

20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1

45 min
Science
Workshop



Ages
3-8

Learn-Through-Play Workshop

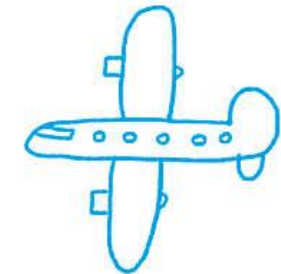
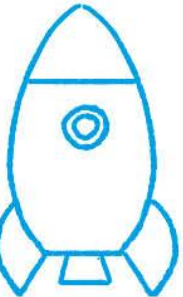
This OKIDO downloadable workshop is designed for families and can be easily delivered in the home by YOU. It is designed in collaboration with British Science Association and follows learning to facilitate Early Years and KS1 development using easy-to-find objects from around the home.

This 45 minute learn-through-play workshop includes:

- Watch an episode of Messy goes to OKIDO together
- Discuss the science with easy-to-follow pointers around the subject
- Complete a make-and-do science activity
- Reinforce the learning with a fun, follow-up worksheet

Theme - **My body**
Subject - **Growing**

For lots more workshop activities subscribe to OKIDO Magazine at www.okido.com



20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1

Watch and learn together

Together with your child, watch this 10-minute episode of Messy goes to OKIDO - 'Giant Messy'. [Link to Giant Messy episode.](#)

Messy is trying to reach a sock but isn't tall enough - he wonders when will he ever be tall enough to reach that far? So off he goes to OKIDO to see if he can get some help.

The gang all go to the fair with Giant Minnie. Minnie is too big for some of the rides and Messy, Felix and Zoe are too small for some others! Messy uses the shrinkersizer but it goes wrong - as usual - and he becomes a giant Messy while Minnie becomes small.

In the episode, we learn about the the **cells** in your body that are responsible for growing.

Talk about the science

Right after watching, ask your child some questions about what they've seen:

- What does Messy do to Minnie with the shrinkersizer?
- What happens to Messy?
- Who fixes the shrinkersizer so everyone can get back to normal size?

Now talk to your child about growing:

- What does everyone have inside them that makes them grow?
- What are the three important things we need in order to help us grow?
- Do grown-ups grow?

If your child asks a question that you don't know the answer to - just investigate together to find out!

Don't worry - all the information you need to know is explained in the episode :)



New words: Cells



Now measure yourself

You will need:

- Tape measure
- Ruler
- Paper
 - Or a data collection book
- Pens and pencils

Children love to measure. Even if they are too young to be able to record the sizes accurately, let them practice accuracy with the tape measure and ruler themselves. This is a **life skill** that will help them time and time again in the future.

- We've given you some pointers to start measuring on the next page.
- Fill in all the details once you measure them.
- Don't forget to add the date and your child's age to the document.
- Any other things you can think of to measure - go ahead!
 - Make a data collection book!
 - This can be any spare notebook or staple lots of paper together.

Experimenting and data collecting

You can experiment with:

- Hands - have your child stretch their fingers out, draw around their hand and then measure the span with a ruler.
- Feet - draw around your child's foot and measure the length with a ruler.
- Chest - have your child breathe in and then measure around their chest with the tape measure.
- Now do the same when they breathe out. Notice the difference?
- Ask your child to stretch their arms out to the side and measure their arm span from middle finger to middle finger.
- Height - Stand your child against a wall and put a postcard or something similar, flat at the top of their head, against the wall. Make a mark here and use the tape measure to measure their height all the way to the ground.

Never leave your child unattended with a tape measure and store safely out of reach after use.

