

#TheCrew



Summer

Activity Pack

TO BEACH



children's  
**air ambulance**

keeping hope alive

Colour me in



Stay safe and have fun

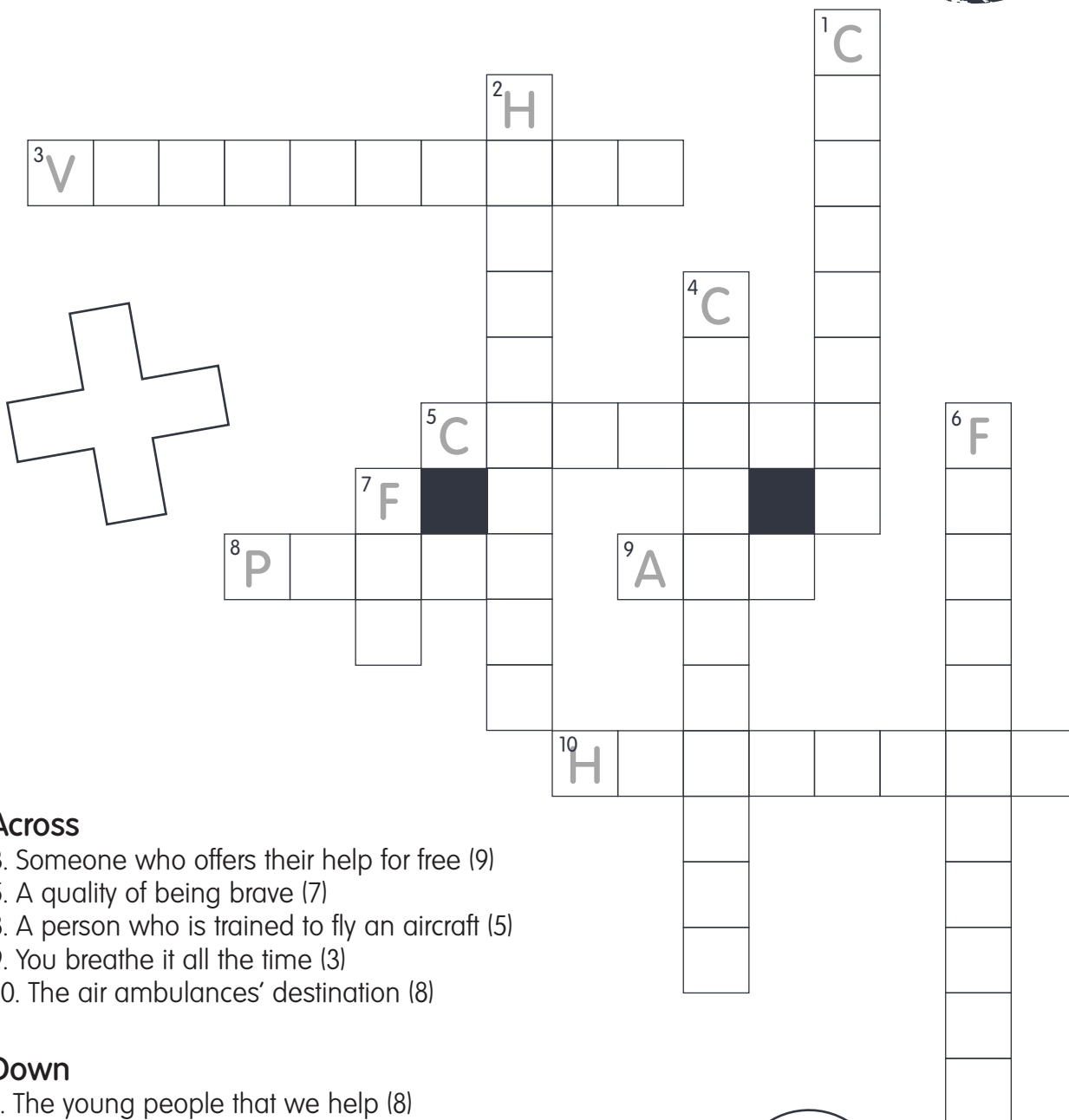
this

Summer



# Crossword challenge

Can you complete the grid from the clues below?



## Across

3. Someone who offers their help for free (9)
5. A quality of being brave (7)
8. A person who is trained to fly an aircraft (5)
9. You breathe it all the time (3)
10. The air ambulances' destination (8)

## Down

1. The young people that we help (8)
2. An aircraft that can lift off vertically (10)
4. A place to donate and buy pre-loved items (7, 4)
6. You help us operate by doing this (11)
7. To move through the air (3)

Answers  
Across: 3. Volunteer 5. Courage 8. Pilot 9. Air 10. Hospital  
Down: 1. Children 2. Helicopter 4. Charity shop 6. Fundraising 7. Fly

# Easy peasy pizza

One of our #TheCrew members has sent in a recipe to create some super easy pizzas. Give them a try with your favorite toppings.



