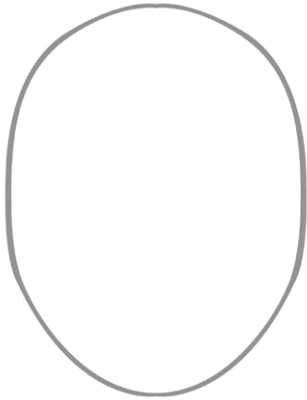


Create a Family Portrait

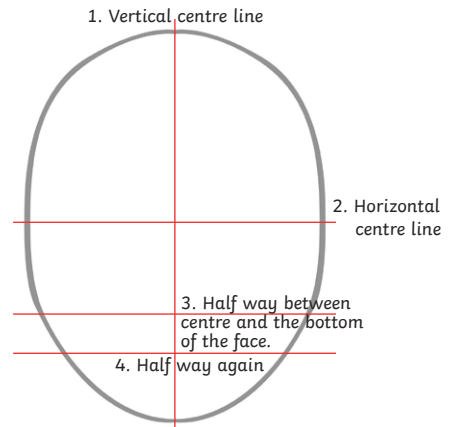
A portrait is a drawing of a person. It shows a person's face and sometimes part of their shoulders. Use these step-by-step instructions to draw portraits of people in your family. You could draw portraits of family members you can't see at the moment, to help you think about them.

1.



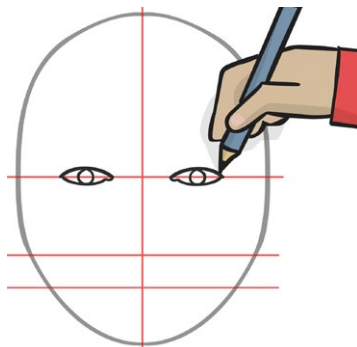
Draw an oval lightly with a pencil. There are ovals included in this pack in case you find it difficult to draw one.

2.



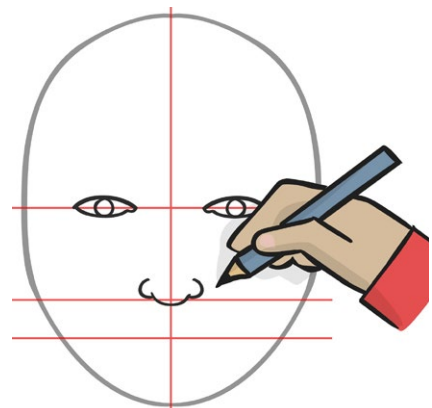
Using a ruler, draw the lines in the order shown. These lines will be rubbed out later so make sure you draw them lightly.

3.



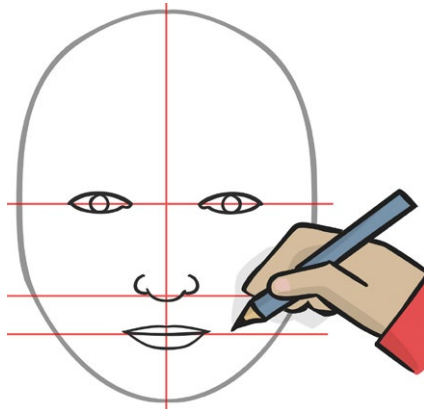
On the middle line, draw the eyes. Both eyes should be the same distance away from the line that goes down the face. The top part of each eye should be above the line; the bottom part should go below.

4.



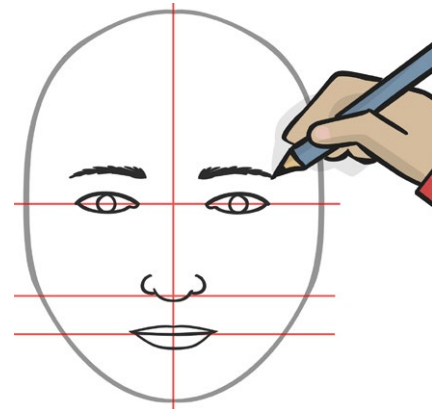
On the line going across below the eyes, draw the nose.

5.



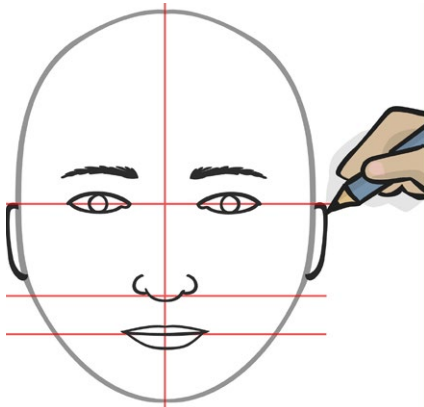
On the line underneath the nose, draw the lips. The top lip should be above the line; the bottom lip should go below.

