

How to make an origami frog

Makes 1 origami frog

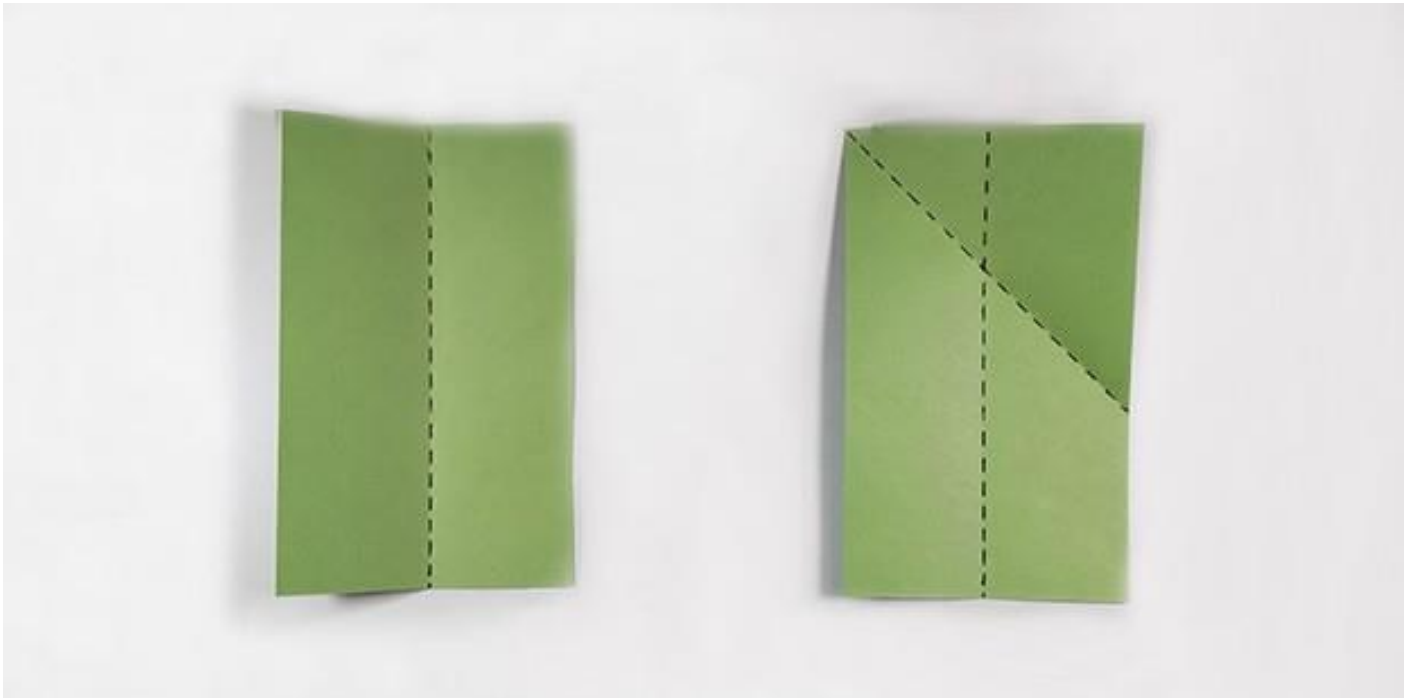
Prep 15 mins

You will need

- Coloured paper measuring 15x9cm
- Googly eyes (optional)

Method

Step one



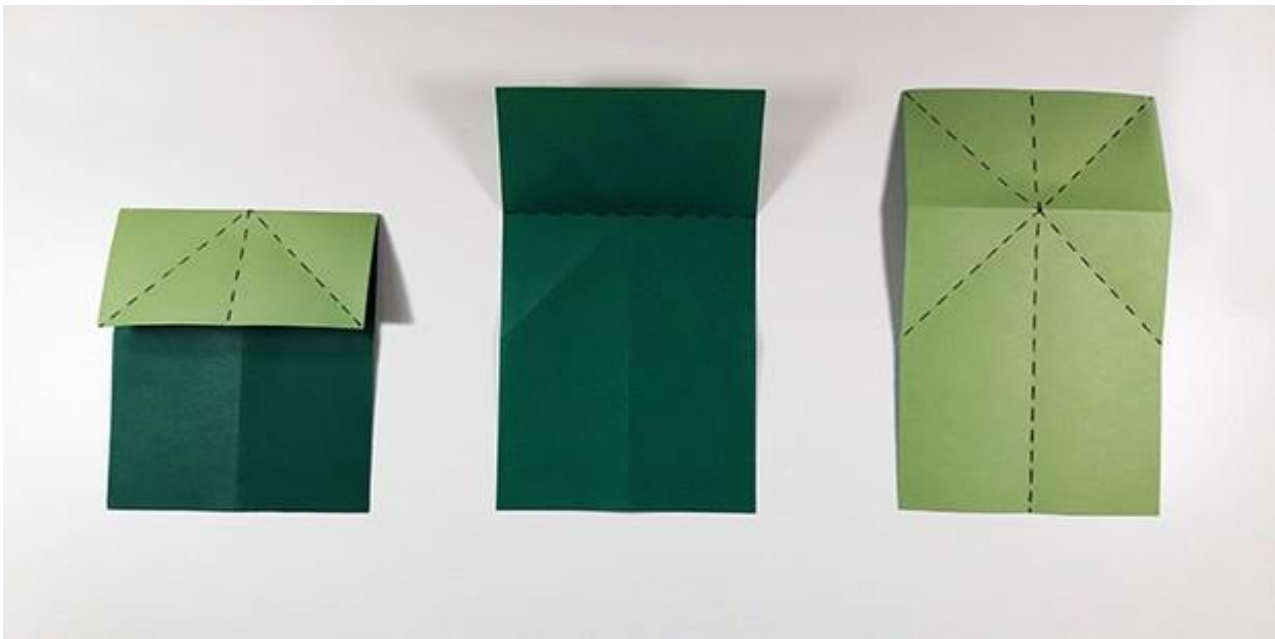
Fold the rectangle in half vertically and then unfold. Bring the top right corner down to the left diagonally and unfold.

