



**THE WAVE  
PROJECT**

# ACTIVITIES BOOK



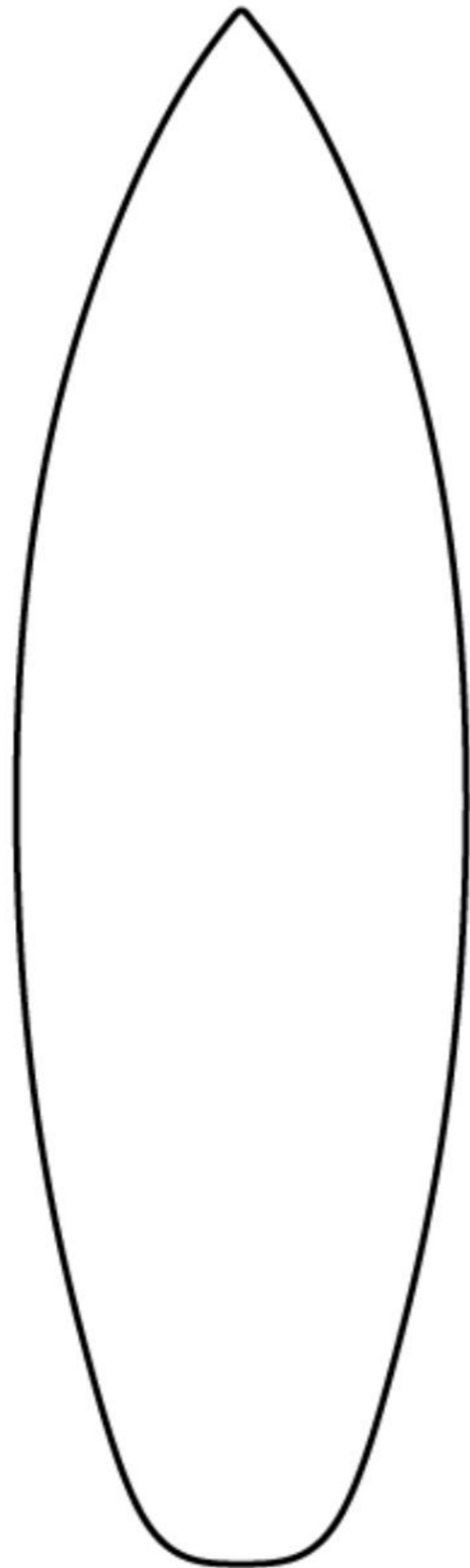
# Design your own surfboard!

We want to see what you can come up with!

What colours, patterns and textures you can use to make your dream surfboard?

Don't forget to send us you're amazing designs via social media by simply tagging:

@waveprojectuk



# Wordsearch

Can you find the words in the word search?

If that's too easy why not try explaining what each word means and write up a story with as many of them as possible!

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

Barrel  
Chicken Wings  
Flowrider  
Jellyfish  
Nose Dive  
Rip  
Shaka  
Surfing  
Surfboard  
Swell

The Wave Project  
White Water  
Beach  
Fin  
Green Waves  
Leash  
Rail  
Beach Clean  
Flags  
Wetsuit

Rocks  
Shell  
Surf Instructor  
Tide  
Grom  
Moon  
Rash Vest  
Seaweed  
**Missing Word:**



