

Welcome

Welcome to our Summer Special edition of the additional Newsletter. This issue is full of things to make, colour, cook and read which we hope you enjoy. We would like to take this opportunity to thank you for your continued support during these unprecedented times and wish you all a happy Holiday. Don't forget to send some photos to gill.black@ed.ac.uk.



Farewell News

Sadly, as of 30th July we are saying goodbye to our TEBC Research Assistant Victoria Ledsham. She is off to New York to commence a PhD and will be greatly missed. A lot of you will have met Victoria during your follow-up visits or been in touch with her from the 4.5-month point. We would like to thank her for all her hard work and dedication to TEBC, and we wish her well!

A new lead on the TEBC follow-up will be in post shortly after 30th July to take over appointments and correspondence. We will keep you updated when that happens and let you know who your new contact person is for follow-up. In the meantime, please contact Jill Hall at jill.hall@ed.ac.uk with any questions.

We've also got four PhD students finishing off their theses very soon (David, Gemma, Bethan and Sinéad). We will be sharing their future plans and findings from their research in the Autumn newsletter.



Recipe Green Pea Burgers

Ingredients

3 cups of frozen peas
1 cup of canned chickpeas
Juice of half a lemon
1 chopped onion
Handful of chopped mint
½ cup of flour
1 egg
1tbsp olive oil



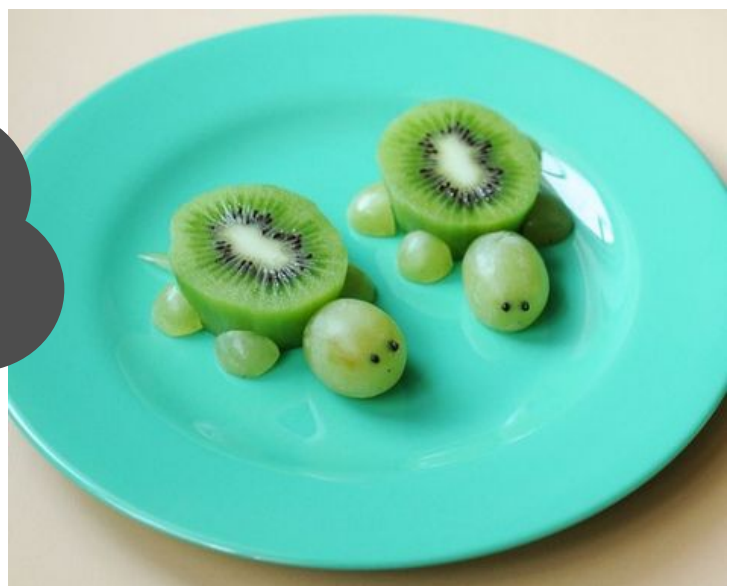
Method

1. Bring the peas to the boil, simmer for a minute and drain.
2. Squeeze the lemon over the peas and chickpeas. This keeps them super green
3. Blend the peas and chickpeas in a processor or hand mash
4. Add the chopped mint, chopped onion, egg and flour to the mix.
5. Warm the oil in a frying pan over a low heat and carefully drop a dollop of mixture in
6. Fry the burgers gently on both sides, trying not to move them too much. They are cooked through when golden brown.
Eat with other green things such as lettuce, cucumber and avocado!

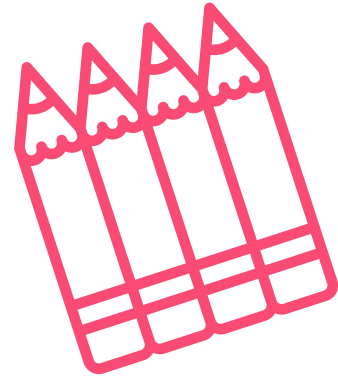
For dessert...