6.



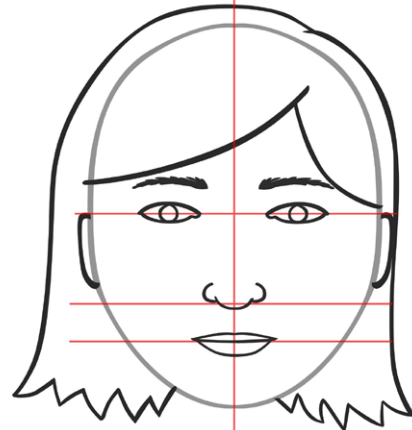
Draw the eyebrows slightly above the eyes.

7.



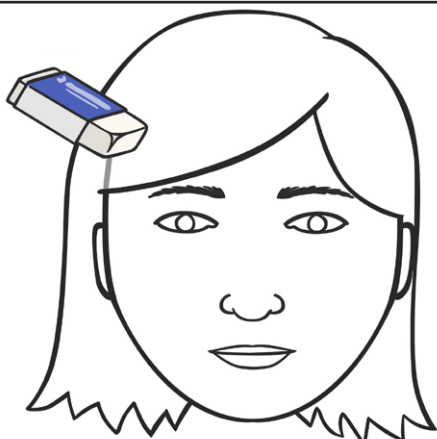
Draw the ears either side of the face. Start each ear on the eye line and finish each ear before the nose line.

8.



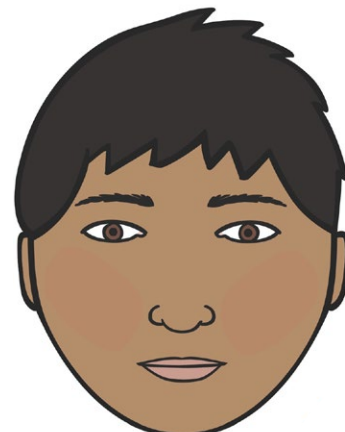
Draw the hair. The hair should start in the oval but go outside of it.

9.