**FUN FACT**

---

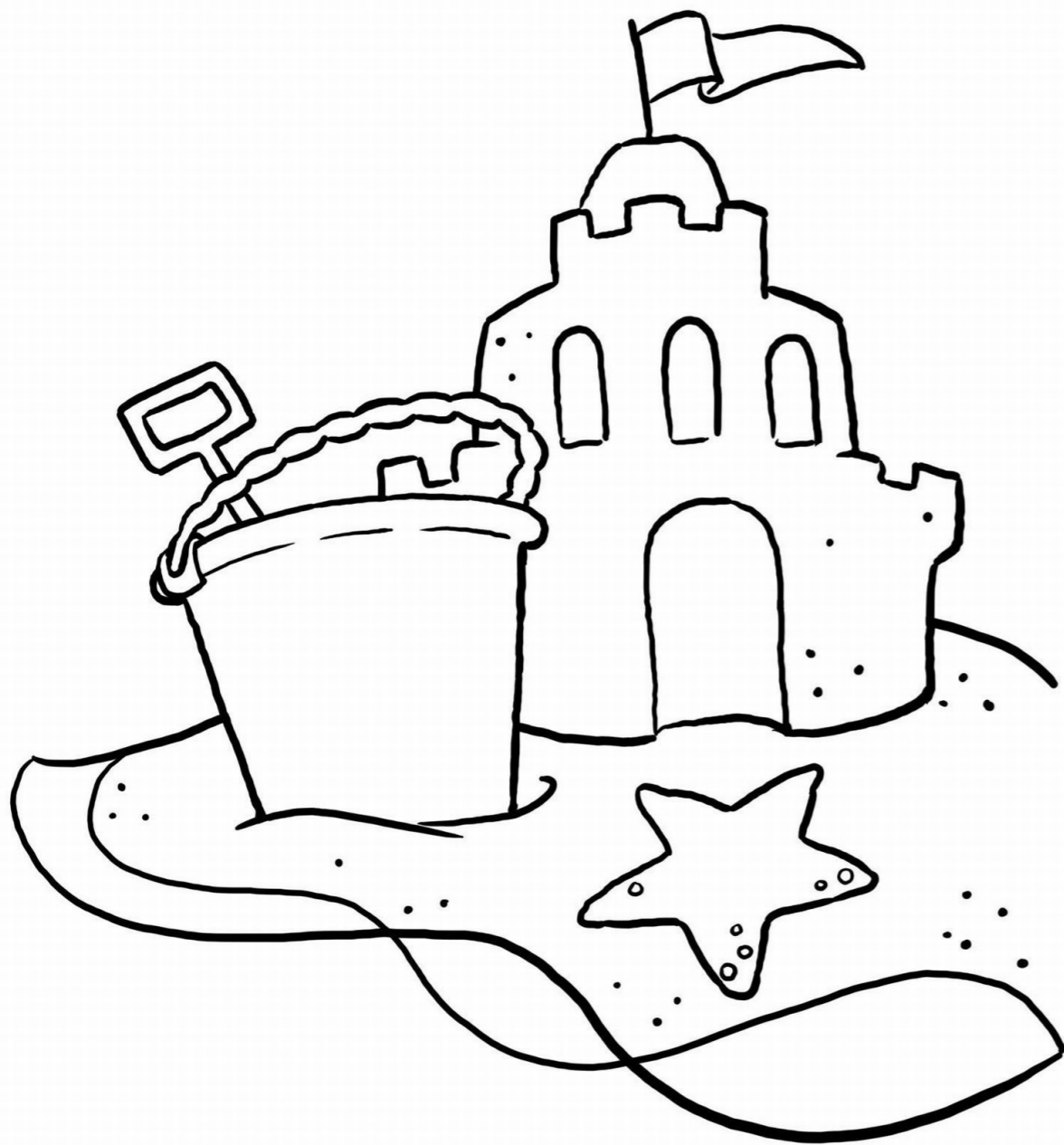
**THE BIGGEST WAVE  
EVER SURFED STOOD  
AT A WHOPPING  
80 FEET HIGH!!**

In 2018 Rodrigo Koxa rode the massive wave in the famous Nazare, Portugal!

What's the biggest wave you've ever rode??

# Colour in!

We have a selection of drawings to colour in, varying in difficulty let's see how colourful you can make them!





**Draw your own!**

## Baking Biscuits!

Here's a easy recipe to make some delicious biscuits! Shape and decorate them however you want, whether you make surfboards, fish or whatever else you can come up with!

### Ingredients

- 200g unsalted butter, softened
- 200g golden caster sugar
- 1 large egg
- 1/2 tsp vanilla extract
- 400g plain flour, plus extra for dusting

### Method

1. Heat oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Put the butter in a bowl and beat it with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.
2. Pull pieces off the dough and roll them out to about the thickness of two £1 coins on a floured surface. The easiest way to do this with small children is to roll the mixture out on a baking mat. Cut out shapes and peel away the leftover dough around the edges. Re-roll offcuts and repeat.
3. Transfer the whole mat or the individual biscuits to the baking sheet and bake for 8-10 minutes or until the edges are just brown. Leave to cool for 5 mins, then decorate however you like!