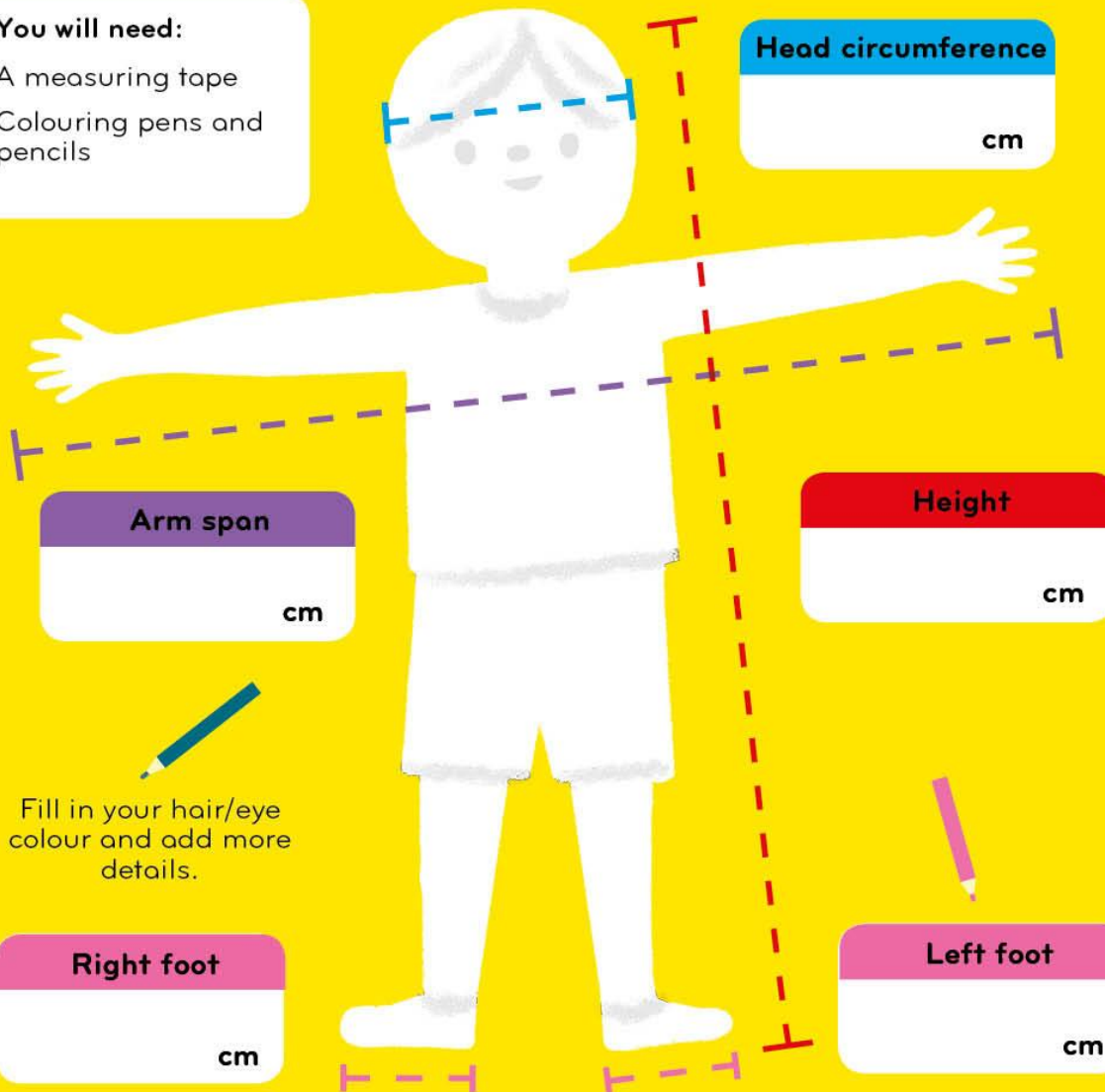
This record of your child really captures a moment in their life. Why not try to do this every year and see the changes that occur. Birthdays are a great annual marker to help you remember to do it again.

My body

Write down your measurements in the boxes below.

You will need:

- A measuring tape
- Colouring pens and pencils



Fill in your hair/eye colour and add more details.

My eye colour is:



Colour your eyes

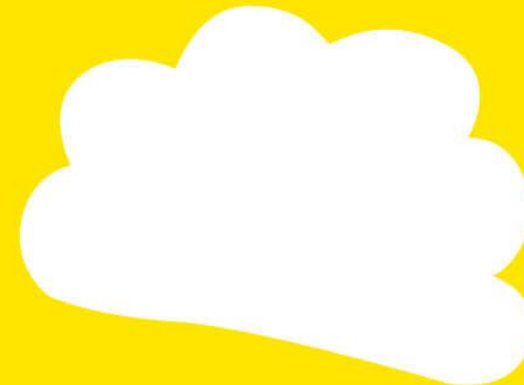
My hair is:

Colour in your hair and draw your face



Inside my brain:

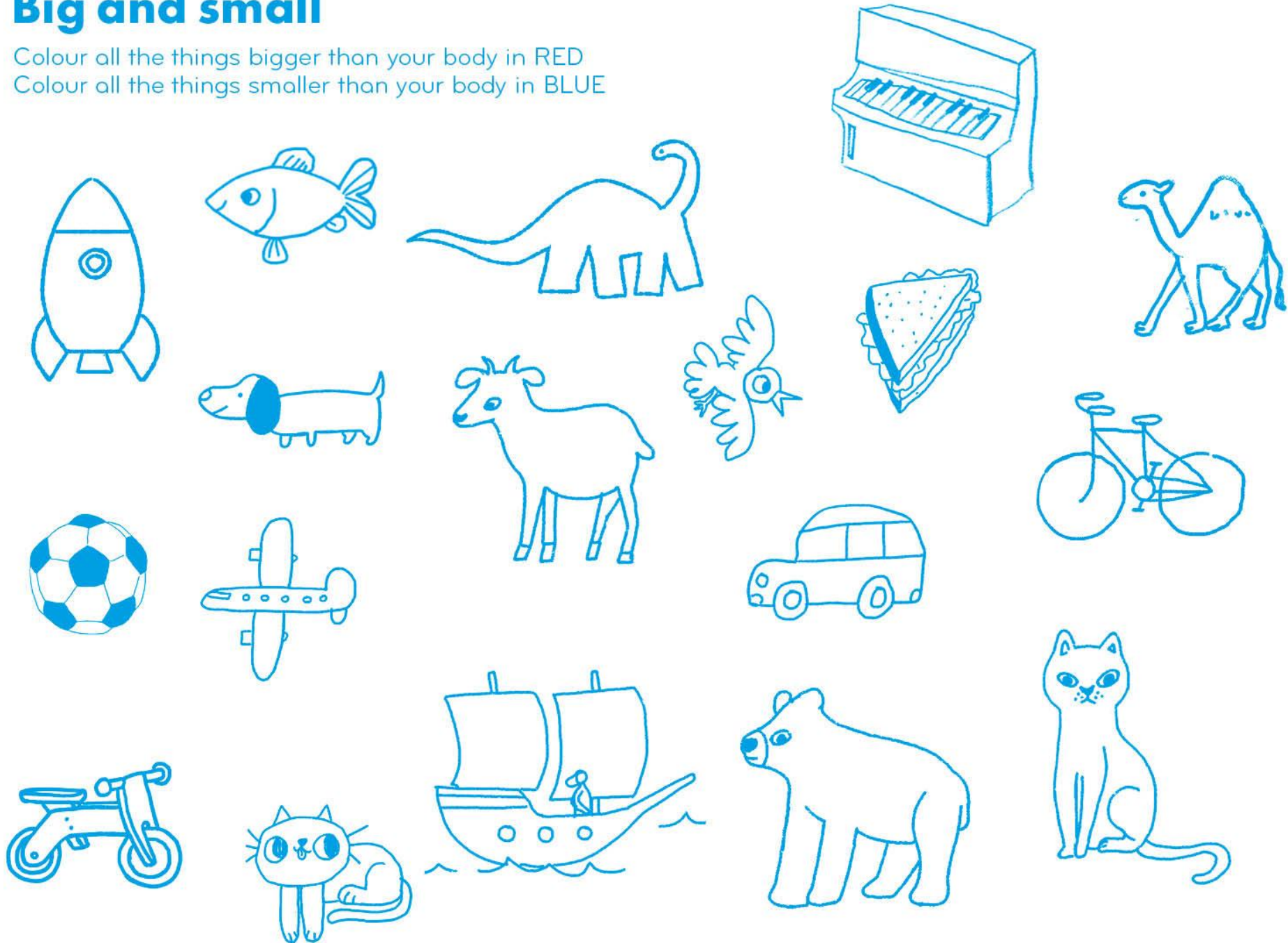
Draw what you're thinking



- 20
- 19
- 18
- 17
- 16
- 15
- 14
- 13
- 12
- 11
- 10
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1

Big and small

Colour all the things bigger than your body in RED
Colour all the things smaller than your body in BLUE



Share your images with us at #okidoworkshop

What's inside?

Colour me in!