Step two



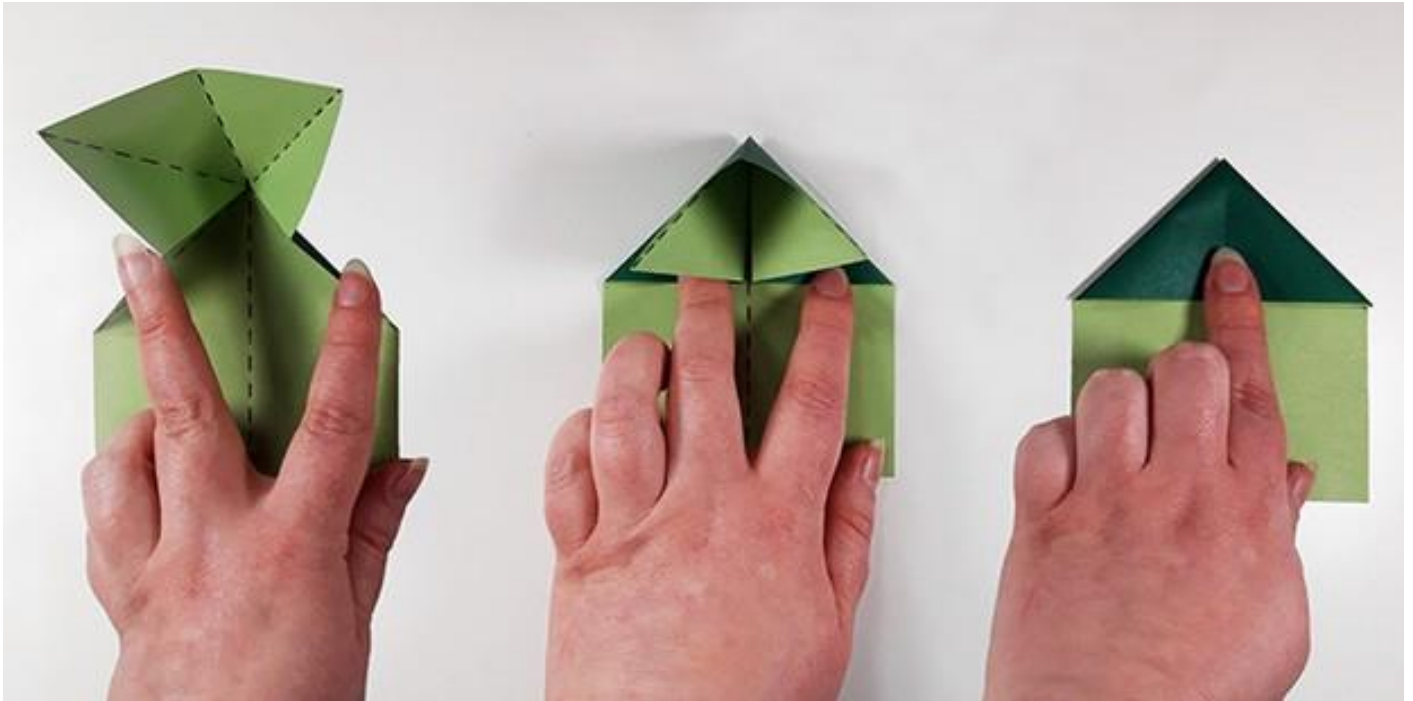
Bring the top left corner down to the right diagonally and unfold. Then turn the paper over.

Step three



Fold the top of the rectangle down where the diagonal folds meet, unfold, and turn the paper over again.

