

**SPECIAL
HOLIDAY
GUIDE**

Spur

WINTER FUN!



Make recycling bins

Winter immune boosting Smoothie

How animals spend winter

and lots more...

Check out our website
for more eco-friendly
and fun DIY crafts:
www.spurtribe.co.za



Can you find the hidden Snowflake on each page?



A taste for life

WINTER FUN ACTIVITY CALENDAR

28 fun things to do indoors when it's too cold or too wet to play outside!

DAY 1

Get crafty and build an art supplies box packed with things like glitter, glue, stickers etc. to keep you busy on rainy days.



DAY 2

Make a playlist of all your favourite songs. You could even host a dance-a-thon!

DAY 3

Make your own home-made pizza with your favourite toppings.

DAY 4

Visit your local library and stock up on some exciting books to read.



DAY 5

Create recycling bins for your home. (See next page to learn how.)

DAY 6

Earn extra pocket money by doing extra chores around the house.

DAY 7

Play dress-up and put on a theatre play or puppet show in your lounge.



DAY 8

Make a family tree and see how far back you can go.

DAY 9

Set up an indoor obstacle course with lots of climbing, crawling, jumping and falling on cushions. Ask mom or dad first!

DAY 10

Upcycle items you find lying around at home. This means to convert old or unwanted things into something useful and interesting.

DAY 11

Bake something delicious and invite your friends over for tea.



DAY 12

Clean out your closet and toy box and donate the items to a charity or host a garage sale.

DAY 13

Google "How to draw..." - a dinosaur, fairy or a pirate ship!

DAY 14

Set up a home cinema and watch your favourite family movies with some popcorn.

DAY 15

Have a micro treasure hunt. Everyone gets a matchbox to fill with as many tiny objects as they can in 10 min.

DAY 16

Get all your instruments out (or use some kitchen pots and wooden spoons) and make some music.

DAY 17

Have a games day with all your favourite card and board games.

DAY 18

Take a trip down memory lane and go through your parents' old photo albums to see what they looked like at your age.

DAY 19

Ask your parents if you can volunteer at your local animal shelter.



DAY 20

Make paper aeroplanes and have a contest to see who can fly theirs the furthest!

DAY 21

Make a scrapbook with some old photographs and decorate it with items from your craft box.

DAY 22

Invite your friends over for an indoor camp out with blanket forts, s'mores and hot chocolate!



DAY 23

Invite your friends over and have a hula-hoop contest.

DAY 24

Make your own magazine featuring the latest family news, photos, an interview with granny, upcoming birthdays and more.

DAY 25

Set up an indoor hopscotch with masking tape.



DAY 26

Make a "Dream Board" to express your dreams and goals. You can draw pictures or use magazine cut-outs.

DAY 27

Create towers, castles and buildings with blocks and Lego.

DAY 28

If it's raining, put on your raincoat and gumboots and splash in some muddy puddles.



LOL!
Knock. Knock
Who's there?
Atch
Atch who?
Bless you.

BEAUTIFUL BINS

YOU NEED:

- ☐ 4 large plastic containers
- ☐ An old cardboard box
- ☐ Paint, markers and crayons
- ☐ Prestik or Sellotape
- ☐ Scissors

STEP 1



Decide which colours will represent different recycling materials. For example: red for plastic and polystyrene, blue for glass, green for paper and yellow for tin.

STEP 2



Cut four A4-size pieces from box and paint each one in a different colour to match your bins. Use a koki or crayon to write "Plastic & Polystyrene", "Glass", "Paper" and "Tin" on the cardboard.

STEP 3



Use Prestik or sellotape to attach each sign to a bin. Tell your family to put only the material indicated on the label into each bin.

WORD SEARCH

Winter

Cold

Migrate

Hibernate

Snow

Weather

Holiday

Scarf

Gloves

Fireplace



Answers

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

How do animals spend the winter?

ANIMALS DO MANY AMAZING THINGS TO GET THROUGH WINTER. SOME OF THEM GO FOR A LONG NAP IN THEIR COSY HOMES, WHILE OTHERS TRAVEL FAR DISTANCES TO ESCAPE THE CHILLY WEATHER. THERE ARE ALSO ANIMALS WITH SPECIAL ADAPTATIONS TO HELP THEM SURVIVE THE COLD. HERE ARE JUST A FEW...