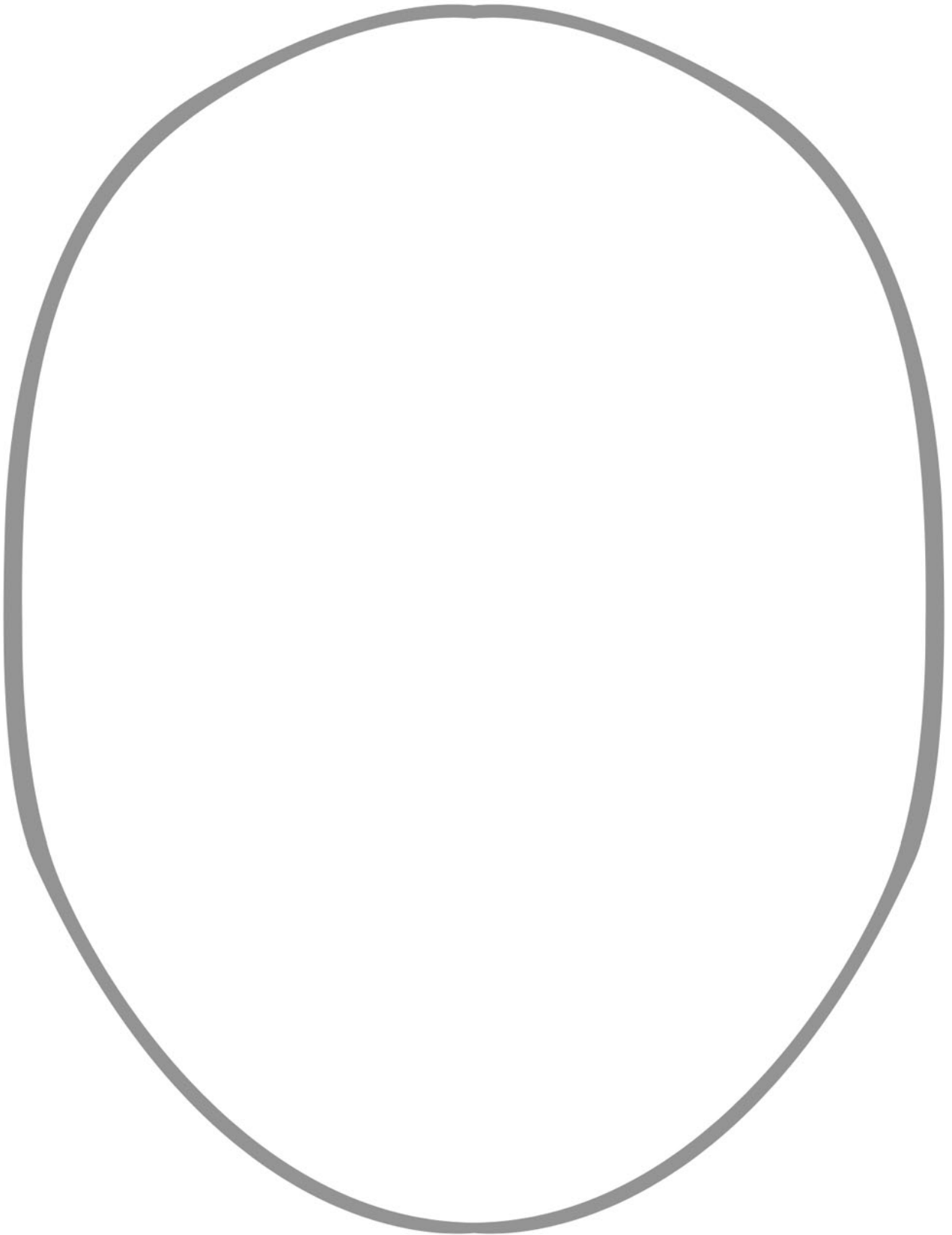


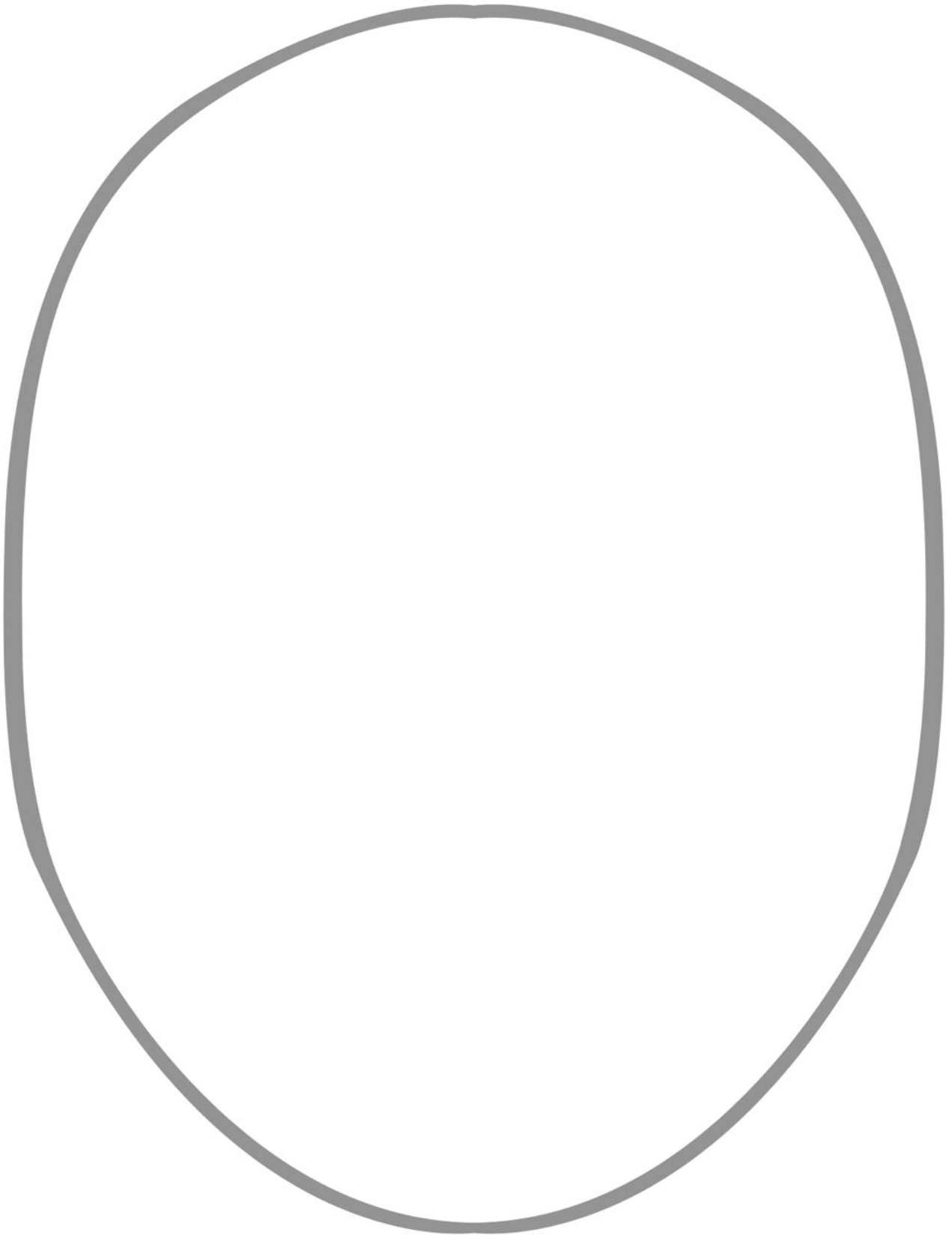
Rub out the guide lines used for the eyes, nose and lips. Rub out any of the oval that is covered by hair.