Step four



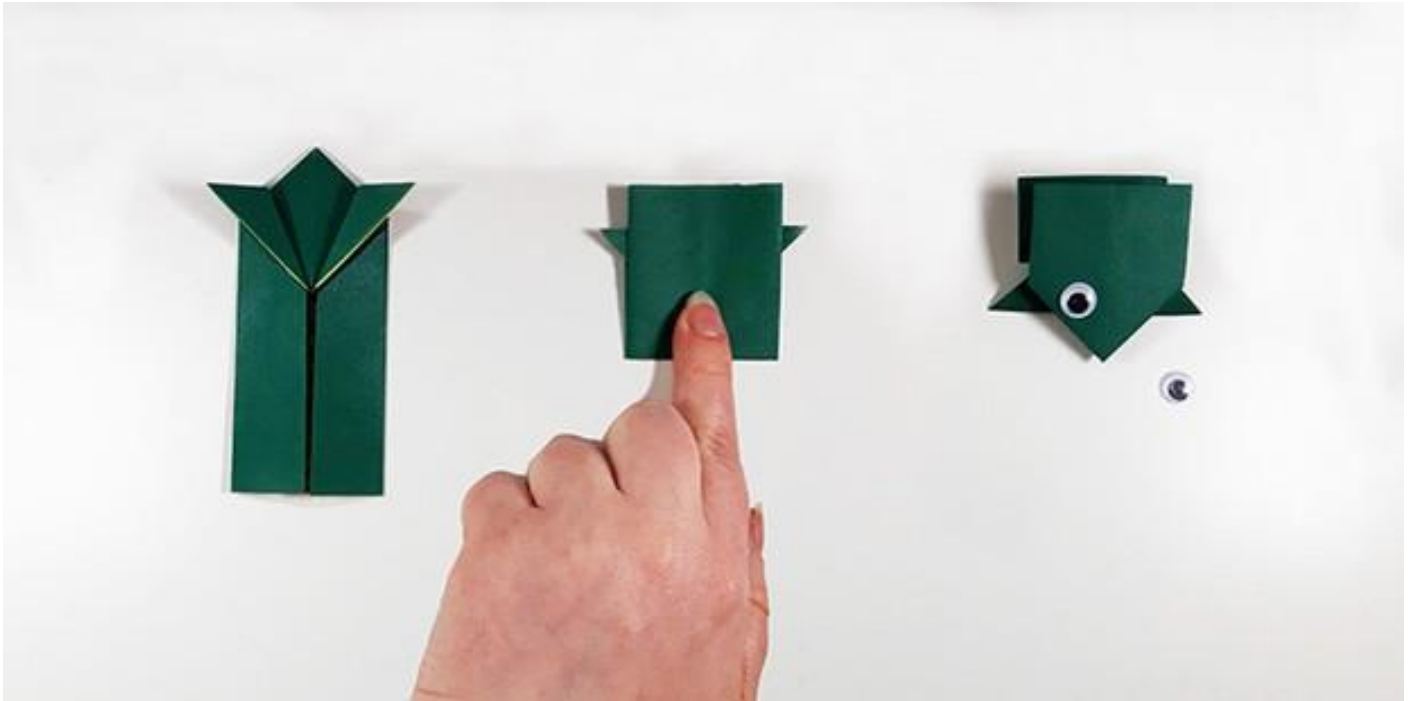
Bring the sides to the centre, so they meet each other (this is called a squash fold). Then flatten the top of your rectangle to make a triangle.

Step five



Fold the two corners of the triangle up to the top point of triangle. Fold the left side of the paper towards the centre and repeat with the right side.

Step six



Fold the two flaps at the top of the triangle in half so they point out (as shown in picture). Fold the bottom of the paper up to the top corner of the triangle, then fold the paper down to the bottom edge. Turn the whole thing over to reveal your jumping frog and finish by sticking on some googly eyes or drawing your own with felt tip pen.

How to make an origami butterfly

Top tip – be sure to press firmly on each crease when you fold.