Adapt

Some animals stay active during the winter and make changes in their behaviour or bodies, like growing thicker fur or eating different food. Chionophile (say "ky-own-o-file") is the name given to any animal, plant or fungi that thrives in winter conditions. They have special adaptations like thick layers of fat, fur and feathers that help them survive the freezing cold weather.

POLAR BEARS

Polar bears have a thick coat of long, heavy, white fur which helps keep them warm by trapping a layer of insulating air. They also have a layer of blubber below their skin to provide insulation from the freezing cold. Their large paws and furry soles help them walk easily on the snow and ice.

SNOWSHOE RABBITS

During autumn, the brown snowshoe rabbit grows a winter-white fur for warmth and to hide them in the snow.

RED FOX

The red fox eats fruit and insects in the spring, summer and autumn. In winter, it cannot find these things so it eats small rodents instead.

Hibernate

Some animals skip the winter season by sleeping it away in their warm homes! Did you know that not all animals hibernate in the same way? Some go into torpor and others go into true hibernation. The main difference is that during torpor the animal is easily awoken, and true hibernation is when the animal enters a very deep sleep.

BATS

Bats go into true hibernation in large trees, caves, old wells and even people's attics. Their breathing slows down so much that they might not take a breath for up to an hour.

HEDGEHOGS

Hedgehogs hibernate from a few weeks to six months when it's cold. They also go into estivation, which is like hibernation, except for it takes place when the weather is too hot.

SNAILS

Snails hibernate when the weather is extreme (hot or cold). They cover themselves in thin mucus which protects them from the elements and from drying out.

Migrate

BIRDS

Most migrating birds fly in large flocks, because the trip can sometimes be dangerous. They navigate like sailors once did, using the sun, moon and stars for direction.

INSECTS

Insects like butterflies and moths can fly very long distances. Termites, earthworms and some beetles migrate short distances by moving downward into the soil, as far as six feet below the surface.

WHALES AND FISH

Some whales and fish migrate to deeper, warmer water in search of food.

WINTER IMMUNE BOOSTERS

A HEALTHY DIET IS SO IMPORTANT WHEN IT COMES TO BUILDING A STRONG IMMUNE SYSTEM. TRY THIS DELICIOUS SMOOTHIE RECIPE TO HELP KEEP YOUR BODY HEALTHY AND FULL OF ENERGY DURING THE CHILLY WINTER MONTHS!

1 CUT
Cut the fruit in cubes. (Freeze for an extra chilly smoothie!)



PARENTAL GUIDANCE REQUIRED

2 BLEND
Blend the ingredients together until smooth.



3 DRINK
Add ice and enjoy!



Immune boosting foods

Ask your mom or dad to stock up on these healthy foods!

- Pineapples
- Oranges
- Kiwi fruit
- Berries
- Carrots
- Onions, leeks and garlic – delicious in soups and pastas!
- Avocado
- Cauliflower
- Beans, chickpeas and lentils
- Nuts and seeds
- Dark, leafy greens (spinach and cabbage)

TIP You can use all sorts of fruit and veg to make smoothies. Try carrots, cucumber and even avocados.

Art attack

YOU NEED:

- ☐ A plain sketchbook
- ☐ Repurposed wrapping paper or paper you have decorated
- ☐ Scissors
- ☐ Sticky tape
- ☐ Stickers, photos, other decorations (optional)
- ☐ Contact adhesive

NOW IT'S YOUR TURN TO GET CREATIVE! MAKE YOUR OWN INSPIRATION BOOK.

STEP 1



Carefully wrap your sketchbook with the paper you have chosen. Then use the sticky tape to secure it in place – just like wrapping a present!

STEP 2



Decorate it in a creative way. Once you're happy with how it looks, ask an adult to help you apply the contact adhesive.

STEP 3



Use your book to write down any creative thoughts, poetry or to sketch something that inspires you. It can be a special place for you to store ideas, inventions and feelings.

