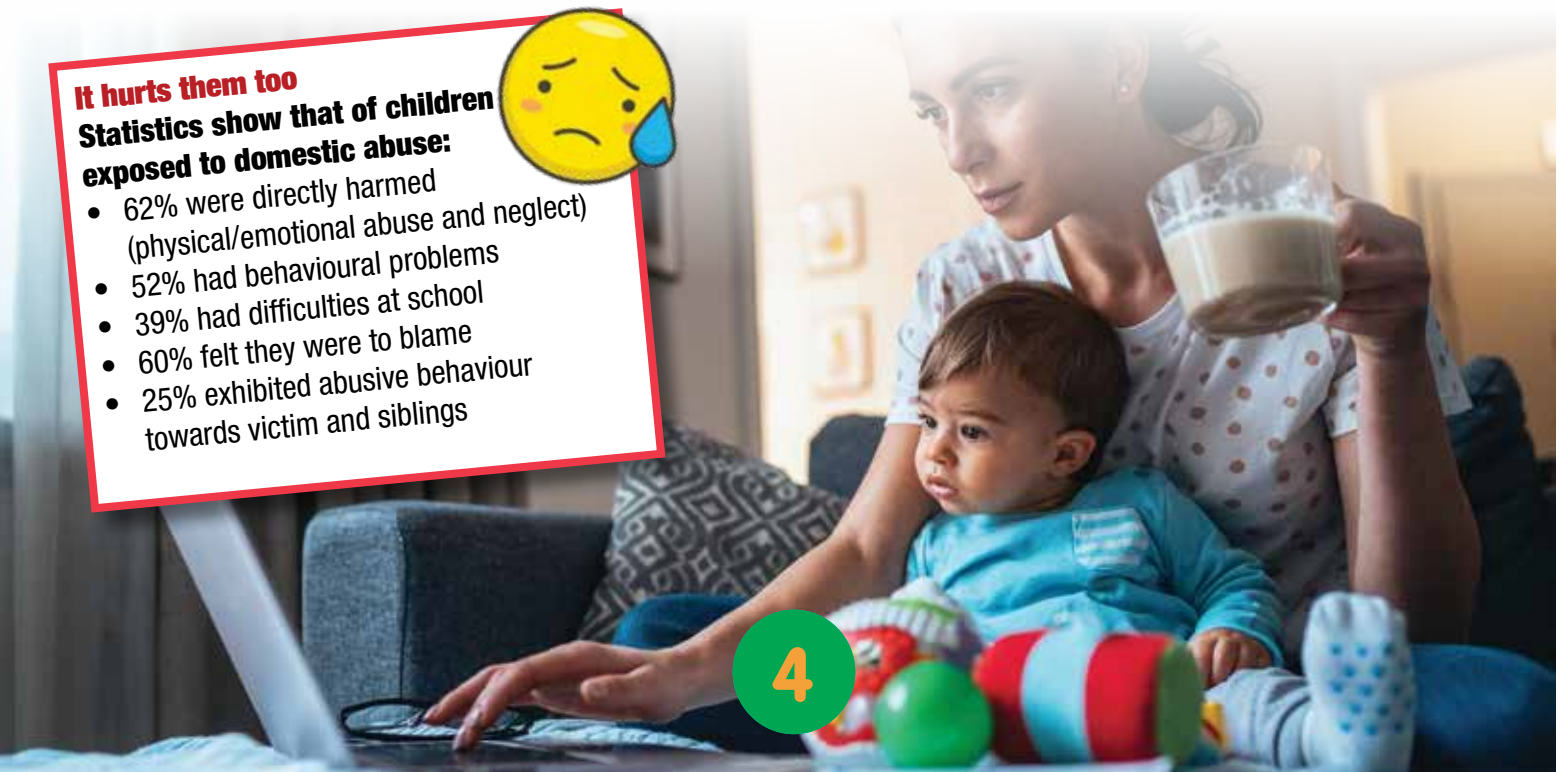
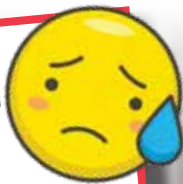
★ **07899 717771**

★ **07876 395460**

Please note these lines are open 8:30am – 5pm Monday – Thursday and 8:30am - 4:30pm Friday. Remember, if you're in immediate danger call **999**, or call **101** if you'd like to make a report.