Makes 1 origami butterfly

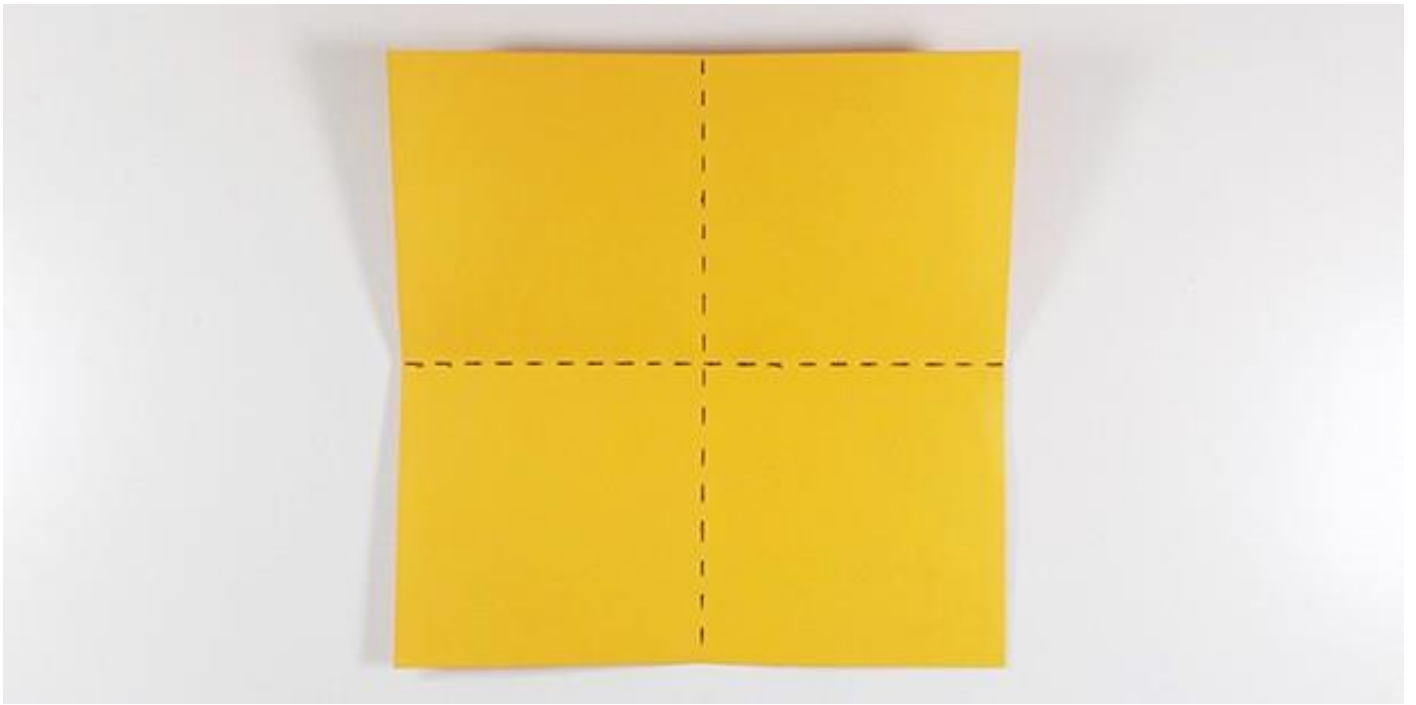
Prep 15 mins

You will need

A square of coloured paper

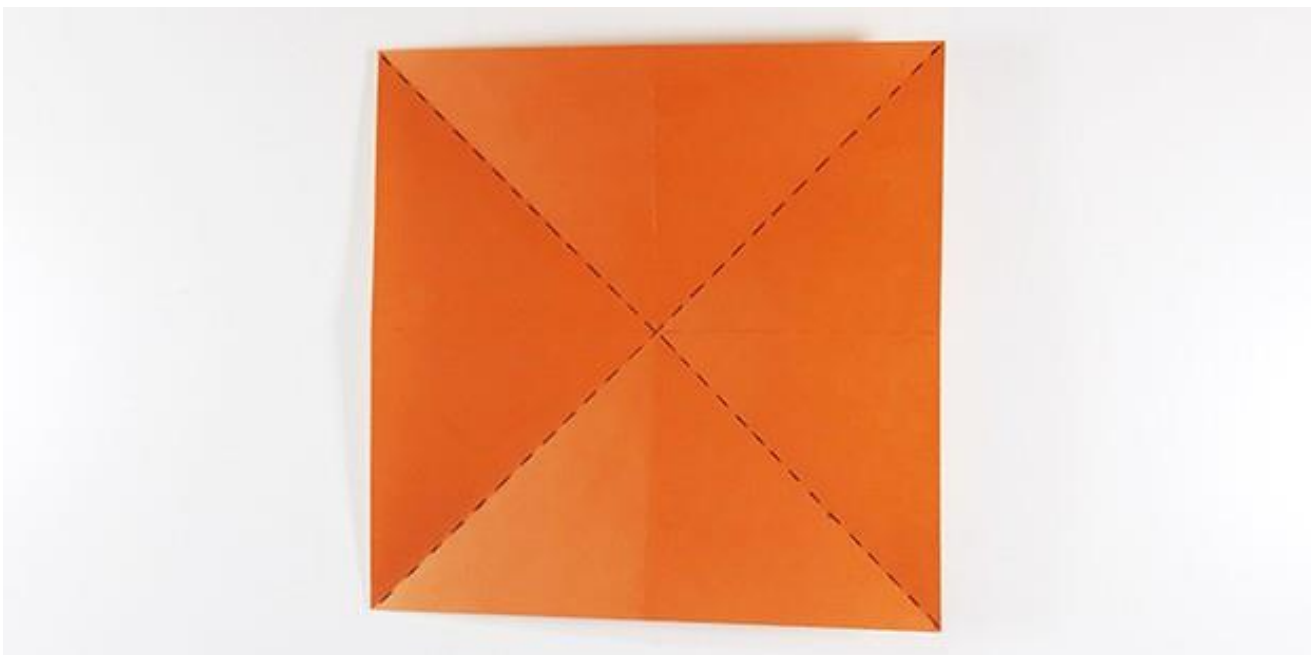
Method

Step one



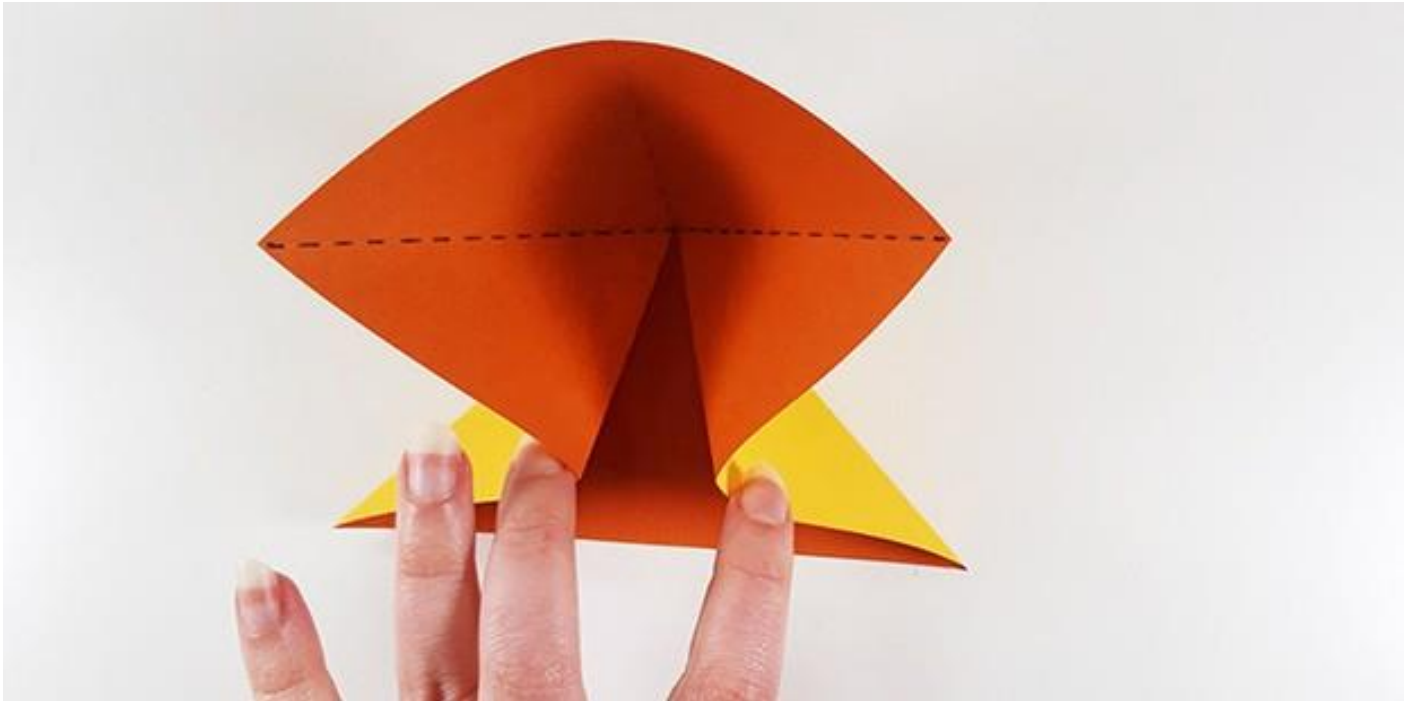