We'd love to see your wonderful biscuits! Be sure to tag us on social media!

\*Recipe from BBC good food

## Perfecting Pasta!

With supermarkets being overwhelmed with people buying pastas, why not try making your own? This simple 3 ingredient recipe may get messy but result in some great fresh pasta!

### Ingredients

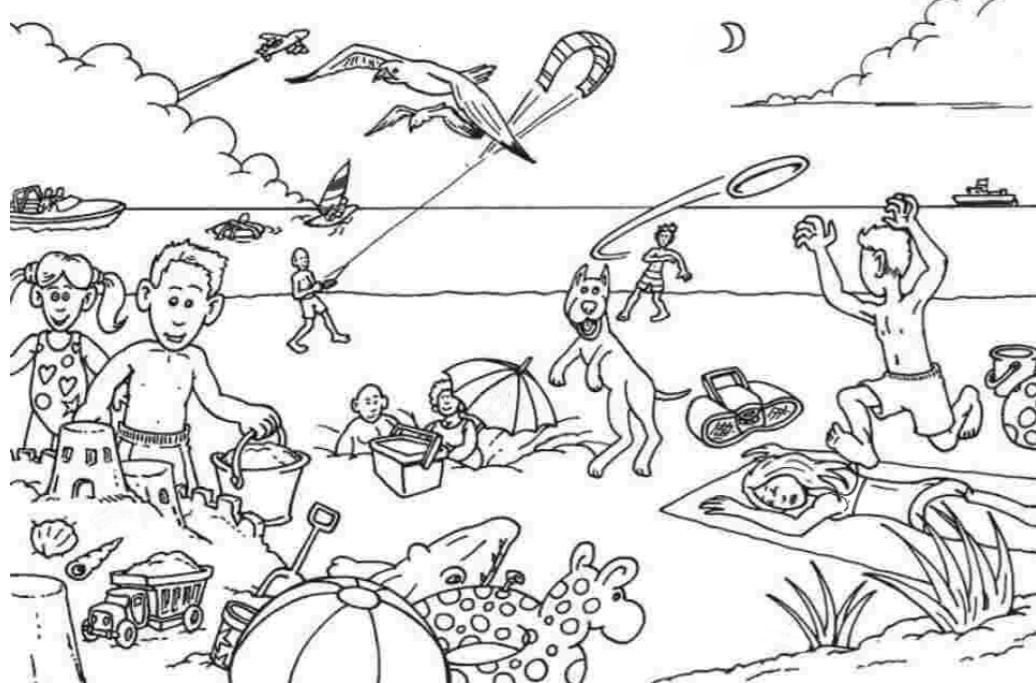
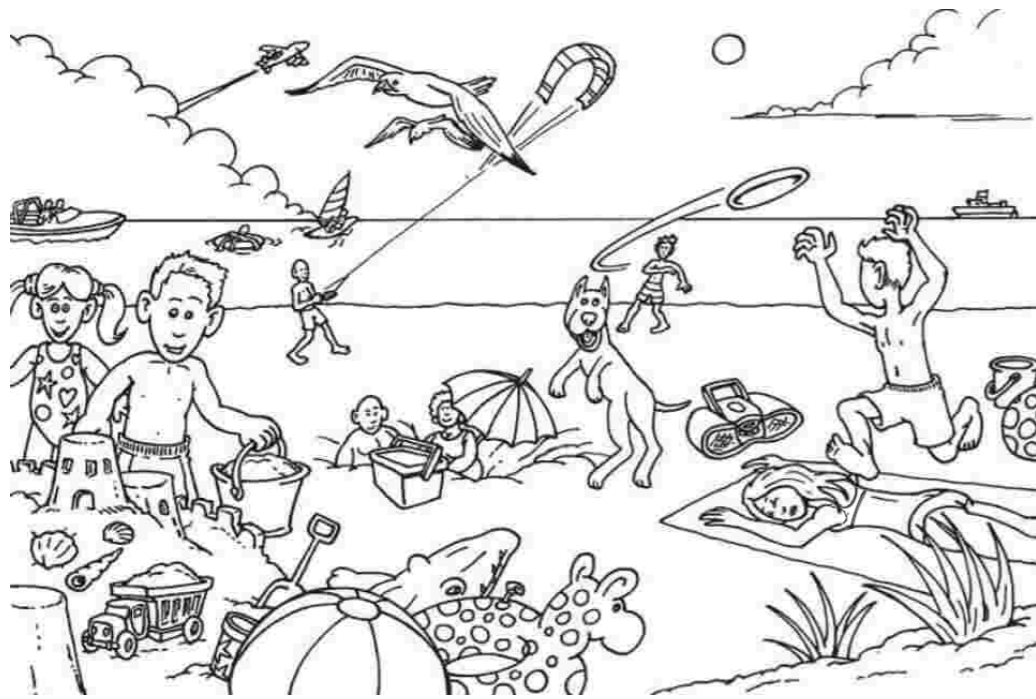
- Makes: 450 g fresh pasta, serves 4 to 5
- 275g '00' or plain flour, plus extra for dusting
- 3 large eggs
- 1 pinch salt