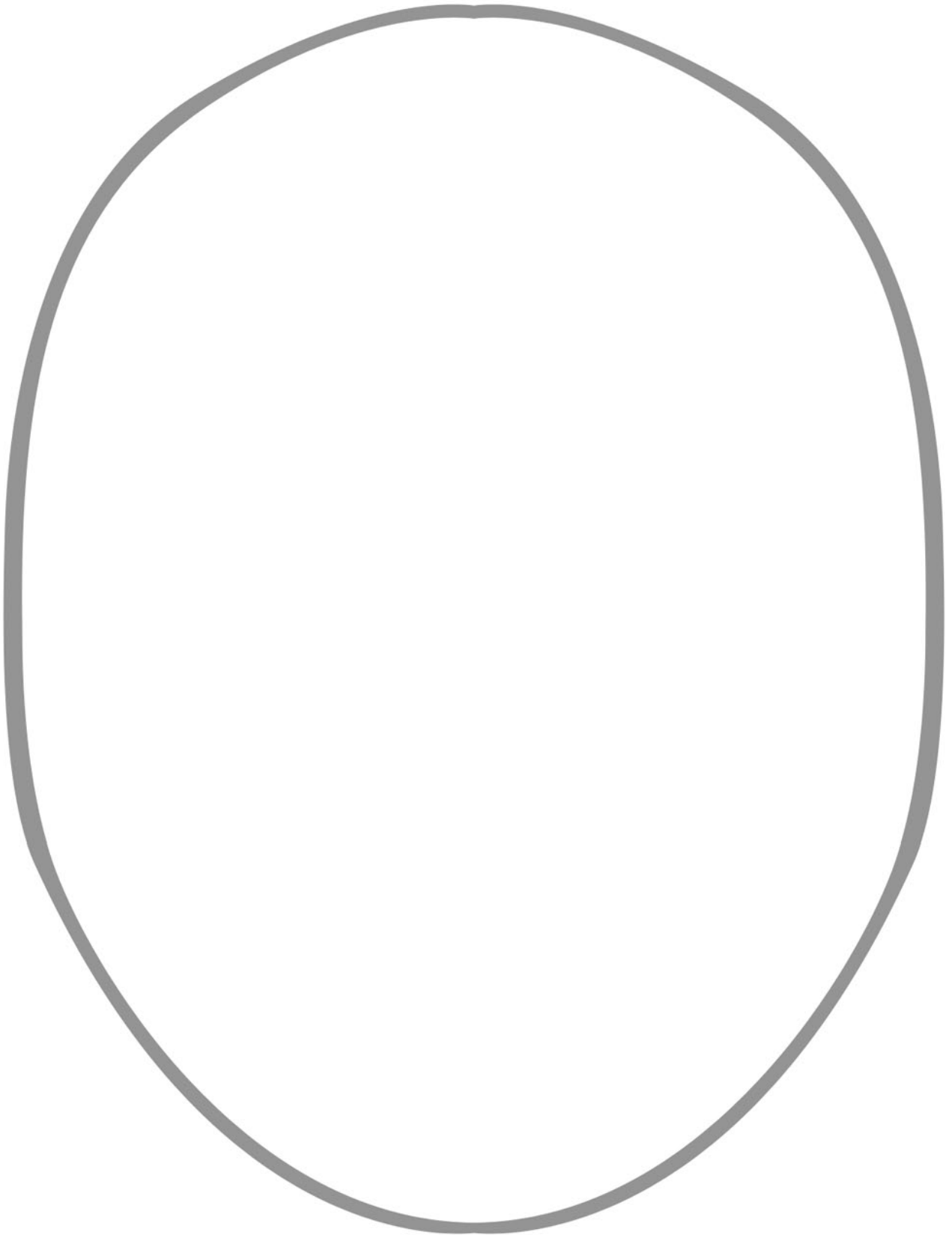
10.