## You will need:

- 1 tortilla wrap
- A good dollop of tomato puree (BBQ sauce or tomato sauce works too)
- A few handfuls of grated cheese
- A selection of your favourite toppings e.g. ham, mushrooms and peppers etc...

## Method

- Preheat the oven to 170 degrees
- Add the sauce to your tortilla wrap and spread around
- Sprinkle the cheese to cover the tortilla
- Then add your chosen toppings
- Place the tortilla onto a baking tray
- Pop into the oven and bake for 6-8 mins until it's golden and the cheese has melted.



Do you have an easy recipe you'd like to share?  
Send it over to us at [thecrew@childrensairambulance.org.uk](mailto:thecrew@childrensairambulance.org.uk)

# Grow your own

Follow the steps below to grow your own seedlings.  
We've chosen butternut squash, but you can have a go  
at growing whatever fruit, vegetable or flower you like.



## You will need:

- A packet of seeds or the seed from a fruit, vegetable or flower you have around the house
- A small plant pot, or an empty yoghurt pot
- Soil
- An empty plastic bottle
- A trowel

Always ask a grown-up for help when using scissors or other sharp objects

## Method:

### Step 1



Scoop the seeds out of the butternut squash and put them to one side.

### Step 2



Next, place the soil in your plant pot. If using a yoghurt pot, pierce a few holes in the bottom before adding the soil to allow for drainage.

### Step 3



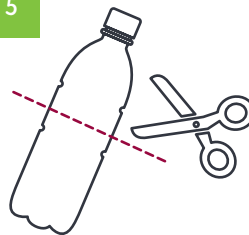
Then add 4-5 seeds into the soil, making sure they are nicely spread out.

### Step 4



Give them a good water

### Step 5



Asking a grown-up to help you, cut the empty plastic bottle in half and place it over the pot.

### Step 6



With regular watering and some care and attention, you should see your seedlings sprouting in a few weeks' time.

### Step 7

Allow the seedling to grow for a further few weeks and it will then be ready to be moved to a grow bag, or into the garden in a sunny spot. Make sure you water it regularly.

Send us your green fingered pictures to  
[thecrew@childrensairambulance.org.uk](mailto:thecrew@childrensairambulance.org.uk)

# Brilliant bug bingo

Summer is a great time to get out and about and enjoy some long walks in the countryside.

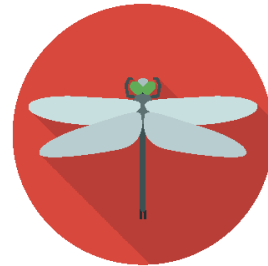
When next out exploring, take our bug bingo game along and see how many you can find.



☐ Bee



☐ Ladybird



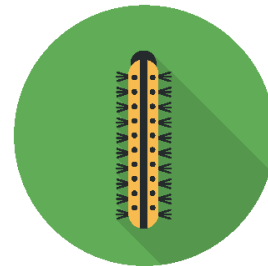
☐ Dragon fly



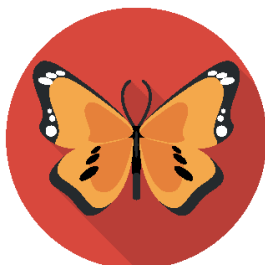
☐ Woodlouse



☐ Ant



☐ Caterpillar



☐ Butterfly



☐ Water boatman



☐ Wasp

# Rainy day game

Consequences is a really simple and funny game that the whole family can play...just perfect for a rainy day.



## You will need:

- Two or more players
- Each player will need a sheet or a strip of paper and a pen or pencil

## How to play

1. Each player takes turns in contributing an element to a story.
2. Start by writing a boy's name, then fold the paper over to hide your writing and pass the sheet on to the player on your left.
3. Then add a girl's name and, again, fold the paper over and pass to the player on your left.