Fruity Turtles

Use either kiwi or
cucumber with grapes










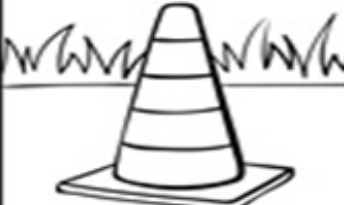




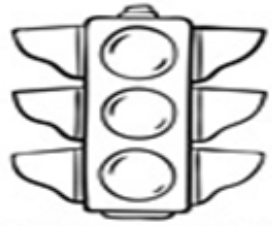



Are you going on a journey or a trip to the Park?
Can you spot any of these when you are out and about?
Do remember to colour the ones you see!



ROADTRIP SCAVENGER HUNT

COLOR IT WHEN YOU SEE IT

 BIRD	 BARN	 AIRPLANE	 BOAT
 CAR	 HORSE	 CLOUDS	 STOP SIGN
 FLOWERS	 TRAFFIC CONE	 COW	 WATER
 DOG	 BICYCLE	 TRAFFIC LIGHT	 TREES

Salt Dough Hand & Footprints

Materials:

- 2 cups plain flour
- 1 cup salt
- 1 cup water
- Acrylic paint (optional)



Make it into a family keepsake!

Instructions:

1. Mix 2 cups of plain flour and 1 cup of salt together in a bowl
2. Add 1 cup of water but only add a little at a time and mixing as you go. Do add slowly as you may need less water than 1 cup, you don't want your salt dough to go sticky but if it does, just add more flour!
3. Once mixed together, take the salt dough out of your mixing bowl and knead it.
4. Roll out the salt dough. You need to roll it until it is about 1cm thick. Place the dough on a baking tray. To stop the salt dough from sticking to the baking tray, cover with foil in advance.
5. Then add your hand/footprints. Please don't worry if you don't get a good handprint as just roll the salt dough back in a ball and start again.
6. Now dry it out. Best way is to place in the oven at a low temperature. Ovens vary but I use 100oC to avoid any burning or the salt dough puffing up. Can take several hours to dry depending on the size. Turn it over half way through, only if you can as this helps the underneath dry out faster. It has dried out when it feels hard to touch. If it is still soft in the centre, put it back in the oven for a little longer.
7. Why not paint it using Acrylic paint? Start by painting the background. If you can't see the handprint shapes clearly, then drawing around them in pencil can help

Can you find these jungle things?

1 snappy crocodile

2 slimy snails

10 butterflies

9 buzzing bees



3 striped tigers

4 blue lizards

8 red flowers

7 tropical birds

6 slithery snakes

5 playful turtles

NOCTURNAL ANIMAL YOGA



1. Pretend to be a bat.



2. Pretend to be a toad.



3. Pretend to be a fox.

4. Pretend to be a coyote.



5. Pretend to be an owl.

Nocturnal Animal Treasure Hunt

- See if you can use books or a computer to find out which animals are nocturnal.
- Can you draw a picture of some nocturnal animals?
- Ask an adult to cut out your pictures and cover them in tinfoil, then hide them around your house or garden.
- Use a torch to go on a treasure hunt and find all the nocturnal animals.
- Did you find all the animals?
- Could you hide them for someone else to find?



How to make a Sock Puppet

Things you will need:

- A sock
- Buttons, pom poms or googly eyes for the eyes
- A marker
- Glue
- Wool, paper - anything you have in your house
- Piece of card
- Scissors



Step 1: Fold the card Fold a piece of card. With the folded edge at the bottom, draw a semi-circle and cut round it. You can now open up the card and see that that it's a little 'mouth'.



Step 2: Put the mouth in place Take the cardboard mouth and position it inside your sock. Put it in the opening, and then push it right to the end. When it's at the toe end, push the toe of the sock into the fold. Pop your hand inside the sock and have a go at making the mouth open and close. Take the cardboard mouth and position it inside your sock. Put it in the opening, and then push it right to the end. When it's at the toe end, push the toe of the sock into the fold.



Pop your hand inside the sock and have a go at making the mouth open and close.