### Method

1. Place the flour on a work surface. Make a well in the centre and crack in the eggs. Add the salt.
2. With a fork, gently beat the eggs and incorporate the surrounding flour. Gradually, the flour and the eggs will mix, creating a runny batter.
3. With a scraper, take the remaining flour and bring towards the centre, incorporating it into the batter. The scraper will prevent your hands from getting sticky and will help the dough become homogeneous. If the dough is too stiff, add water, 1 tablespoon at a time, as needed.
4. When the mixture forms a ball, start kneading with your hands. Flatten the ball, stretch and fold from the top towards the centre; turn 45 degrees and repeat. Knead for about 10 minutes until you get a smooth and soft dough.
5. Shape into a ball, place in a bowl and cover with cling film. Chill in the fridge for 30 minutes to 1 hour.
6. Divide the dough into 3 equal portions. Take the first one, flatten it a bit and roll with a rolling pin on a floured work surface 5 to 6 times. Turn the dough 45 degrees and roll again, 5 to 6 times. Keep rolling and turning in the same way, till the dough reaches a consistent thickness, about 2mm thick.
7. Cut the dough into a manageable sheet, if needed. Flour generously, then roll up loosely into a cylinder.
8. Slice the cylinder into 3mm portions. Once cut, quickly unroll the strips and toss generously in flour. Let air dry 30 minutes before cooking.
9. Bring a large pan of salted water to the boil. Once boiling, drop in the pasta and cook for 3 to 5 minutes, or until al dente.

## Spot the difference

Can you find all 10 differences?



## Science in your own home

### Make Waves in a Bottle!

If you want to simulate those waves we see down at the beach, this is the experiment for you.

Bring the ocean home in 4 simple steps!

#### What You Need:

- Clean bottle with cap
- Canola oil
- Water
- Blue food colouring

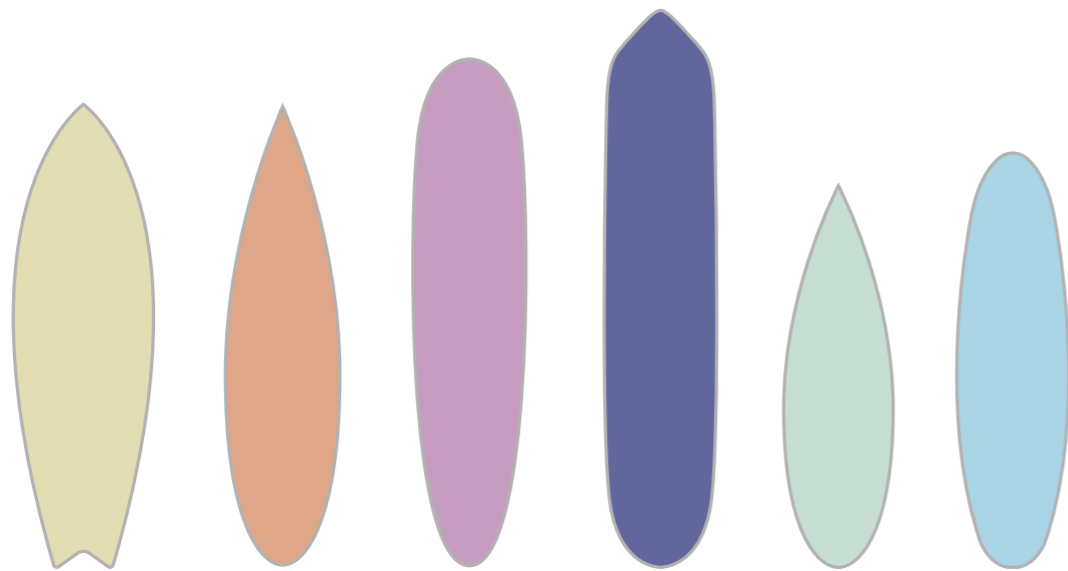
#### What You Do:

1. Start by pouring the canola oil into your bottle until it's about half full.
2. Pour in enough water to fill the rest of the bottle. Add a few drops of food colouring, cap the bottle securely, and put the bottle on its side.
3. Now swish the bottle back and forth, side to side. Look at what's happening – there's an ocean in the bottle!
4. As an extra option, consider making a little "boat" from a cork that fits through the top opening of your bottle. Watch how the cork bobs on the waves, just like a surfer or sailor.

**Fun fact:** The reason this works is due to the density of the oil and water, making them unable to mix together!

## Did you know...

1. The record for the amount of surfboards stacked on top of a car is an astonishing 282 which then drove 30 metres in California.
2. The Hawaiians referred to surfing as he'enalu, which means "wave sliding." For Hawaiians, surfing was a central part of their religion. Surfing not only encompassed deep spiritual links with the ocean, but it was also a way for ceremonial chiefs to assert their dominance.
3. Surfing is one of the oldest sports on Earth. Archaeologists recently discovered prehistoric stone carvings in Chan Chan, Peru that date back over 5,000 years ago and show people surfing!
4. The largest surf board collection belongs to Donald Dettloff who owns a staggering 647 boards! He has made a fence from them which surrounds his property in Hawaii.



## Poetry Page

Whether its a few lines to filling this page and more, we'd love to see what poems you can all create! Be sure to tag us on social media when they are done, we'd love to read them!