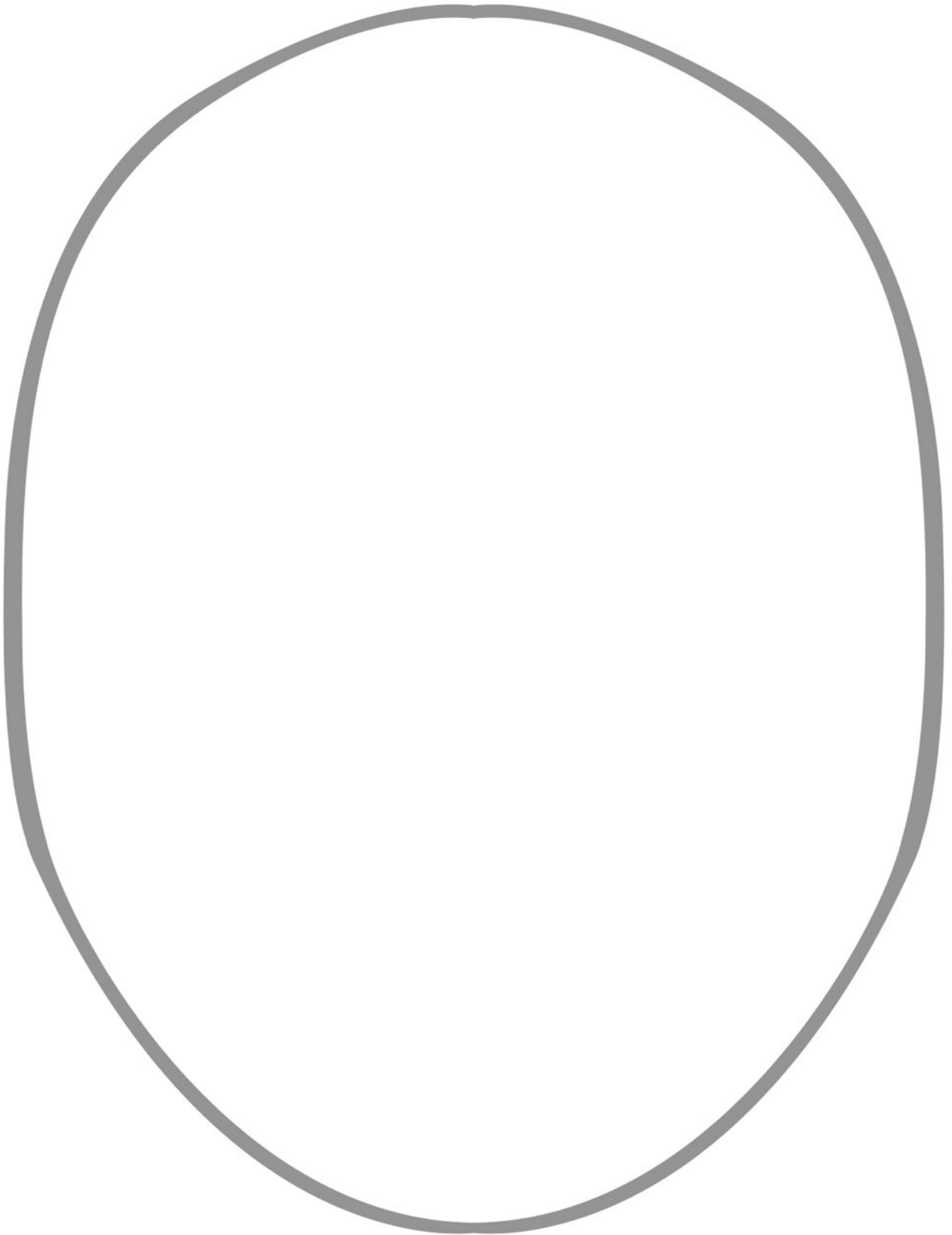


Colour in your portrait. You could use crayons, colouring pencils, felt-tip pens or paint.









