



Inspired Ideas Online!  
Friday, 27th March 2020

**How are you doing with your circuit training?**

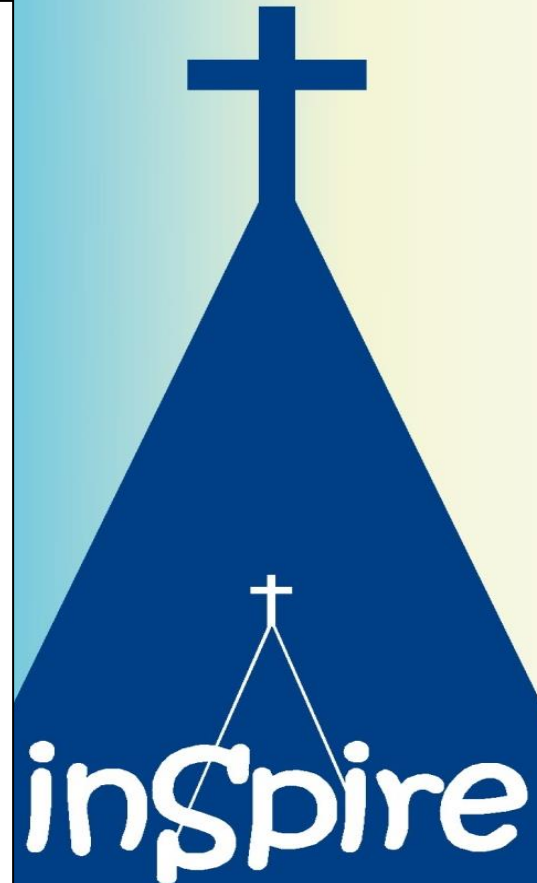
Complete your circuit training course again and see if you are fitter than yesterday!  
(If you have just joined us, look at Monday, 23<sup>rd</sup> March to see what we're doing!)

**Let's get crafty!**

Let's get some paints out today and do some printing.

You can print with absolutely anything but today we are going to print with vegetables (if you have enough to spare. If you don't, use other household objects).

1. Place paint on a tray or on a plate and spread it so there is an even covering.
2. Cut your potato or carrot in half and dip it in the paint.
3. Place the carrot or potato on your piece of paper to make a print.
4. Make a pattern. Use different colours.
5. Older children might like to cut a design from their potato to print. It could be a shape, the letters of their name (remember to reverse the letter!), something like a leaf.
6. If you have fabric paints, print onto fabric. This cushion cover was printed with a potato!





Printed from a cut potato (Make the leaf outline and cut away the rest of the potato so the potato stamp is raised.)



### **Get your veg to grow into a plant! .....Cool!**

When you have finished printing, cut the tops off your carrots and place them on a plate in some water. Leave them in a sunny spot and it won't be long before they shoot soft, feathery foliage. Try a variety of root vegetables and see which veg tops sprout best!

Change the water every day.

### **Paper chain diary**

Don't forget to add another link to your paper chain diary if you are keeping one.

**We hope you have enjoyed this week's ideas and have had fun doing them together.  
Stay safe, have a good weekend and see you on Monday for some more Inspired Ideas  
Online!**