Fold the paper in half horizontally and unfold. Fold in half vertically and unfold.

Step two



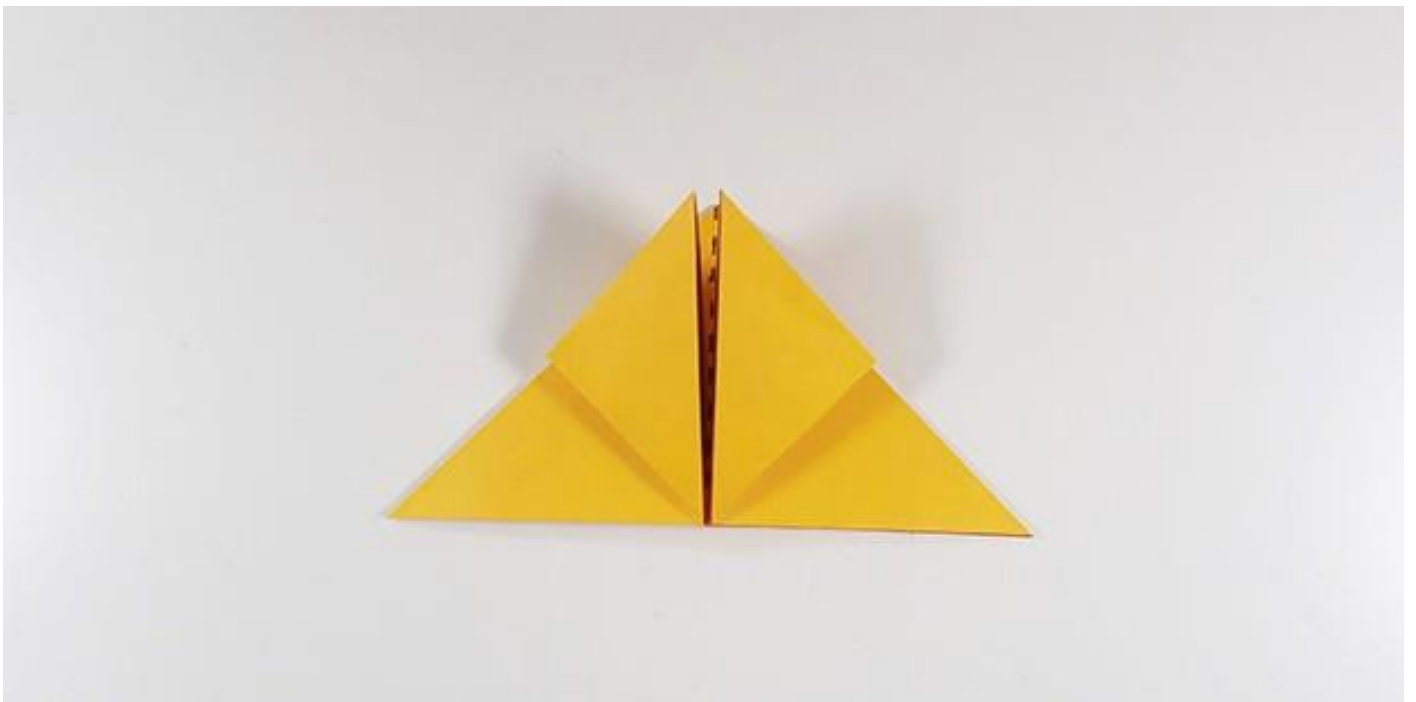
Turn the paper over, then fold diagonally both ways and unfold.

