

Starters for STEM are 10 activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link you can explore how to extend these activities, you will need to sign up, for free, to access these materials. Don't forget to share your work on social media **#ScienceFromHome**

Make your own bunting'

Create VE day bunting to display in your window. Fold a piece of card or paper in half across the middle. From each corner of the fold draw two lines to meet in the middle of the bottom of the paper. This should form a triangle. Decorate your bunting, then hang from your window on Bank Holiday Weekend! <https://bbc.in/3eWxMSP>

Plastic fantastic!

Do you have some plastic for recycling? Think of some creative ways you could reuse the plastic. Why would plastic be fit for that purpose? <https://explorify.wellcome.ac.uk/en/activities/problem-solvers/plastic-fantastic>

Exploring with your senses

Can you find things in your house or garden that are smooth, rough, bumpy, flat, fluffy, furry, hard?

Heart beaters

Take your pulse rate at rest (counting how many pulses you have in 15 seconds and multiplying by four may be easier than taking your pulse for 60 seconds). Do star jumps for one minute, then take your pulse rate. What has happened? Take your pulse rate every minute for five minutes after the star jumps – is it back to your resting rate yet? <https://www.stem.org.uk/rx33h9>

Book bridge

Make two piles of books of the same height about 10cm apart. Put a piece of cardboard across the books. Add coins onto the cardboard, until it falls down. How can you make your bridge stronger? What is the maximum number of coins that it will hold?

Park Run at home

Measure the distance around your garden, yard or living room in cm. You can do this using a tape measure or if you don't have one a ruler. Convert the distance into metres. The distance of a Children's Park Run is 2km or 2000m. Can you work out how many laps around your garden or living room would be the same as a Park Run?

Learn to code with Lightbot

Download the free App Lightbot: Code Hour and code your way through each of the puzzles. Program Lightbot to light up the blue squares on each of the progressively harder stages.

<https://lightbot.com/hour-of-code.html>

Floating fruit boats

When you have finished eating a melon, an orange or a lemon can you use the skin to make a boat? Do they float? Can you add a paper sail?

Ice-block skyscraper

Using just ice cubes, make the tallest tower you can. What makes this task tricky?

<https://explorify.wellcome.ac.uk/en/activities/problem->

Different diets

Make a food diary for what you eat in a day. What different types of food do you eat? How could you group them? Do you have a pet? Make them a food diary or research the diet of another animal. How does their diet compare to yours?

<https://bit.ly/2Se76CQ>