

Welcome

A warm welcome to an additional Newsletter amidst the COVID-19 (Coronavirus) pandemic. We hope you and your family are safe and well. It is a challenging time for everyone as we adapt to the huge changes in our home life, school and work. For TEBC



this means that our face-to-face follow-up visits are postponed at the moment, but we are working on a plan to get back to these when the situation allows. We have moved some of the activities from these visits online or by phone, so if your child is due a follow-up visit during this time we will be in touch as usual to ask you to complete these activities.

We plan to keep in touch with a monthly Newsletter filled with ideas for you to do during these restrictions. We would also like to hear from you so please email jill.hall@ed.ac.uk photos, activities, recipes etc. to be included in future editions.

News

Well done and a big thank you to Fin Hall who kindly designed our first e-birthday card. This is a replacement to our usual Birthday Card sent in the post. We would like to receive your efforts so email your design to Jill Hall and join this challenge.



Recipe Easy sweet potato and lentil soup

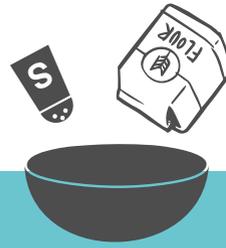
Ingredients (makes 8 bowls)

About 3 tbsp olive or sunflower oil
5 large carrots
1 large or 2 med sweet potatoes
2 onions
1 leek
100g red lentils
2 tsp ground cumin and coriander
Black pepper and dried chilli
1.5L veg stock

Method

Heat oil in a large pan
Chop veg into similar size pieces
Add to pan, stir to coat with oil, put lid on and cook over low heat for 15-20 mins. Stir now and then.
Add the spices and pepper, a little chilli to taste and the lentils, stir over heat then add the stock.
Gently simmer for 20-25 mins, then blend (but not too much if you want to have some texture)

Crafts and Activities



Make your own Playdough

Mix 8 tablespoons of plain flour and 2 tablespoons of salt in a large bowl. In a separate bowl mix 60mls of warm water and food colouring of your choice. Pour the coloured water in to the dry ingredients and use a spoon to mix. Knead the dough until it is smooth and pliable. What will you make with your Playdough?

Rainforest Sound Machine



Find a paper plate (or anything else you can fold over to seal). Put some rice (or beans/pulses) in the middle of the plate and use sellotape to seal the edges. Tip the plate upside down and side to side and listen to the noise it makes – does it sound like a rainforest? What animals live in the rainforest? Could you play a song with your rainforest sound machine?

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!



Snack time: Rocket Kebabs

Ask an adult to chop up fruit into bite size pieces for you. Thread pieces of fruit onto a kebab skewer. (This can also be done with vegetables or meat to help make dinner!) You could use a strawberry at the top to make your kebab into a rocket! What is your favourite fruit and why? What pattern will you make with your fruit kebab?

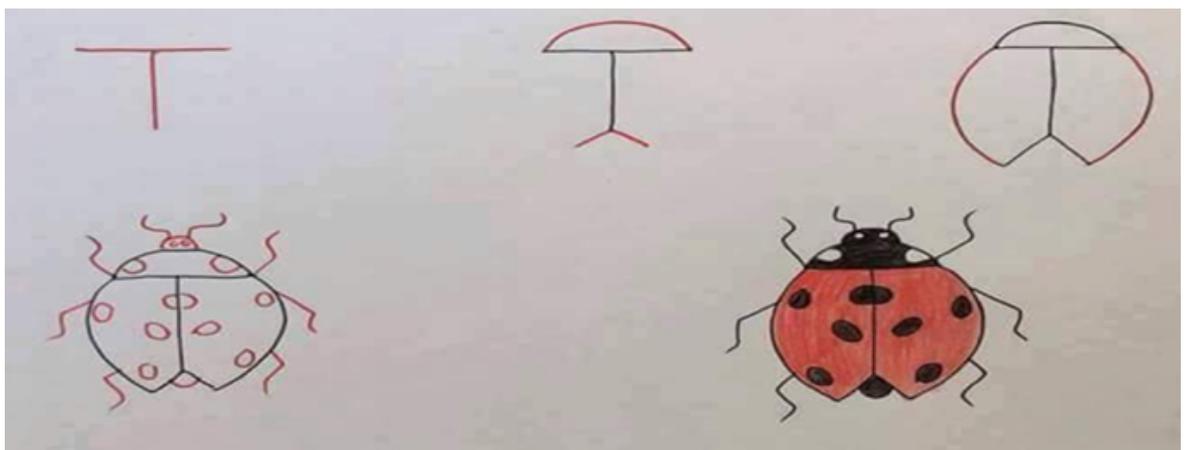
In the garden or on a walk

Rock Bugs

See if you can find a big, flat, smooth rock in your garden. Can you colour/paint it to look like a ladybird? (you can use nail varnish too as this dries super quickly!) Maybe you could hide your ladybird in your garden and see if someone else in your family can find it? Can you see any other insects in your garden?



Try it like this!



Make a Bird Feeder

Cover a toilet roll tube/kitchen roll tube in peanut butter and roll it in seeds or bread crumbs, then use string to hang it up outside. How many different types of birds can you see? Do any other animals eat from your bird feeder?

Here is a list of the top ten most common birds spotted in Scotland this year, can you spot them all?

<https://www.rspb.org.uk/globalassets/downloads/biggardenbirdwatch/2020/scotland-results.pdf>



Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

Stay safe!



"All right," said the Gruffalo, bursting with laughter.
"You go ahead and I'll follow two metres after."

Check the latest advice:

Health Protection Scotland

www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/

GOV.uk

<https://www.gov.uk/coronavirus>



How does washing your hands kill the virus?

The virus is very fragile; the only thing that protects it is a thin layer of fat. This is why any soap or detergent is the best remedy, because the lather dissolves the fat (that's why you have to rub your hands so much, 20 seconds or more to get a good lather). By dissolving the fat layer, the protein molecules disperse and decompose on their own.

- Gill Black, Research Nurse

Keep in touch with the TEBC

On our website: www.tebc.ed.ac.uk

On Twitter: #TheirworldEBC

On Facebook: Join our Facebook group by sending a friend request to:

'Jill Hall Ebc' or 'Victoria Tebc'

or by emailing Jill.Hall@ed.ac.uk

Questions? Email us:

Victoria.Ledsham@ed.ac.uk

Don't leave the
house unless it's
for the.....



Until next month! - The TEBC team