

# Have Adventures - UMA

## Tea Tasting

Anyone for tea? Have a taste test with a range of different herbal teas, savour their flavours to see if you can identify the natural ingredients and guess the benefits.

You will need someone within your household to help you achieve this UMA.

You will need:

- Herbal tea bags (at least 4 different flavours)
- Kettle and water
- Cups
- Pens and paper



Herbal teas are made with an infusion of natural leaves, seeds, roots or bark, extracted in hot water. They are great sources of vitamins and minerals.

When shopping for your different herbal teas to taste did any of the flavour combinations surprise you? Was there any names you recognise?

Ask someone else to brew you a variety of herbal teas and make note which one is in which cup. Now it is your turn to try each tea and work which one is in which cup.

Did you correctly identify any?

Which one did you enjoy, if any?



Take it further - look up the medicinal properties of some herbal tea flavours, for example. Chamomile tea is known for its calming effects.

## Know Myself - UMA: Ups and Downs

Toy trends are changing all the time. Some toys fizzle out and are forgotten, but some have lasted centuries. Have a go at making the ever-popular yo-yo...

You will need:

- 2x bottle lids that are the same size (milk lids)
- Thread/string measuring length between your shoulders and the floor
- Metal nut or any small thick round item will work
- A glue gun/super glue or alternative
- Scissors

What game did you like playing when you were younger?

You are going to be making one of the oldest toys in history! The yo-yo has been around since the Ancient Greeks, but it's believed to have originated in China.

Yo-yo instructions

1. Tie the end of your thread around the nut.
2. Carefully glue your bolt onto the flat, top side of one of your lids, Make sure it's in the middle. Leave it to dry for a few minutes.
3. Glue the other side of the nut to the flat, top side of your other lid, so the nut is sandwiched between the lids. Hold the lids together until the glue dries.
4. On the inside of one of the lids, use your glue to put two big dots of glue on the inside of the lid, equal distance away from the edge and opposite each other. This will help balance the weight of the yo-yo.
5. Do the same to the other side! Make sure they're parallel to the other bottle lid.
6. Wind most of your string around your bolt.
7. If you want, decorate your yo-yo. Try making some patterns that will look good when the yo-yo is spinning.
8. Try it out, can you do any tricks?



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