It hurts them too
Statistics show that of children exposed to domestic abuse:

- 62% were directly harmed (physical/emotional abuse and neglect)
- 52% had behavioural problems
- 39% had difficulties at school
- 60% felt they were to blame
- 25% exhibited abusive behaviour towards victim and siblings



Start a

DANCE PARTY

Dancing is a fun way to show your creative side and imagination. It also has lots of physical benefits like:

Promotes Neurological Development:

Music and dance stimulates children's brains.

Builds Fitness: Dance improves heart health, endurance, stamina, and muscle development.

Improves Flexibility: Flexibility can decrease the chances of injury and encourage muscle blood flow.

Better Posture: Less slouching - your backs, shoulders, neck, and bones will benefit.

Improves Balance: Better balance means fewer accidents and less risk of injury.

Develops Spatial Awareness: Helps you learn to gauge the space around you.

Develops Rhythm: Rhythm improves cognitive reasoning and strengthens the brain.

Works as a release: Burning excess energy will help you focus and sleep better.

Best of all though, it's free and super simple to do. You don't even need any equipment – unless you want to involve some props in your routine!

Here are a few ideas to get you started:

Solo boogie

1. Start playing some music you like or put the radio on.
2. Take 2 steps right and tap your left foot on the ground in time with the music. Then do the same to the left.
3. Next, get your arms involved! As you step to the side, wave your arms side to side above your head, or do some jazz hands.
4. Now you need to get creative. After your two steps in each direction, you need to a special dance move. Try twisting, sliding, jumping, flossing, dabbing, or even a moonwalk. It's up to you – make the most of your agility and flexibility.
5. See if you can keep it up for 10 minutes. Be sure to mix in different dance moves as you go.

Group grooving

1. Put on some music and choose one person to start as the leader. Everyone else then puts their hands on each other's shoulders to form a line.
2. The leader makes up a dance move, and everyone else copies them.
3. The person behind the leader then repeats the move but adds their own new move to the dance routine. Everyone else copies.
4. Keep going until everyone has added a move. Be as creative and silly as you would like!
5. If anyone messes up a move, you must ALL start again.
6. Once you complete it, choose a new person to be the leader and start the game.



Live like a Roman with Wakefield Museums & Castles

Did you know that Castleford was once a Roman fort called Lagentium?



When the Romans invaded Yorkshire nearly 2000 years ago, they built forts to help them keep control of the county. They picked Castleford because it was an important crossing point on the River Aire. The fort grew into a busy town.

Romans spoke in Latin. We get some of our words today from the Latin language. Do any of these words sound familiar?

Roman Soldier Training

Have you got what it takes to defend the fort?

First, you need to practise your marching orders.

Intente!

Laxate

Procedite

Dextrorsum vertite

Sinistrorsum verite

Retrorsum vertite

Consistite

- Atten-tion!

- Stand at ease - relax!

- Forward march

- Right turn

- Left turn

- About turn

- Halt



With all this marching, you'll need a really sturdy pair of shoes. These sandals

belonged to an actual

Roman soldier in Castleford.

Their soles are made from several layers of leather and have nails in them to make them more hard wearing.