Step three



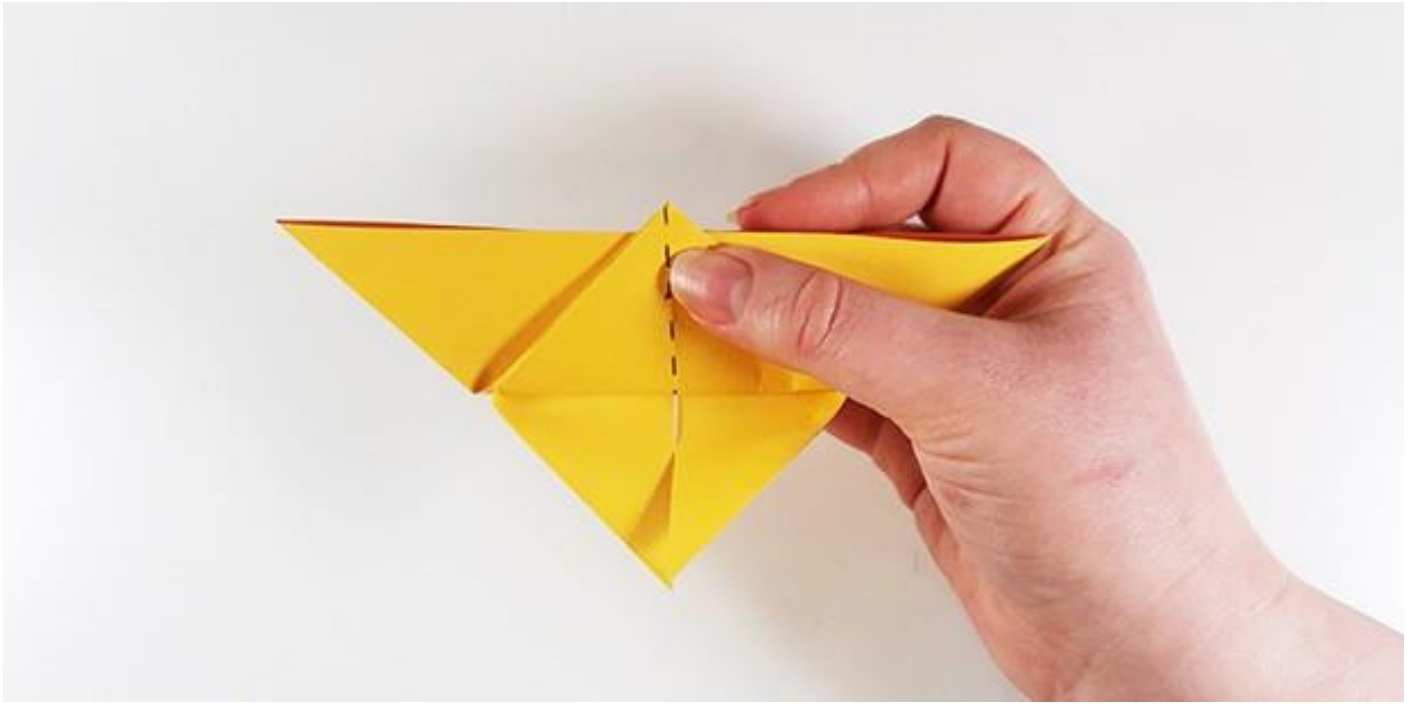
Bring the sides to the centre, so they meet each other (this is called a squash fold). Then, flatten to make a triangle.

Step four



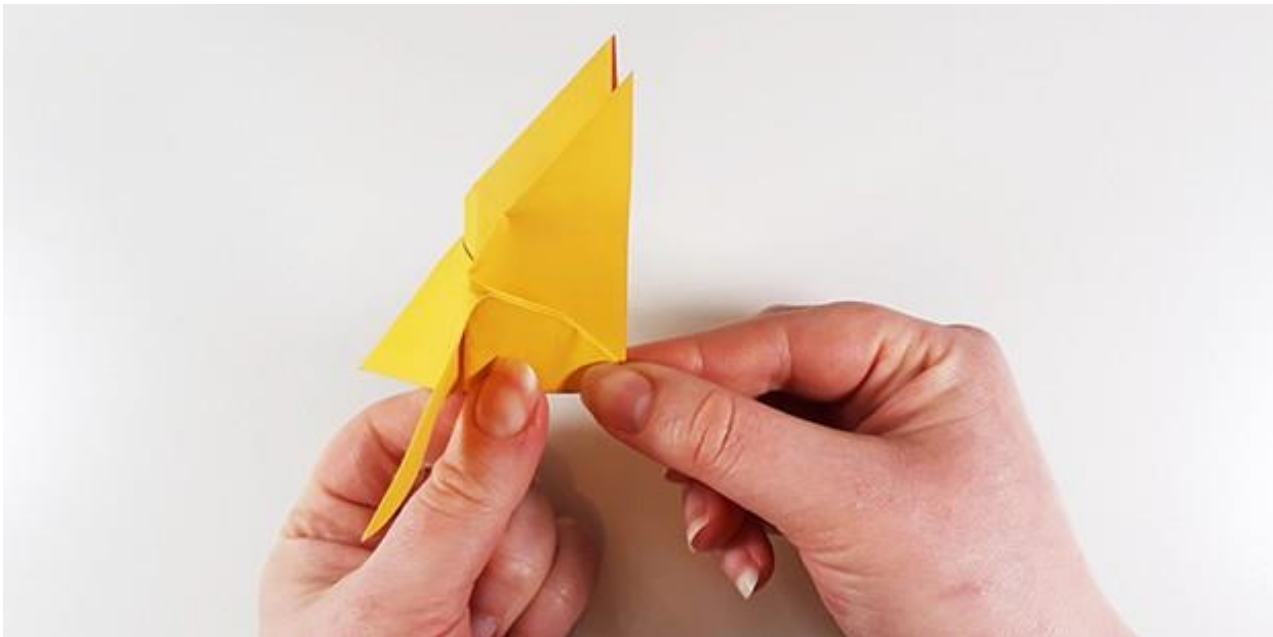
Fold the upper layer corners of the triangle up to the top point of your triangle.