Step 3: Make a funky hairdo Take some strands of wool and tie them together in the middle. Cut it to whatever length you like at the sides. You can even plait it if you like. Glue your hair in place. Stick on your googly eyes or make the eyes with the pom poms or buttons.



How about a song?



One of my favourites and here is the music and lyrics. You may know various versions. I tend to sing for the Chorus 'a splish, splash a boogie, woogie, woogie' Why not fill a bottle with pasta or rice and shake along?



Down in the jungle where nobody goes
There's a little baby elephant washing his clothes
With a rub-a-dub here
And a rub-a-dub there
That's the way he washes his clothes.

Down in the jungle where nobody goes
There's a little baby lion washing his clothes
With a rub-a-dub here
And a rub-a-dub there
That's the way he washes his clothes.

Down in the jungle where nobody goes
There's a little baby monkey washing his clothes
With a rub-a-dub here
And a rub-a-dub there
That's the way he washes his clothes.

Down in the Jungle

Folk song



Down in the jun-gle where no-bo-dy goes, There's a great big cro co-dile* wa-shing his clothes, With a

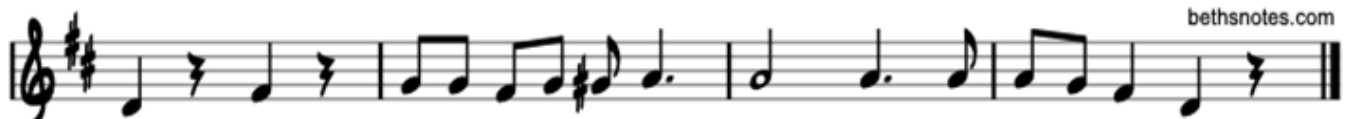


rub - a - dub here and a rub - a - dub there, That's how he wash-es his clothes!

Refrain



Doo doo, doo-bie doo-bie doo-bie, Doo doo, doo-bie doop doop,

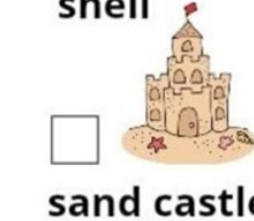
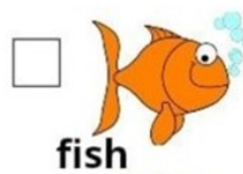
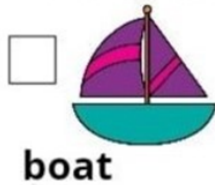
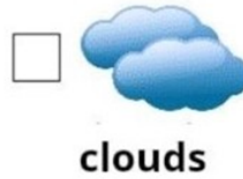
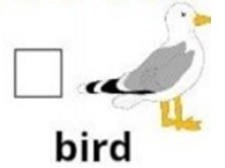


Doo doo, doo-bie doo-bie doo-bie, That's how he wash-es his clothes!

bethsnotes.com

*Add other animals.

SCAVENGER HUNT



Going to the beach?

See if you can find all these things:

S  is shining

Up to play

Making 

Must stay

Everyone is busy having fun

Ready to paddle. To the sea, I

Try to make your own acrostic! You can use your name as a template



Stay safe!



Thank you for reading our Summer Special Newsletter and we hope you have a great summer! The next newsletter will be the traditional Autumn one. Please remember to send any photos of you doing the activities or places you visit over the summer. Keep Safe!



Keep in touch with the TEBC

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

On Twitter: [#TheirworldEBC](https://twitter.com/TheirworldEBC)

On Facebook: Join our Facebook group by sending a friend request to: 'Jill Hall Ebc' or by emailing

Jill.Hall@ed.ac.uk

Questions? Email us:

Gill.Black@ed.ac.uk

Check the latest advice:

World Health Organisation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

UK Government Covid-19 Action Plan

<https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

Scottish Government: Coronavirus in Scotland

<https://www.gov.scot/coronavirus-covid-19/>

Health Protection Scotland, HPS
www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/

See you in a few months! - The TEBC team