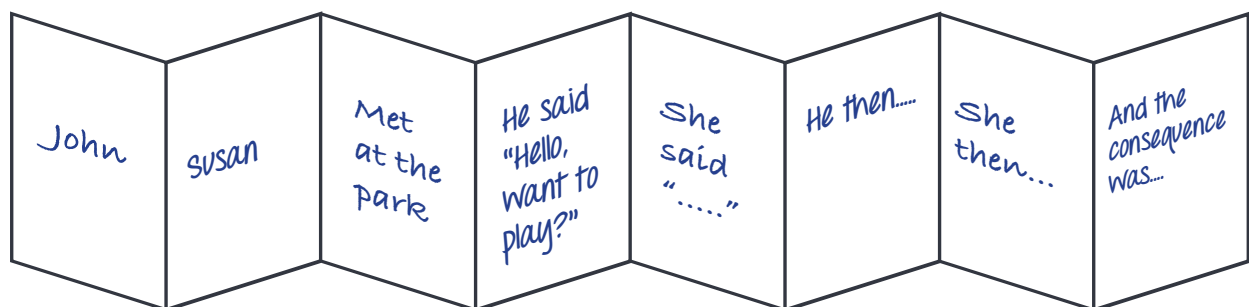
## Then add the following:

- Met at *[enter a place]*
- He said *[enter what the boy said]*
- She said *[enter what the girl said]*
- He then *[enter what the boy did]*
- She then *[enter what the girl did]*
- And the consequence was *[enter what happened]*



The text in square brackets above should be replaced with your chosen words and don't forget to fold the paper over and pass to the next person after each step.

When each step is complete, read out the complete story and see which one is the funniest.



# Spot the difference

At first glance, these two helicopter pictures look exactly the same...but take a closer look.

Can you spot the 6 differences?

Why not play against someone in your household and see who can spot the differences the quickest!



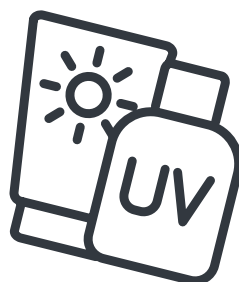


# Summer wordsearch

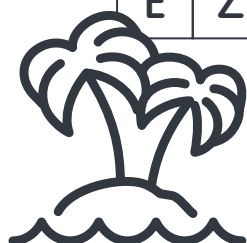
Put your skills to the test by searching up, down, forward, backward and diagonally to find the summer themed hidden words.

BARBECUE  
BEACH  
BUCKET  
HOLIDAY  
HOT  
ICE CREAM  
ICE LOLLY

SAND CASTLE  
SEA  
SPADE  
SUMMER  
SUN SCREEN  
SUNSHINE  
SWIMSUIT



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



# Super simple iced treats

An ice lolly is the perfect treat on a hot summer's day and its really easy and great fun to make your own.



## You will need

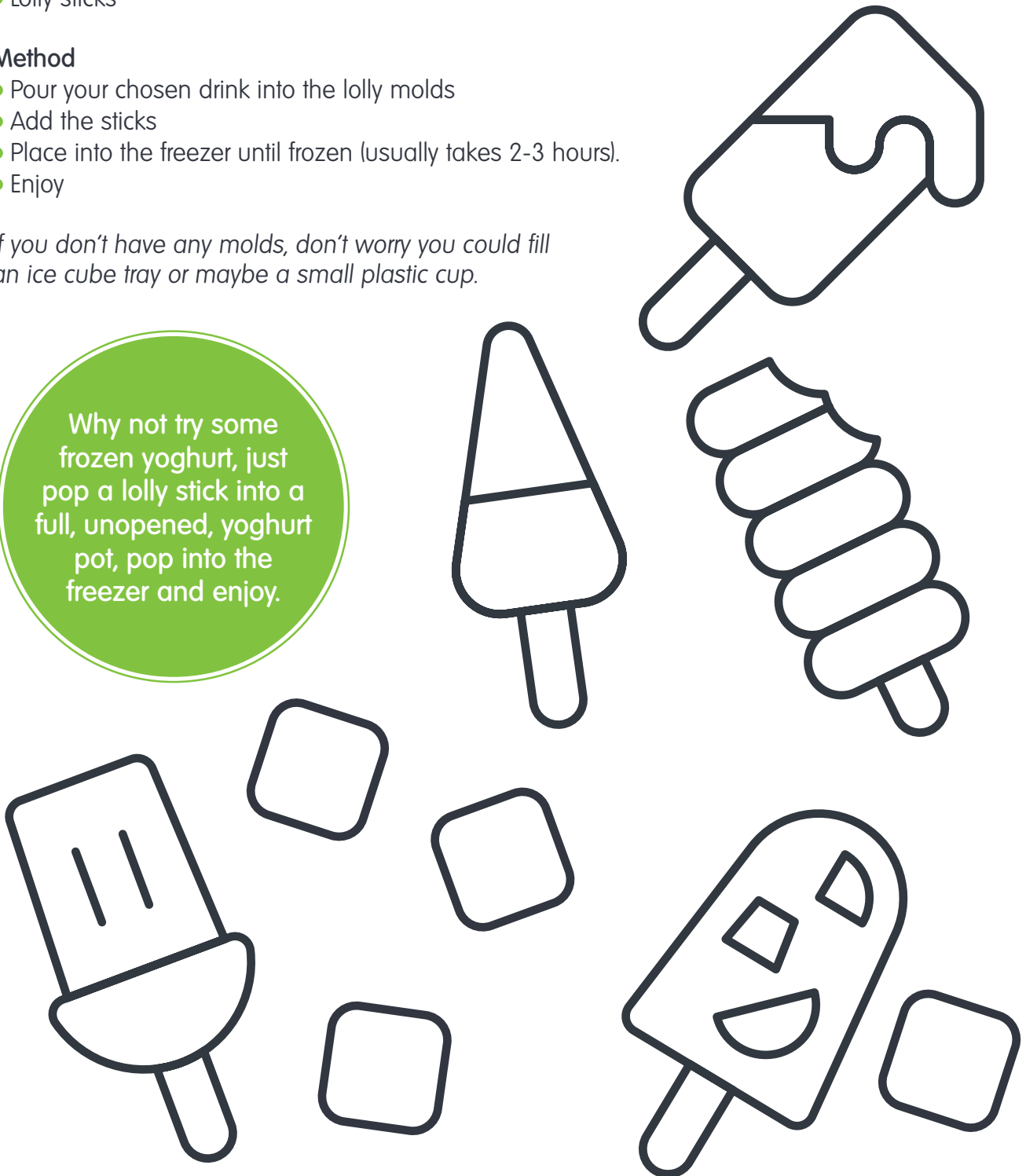
- Squash or fruit juice
- Lolly molds
- Lolly sticks