Step five



Turn the whole thing over, then fold the point upwards so that the tip peeks beyond the top by about 5mm (as shown). Fold the tip back over the top to hold the layers together and turn over.

Step six



Finally, fold in half along the centre line bringing both sides together to add volume to the wings.



PAPER BEACH Competition for Schools



East Cliff Creatives are excited to announce their schools competition!

- There are 6 opportunities to win a bundle of books worth £500 for your school library! The prizes have been kindly donated by Egmont Books.
- The first prize will be given for entries from a school pupil (aged 5-16) submitted by Sunday January 24th. The 5 other prizes will be given for entries received within each of the following 5 weeks, starting on a Monday morning and ending on a Sunday night. The final week will be a little shorter, with the last chance to enter by Thursday 25th February.
- The winning school will be announced the following Tuesday of each week.

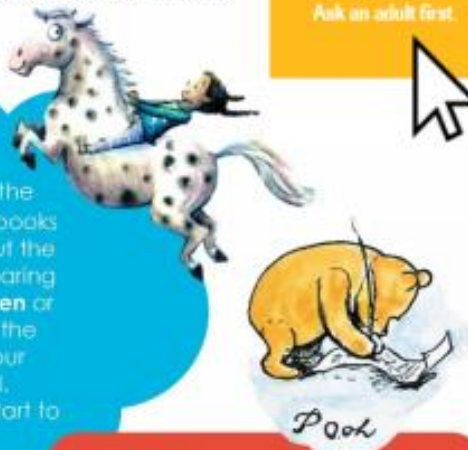
[Click here to view the website.](#)
Ask an adult first.



STEP 1: Grab a plain white A4 sheet of paper and a black pen. Any kind of pen will do. Or . . . Sit down with your laptop or tablet – whatever feels the most comfortable for you.



STEP 2: Think about the world of imagination that books unlock for you. Think about the magic of stories, and of sharing them with your own children or loved ones. Remember the stories that captured your imagination as a child. Now pick up your pen or start to type . . .



STEP 3: Write, type or draw your answer to the question: 'Where does reading take you?'

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STEP 4: Scan or photograph your sheet of paper to the highest quality you can manage. If you have typed your entry you are ready to go! Email your image or word document to eastcliffcreatives@gmail.com and marketinguk@harpercollins.co.uk. Please put 'Paper Beach Submission' in the subject line. **Ask an adult before you email or post anything.**

Alternatively you can pop your entry into an envelope and send to **Paper Beach Submission, East Cliff Creatives, 66 Old High Street, Folkestone CT20 1RN.** Please write your email address on the back.

Don't forget to let us know the town you live in for our participation map!

Things to note:

PAPER BEACH

- There is no word count
- You decide whether to make your entry portrait or landscape
- It doesn't have to be words at all – if you'd prefer to draw your answer, great!
- Or you might decide you want to write and doodle – that's also ok

★ The only rules are: stick to black ink; only write/type/draw on one side; and avoid going too close to the edges

Otherwise, the canvas is entirely yours. We can't wait to see where your imagination takes you!

What Happens Next? Once you've emailed or posted your entry to us, we will email you to ask you to opt in to hearing more about the project, so that we can keep you updated on the final build day and share the finished image. If you don't opt in, we will delete your data – so please look out for that email to opt in!

Meatball & garlic bread traybake

L Prep: 10 mins
Cook: 50 mins



Easy



Serves 3 (or 2 adults and 2 children)



Ingredients

- 350g turkey thigh mince
- 1 tsp dried oregano
- 1 tsp fennel seeds
- 1½ tbsp olive oil
- 1 large onion , chopped
- 3 garlic cloves , crushed
- 1 tbsp tomato purée
- 2 x 400g cans chopped tomatoes
- 2 tsp sugar
- 150g ball mozzarella , torn into pieces
- 4 garlic breadsticks or garlic bread slices, torn or chopped into chunks
- 25g cheddar , grated
- green salad or spaghetti, to serve

Method

- Step 1** Combine the mince, oregano, fennel seeds and some seasoning in a bowl. Take walnut-sized pieces of the mixture and roll into balls. Heat half the oil in a large, shallow ovenproof pan and cook the meatballs until browned all over – don't worry if they're not cooked through. Transfer to a plate. Heat the oven to 200C/180C fan/gas 6.
- Step 2** Heat the remaining oil in the pan and add the onion. Cook until softened, about 10-12 mins, stirring regularly. Stir in the garlic for another minute, then the tomato purée, chopped tomatoes and sugar.
- Step 3** Simmer for 10-15 mins, then season to taste. Place the meatballs on top of the sauce, then add the mozzarella, garlic bread and the cheddar on top. Bake for 15-20 mins until golden and crisp.