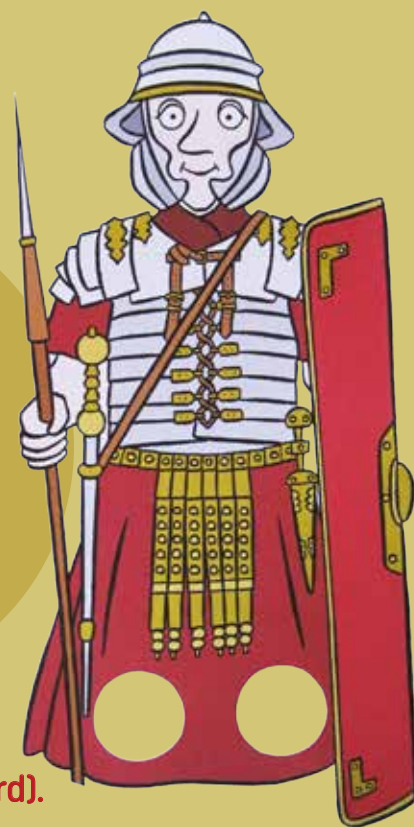
Next, you need to **assemble your army!** The Roman army was made up out of groups of eight soldiers called **contubernia**.

1 contubernium = **8 soldiers**

10 contubernia = **a century**

How many soldiers are there in a century?

Gather as many toys as you can and arrange them into contubernia (groups of 8). How big is your army?



(c) Blackbird Publishing

There were about 600 soldiers at the fort in **Lagentium (Castleford)**.

Relax with a game of Rota

Need a few more men? If you have a printer at home, have a go at making your own Roman soldier finger puppet.

https://bit.ly/MusCas_RomanSoldier

Even Roman soldiers need to relax sometimes! Bone counters like these are often found at known Roman military sites so we think the soldiers must have played games like chess and draughts.



Make your own counters using salt dough, clay, plasticine or playdough then have a go at this simple Roman game. You'll need three counters per player. Make sure you can tell each player's pieces apart. Decorate each set differently.

Does this game remind you of anything similar that we still play today?

You can use counters from another game, or other objects such as coins, buttons or pebbles if you prefer.

How to play Rota

First, you need to draw your game board. Draw a circle and split it into quarters, horizontally and vertically. Then use diagonal lines to divide it again into eighths.

Draw dots at the end of each line and in the centre of the circle where the lines cross.



Now give each player three counters.

Take it in turns to put one piece down on any of the available dots on your board.

When you have placed all three pieces, move one piece each turn.

You can move your piece one space each time to a free spot.

You can move along the lines or the edge of the circle. You can't jump other pieces.

The winner is the first player to get all their pieces in a row.



Roman Recipe

White mice

All that marching is hungry work and you'll need to keep your energy up. Be inspired by a real Roman recipe, but don't worry, they are not real mice!

The Romans made hard-boiled eggs to look like mice, and served them with a herb sauce. You could follow the Roman recipe, or get creative with whatever tasty things you have in the cupboard. What creatures can you make out of an egg?

Ingredients

For the 'mice'

6 eggs
12 almonds
Chives
Cloves (for decoration only)



These large storage containers are called amphorae. They were used to transport and store liquids for cooking, especially olive oil. Romans in Castleford ordered ingredients from the Mediterranean.

Method

Place the eggs in a saucepan and cover with cold water.

Put the saucepan over a high heat (with adult supervision) and bring to the boil. Reduce the heat and simmer gently for 12 minutes.

Leave your eggs to cool before removing the shell.

To make the mice, slice the eggs in half lengthways and place side by side on a serving plate.

Now decorate the eggs to create your creature! The Romans used flaked almonds for ears, cloves for eyes and chives for a tail. What will you use?

The Romans served their 'mice' with a herb sauce. How will you serve your creature? Peeking out of a salad 'garden' perhaps?



Romans would have ground ingredients for sauces in a mortarium like this. They were rough with grit embedded on the inside to help break down the herbs and spices.

Enjoy creating
your Roman
Feast!!

If you've had fun living the Lagentium life, join us on our blog and social media

www.wakefield.gov.uk/museumsblog



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