## Method

- Pour your chosen drink into the lolly molds
- Add the sticks
- Place into the freezer until frozen (usually takes 2-3 hours).
- Enjoy

*If you don't have any molds, don't worry you could fill an ice cube tray or maybe a small plastic cup.*

Why not try some frozen yoghurt, just pop a lolly stick into a full, unopened, yoghurt pot, pop into the freezer and enjoy.



# Rocking rock crafts

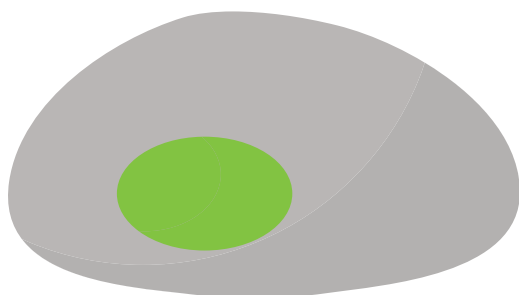
With a little imagination and some marker pens or paint, you can turn any rock or stone into a work of art.

Follow our step by step picture guide to make an awesome helicopter design. Once complete, spread the cheer in your community by starting a rock snake or by hiding them somewhere for others to find.

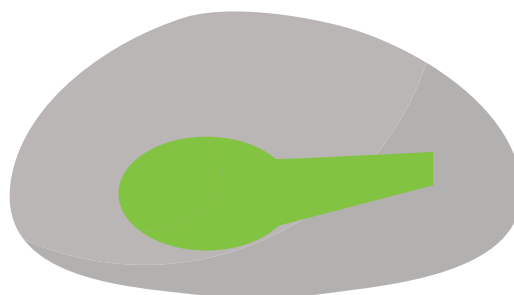


## You will need

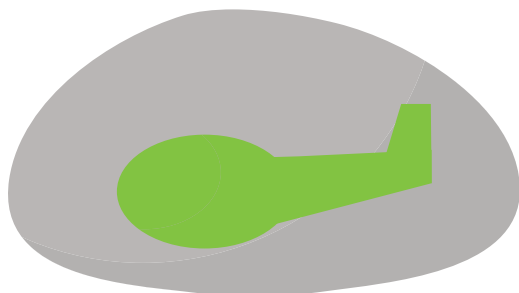
- Green Paint or marker
- Black Paint or marker
- Clear varnish