Spicy black bean tacos

L Prep: 15 mins
Cook: 10 mins



Easy



Serves 4



Ingredients

- 1 tbsp vegetable oil
- 3 garlic cloves, chopped
- 3 x 400g cans black beans, drained and rinsed
- 3 tbsp cider vinegar
- 1 ½ tbsp honey
- 1 ½ tbsp smoked paprika
- 1 ½ tbsp ground cumin

For the guacamole

- 1 small garlic clove
- 2 tbsp roughly chopped coriander
- 1 green chilli, sliced
- 2 avocados, halved and stoned
- juice 1 lime

For the salsa

- 110g pack pomegranate seeds
- 1 green chilli, finely diced
- 1 small white onion, finely diced
- small handful fresh coriander, chopped

To serve

- 8-12 corn or flour tortillas
- chipotle or other hot sauce
- soured cream or coconut yogurt

Method

- Step 1** In a large frying pan, heat the oil and add the garlic. Fry until golden, then add the beans. Pour in the cider vinegar, honey and spices along with 1 tsp or more of salt, to taste. Cook until warmed through, crushing gently with the back of your wooden spoon, then set aside.
- Step 2** The best way to make the guacamole is with a large stone pestle and mortar, but you can use a medium bowl and a flat-ended rolling pin instead. Crush the garlic, coriander and chilli into a rough paste. Scoop in the avocado with a little salt and crush roughly – you want it chunky, not smooth. Squeeze in the lime juice and set aside.
- Step 3** Mix the salsa ingredients in a small bowl. Heat a griddle pan or steamer and quickly griddle the tortillas or steam a stack of them to warm up. Reheat the bean mixture.
- Step 4** To serve, put 1-2 heaped tbsp of beans on a tortilla. Top with a big spoonful of guacamole and some salsa, hot sauce and a dollop of soured cream or yogurt.



1 minute Playdough recipe

(Please have an adult to support you with the hot water!)

You will need:

- ½ cup of salt
- 1 cup of flour
- 1 tablespoon of cream of tartar
- 1 tablespoon of oil
- 1 cup of boiling water (from the kettle) mixed with some food colouring.

What to do:

Put all of the dry ingredients into the bowl and mix vigorously with the hot water until it all combines!

Create a journey stick!

You will need:

- A stick – the longer the stick the longer the journey!
- Double sided sticky tape wrapped around the stick or sellotape to take with you.

What to do:

When you go out on your walk, take the journey stick with you. As you go past certain items, collect them and stick them onto the journey stick in the order of your journey. Can you find lots of different items? When you return home with your stick, you should be able to retell the journey by looking at the order of the items you have stuck onto the stick!

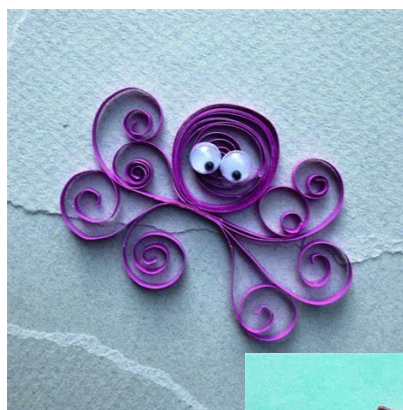
Paper Quilling

WHAT YOU NEED:

- paper shredder (optional)
- scissors or a paper cutter
- construction paper (various colors)
- glue
- string
- cardboard

WHAT YOU DO:

1. Shred paper in shredder ... children love to help.





2. You could instead cut paper into thin strips – about 1/2" wide
3. Give children a handful of paper and let them practice making a tight roll.
4. Children can make a tiny fold at one end of the paper, and roll it all the way to the end.
5. Encourage your children to let go of the spiralled roll a little, so there is a little space between the turns of the roll.
6. The rolls can be secured with glue.
7. Rolls can be round or oval in shape. Round rolls can be pinched at either end to make flower petal shapes.
8. You can make many other shapes by pinching the roll in different areas.
9. You can glue shapes together to make flowers, insects, animals ... etc.
10. It is important to assemble the rolls on the cardboard so that the spirals are visible, not the edge of the roll.





Make Your Own Minibeast Hotel



Outdoor Activity

You will need:

A suitable container or area in your outdoor area, preferably wooden

Compost

Fertile soil

Pieces of wood (various sizes)

Different sized/shaped stones

Bricks

Old roof tiles

Clay drainage tubes

Fir cones

Dry leaves

Bark

Straw, hay

Dead wood/sticks

Plants that will attract insects

Method

1. Choose either an area in your outdoor area or a wooden container and place it on the ground.
2. If the container hasn't already got holes in, make some holes in the bottom. That will create drainage and let minibeasts crawl in.
3. Fill the container with compost and fertile soil.
4. Use your resources to build various places for minibeasts to live.
5. Woodlice and beetles will like wood/sticks and if stacked, the minibeasts can crawl through them.
6. Plants will attract the crawling bugs like caterpillars, snails and spiders.
7. Butterflies and bees will like nectar-rich flowering plants.
8. It's up to you how much you put in your bug hotel.
9. Observe the hotel over time and see which minibeasts it attracts.
10. Can you find out which areas each kind of minibeast like best?