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

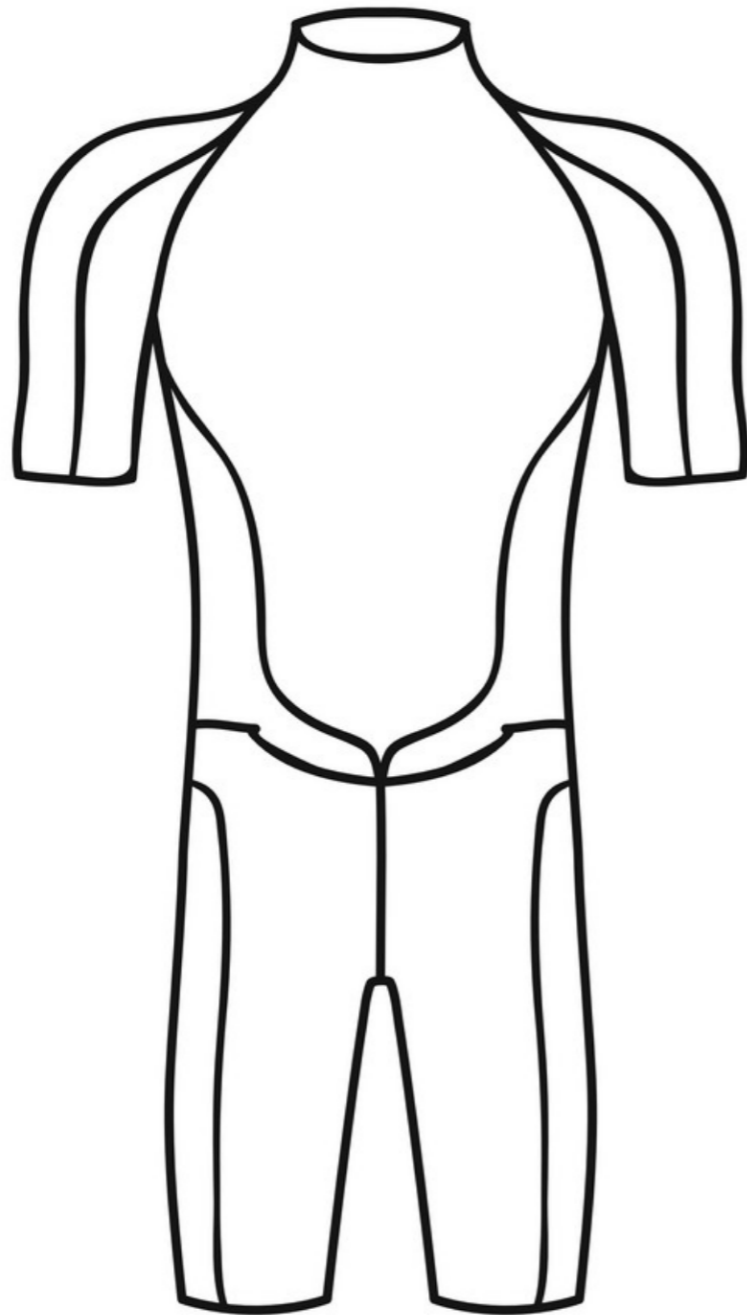
---

---



## Design a wetsuit!

Get as creative and colourful as you can designing your perfect wetsuit! Once your done be sure to share it with us by tagging us on social media!



## Quiz time...

Time to test your knowledge! You can find the answers further in this booklet

**1. Who surfed the biggest wave ever?**

---

**2. What is the record for most boards owned?**

---

**3. What year was The Wave Project founded?**

---

**4. What causes our tides to change?**

a. The Moon   b. The Sun   c. Mars

**5. What is the largest ocean?**

---

## Other great resources!

We've put together a few online resources that can help keep you and your kids busy, including fitness, fun and education

- [www.oxfordowl.co.uk/](http://www.oxfordowl.co.uk/) - An amazing selection of E-Books and ideas for reading activities.
- [www.teachyourmonstertoread.com/](http://www.teachyourmonstertoread.com/) - A brilliant App that encourages early reading skills through games and fun activities.
- [www.topmarks.co.uk/](http://www.topmarks.co.uk/) - English, maths and science activities for KS1 and 2 pupils.
- <https://masterthecurriculum.co.uk/> - Maths skills and reasoning activities aimed at challenging all pupils.
- [www.activelearnprimary.co.uk/resources#spag](http://www.activelearnprimary.co.uk/resources#spag) - Lots of spelling and grammar activities for KS1 and 2 pupils.
- [www.twinkl.co.uk/](http://www.twinkl.co.uk/) - Lots of printable resources suitable for all ages. Free subscription for the next month.
- [www.bbc.co.uk/programmes/p06j7xgh](http://www.bbc.co.uk/programmes/p06j7xgh) - Programmes and learning video clips.
- [www.bbc.co.uk/programmes/p007g5y4](http://www.bbc.co.uk/programmes/p007g5y4) - BBC Schools radio- a series of programmes covering music, dance, drama, songs etc.
- [classroomsecrets.co.uk/](http://classroomsecrets.co.uk/) - Really lovely English and Maths resources for all ages including educational video clips and printables. Free subscription for at least the next month.
- <https://www.cosmickids.com> - Fun yoga activities for you to do with your kids
- <https://www.thebodycoach.com/blog/pe-with-joe-1254.html> - Lessons from Joe Wicks to keep active and fit

## Quiz Answers

### 1. Who surfed the biggest wave ever?

Rodrigo Koxa

### 2. What is the record for most boards owned?

647

### 3. What year was The Wave Project founded?

2010

### 4. What causes our tides to change?

a. the moon - Tides are caused by the gravitational interaction between the Earth and the Moon. The gravitational attraction of the moon causes the oceans to bulge out in the direction of the moon.

### 5. What is the largest ocean?

The Pacific Ocean



Registered charity in England and Wales, no. 1163421  
and in Scotland, no. SCO46500

 @WaveProject    Wave Project    waveprojectuk