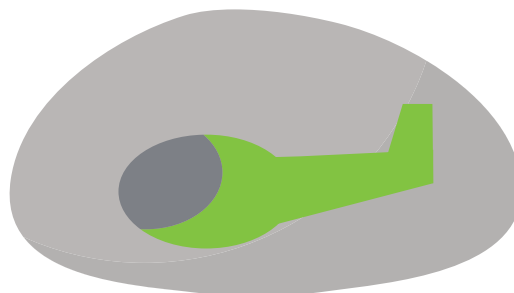
1. Paint a green oval



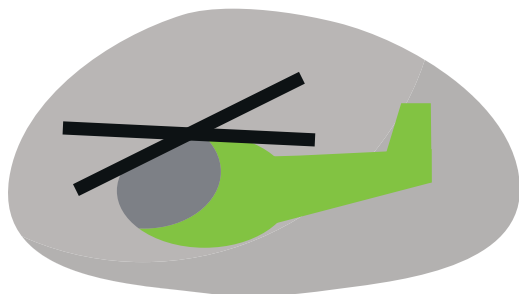
2. Next paint the helicopter's tail



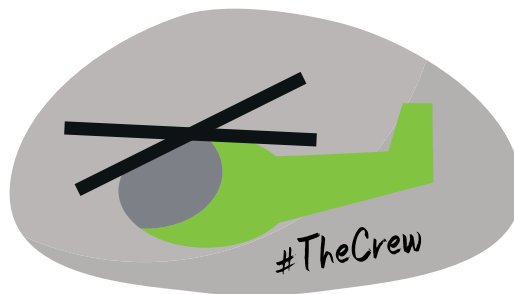
3. Add a smaller tail to the end



4. Once the green paint is dry, paint a grey oval to create the helicopter's windscreen



5. Once the grey paint has dried, paint on two diagonal lines using black paint for the blades.



6. Finally sign off with #TheCrew hashtag. Wait till everything is dry then seal with clear varnish and display with pride!

Share your designs with us and email them to  
[thecrew@childrensairambulance.org.uk](mailto:thecrew@childrensairambulance.org.uk)

# DIY face mask

Make your own face mask...from a sock!

You may have noticed that lots of people are wearing masks when they are out and about, to help keep themselves and others safe. Did you know that you could make your own out of a sock?



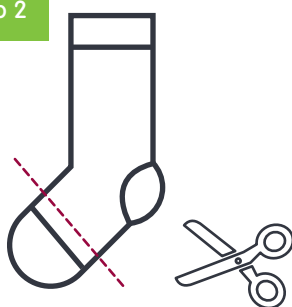
Follow our guide below, but make sure you check with a grown-up before you start.

Step 1



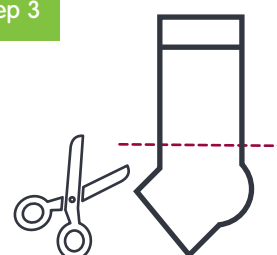
Find a clean sock

Step 2



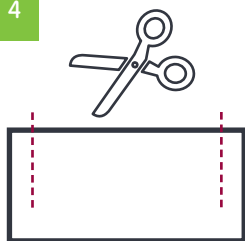
Cut off the toe section

Step 3



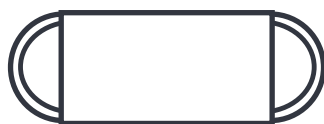
Cut off the heel and ankle section

Step 4



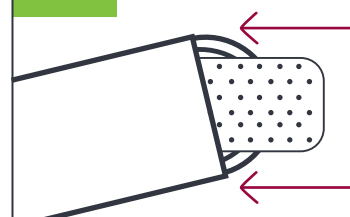
Make 2 cuts in either end making sure you only cut halfway up the sock

Step 5



Open up and give it a stretch

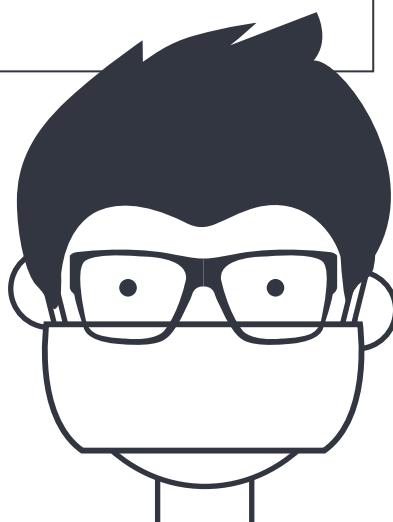
Step 6



Fold up a piece of kitchen towel to place inside as a filter

Step 7

Wear your mask and keep safe!



Always ask a grown-up for help when using scissors or other sharp objects

Send us pictures of your creations to  
[thecrew@childrensairambulance.org.uk](mailto:thecrew@childrensairambulance.org.uk)

#TheCrew is an exclusive club for children and young people who want to support our vital service.



If you're not a  
member

**Join today!**

It's free and you  
get an awesome  
welcome pack.



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