How to Grow a Rainbow

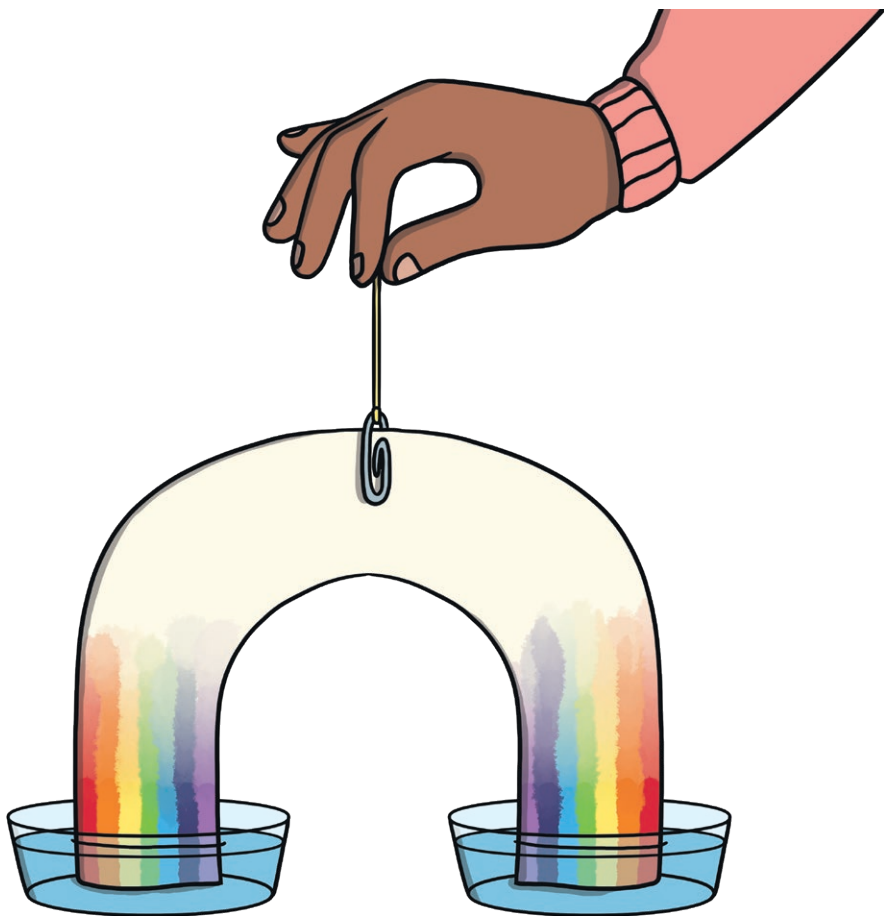
Science Experiment

Did you know that you can grow your own rainbow?

You will need a scientific process called the **capillary action**. This action happens when a liquid moves up through a hollow tube or into a spongy, solid material. It happens when three forces work together: **cohesion**, **adhesion** and **surface tension**.

Water molecules like to stick to each other - this is called **cohesion**. They also like to stick to solids in a process called **adhesion**.

In this experiment, you are going to use kitchen roll. The fibres in kitchen roll have lots of little holes. Water is **absorbed** through the kitchen roll because when the first water molecule **adheres** to it and begins to move upward, it pulls the next water molecule up with it, like a chain.



Words To Learn:

- capillary action
- adhesion
- cohesion
- absorbed

You will need:

- Kitchen roll/paper towel
- Felt-tip pens
- Two small bowls of water
- Paperclip
- Thread

What To Do:

1. Cut the kitchen roll into the shape of a rainbow.
2. At each end, use the felt-tip pens to colour a rainbow about 2cm up from the bottom. Remember the order of the colours: red, orange, yellow, green, blue, indigo, violet.
3. Attach the paperclip to the top of the rainbow and tie a piece of thread to it. This will allow you to hold your rainbow.
4. Add water to the two bowls.
5. Hold the rainbow with both ends slightly submerged into each bowl of water and watch your rainbow grow.

