

# The Blah!

brought to you by **yoto**



yoto

The Blah HQ  
London  
England

# Hello folks!

It's Jake here, from Yoto Daily, welcome one and all to The Blah! It is absolutely jam-packed with so much cool stuff for you to enjoy.

Here at Yoto, we're looking forward to a summer of spectacular sport. From the Olympics to Euro '24 to the Paralympics, there is something for everyone to enjoy, and I for one am super excited.

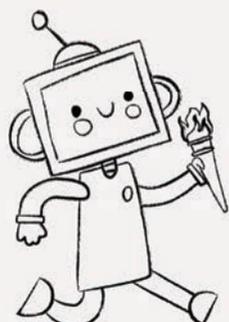
So stretch those arms, strap on your goggles and dive right into The Blah!

Jake

**Jake**

Editor of The Blah and host of Yoto Daily

P.S. I've hidden five BrainBots around this issue! Look closely and see if you can find where Buzz has got to!



# What's inside?

Find your way around The Blah by looking out for these colour-coded symbols!



Games



Activities



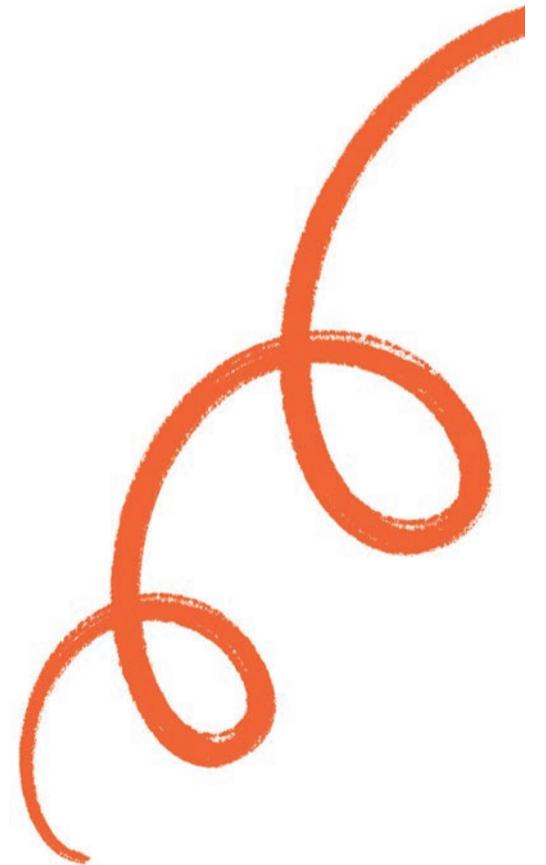
Jokes



Crafts



Puzzles &  
Fun Facts



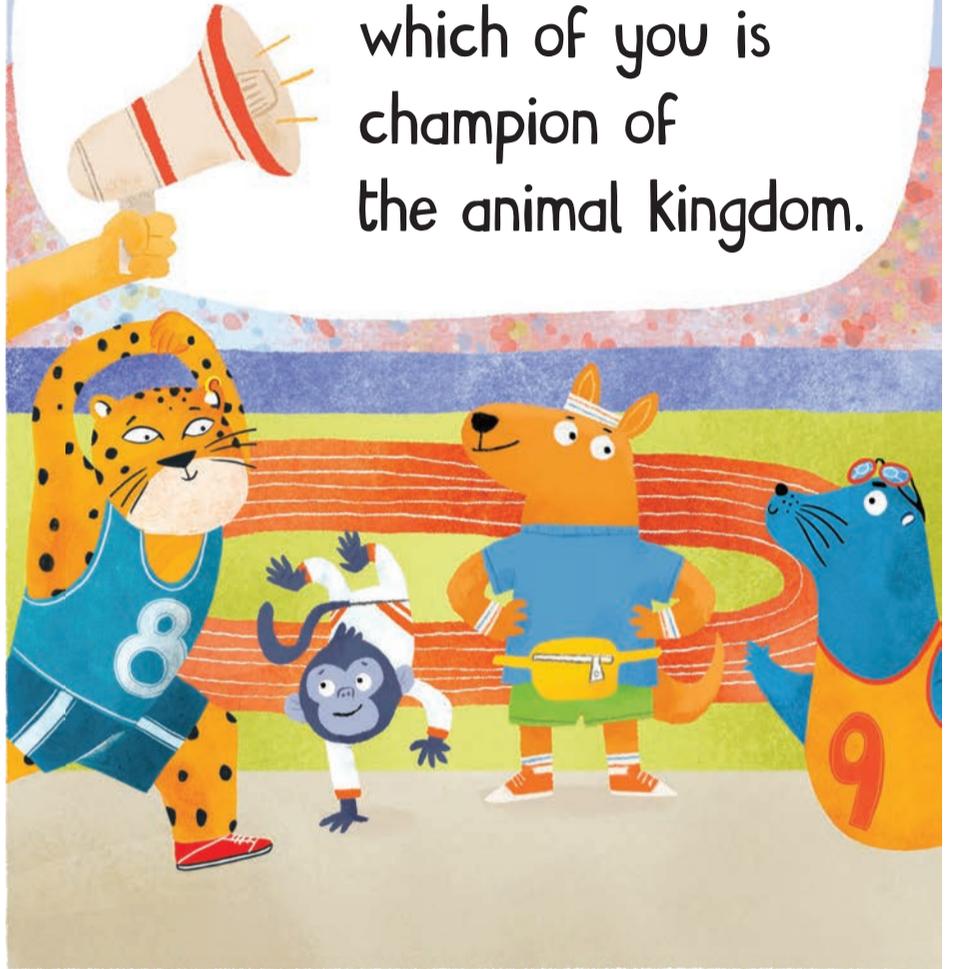
FIND

YOUR

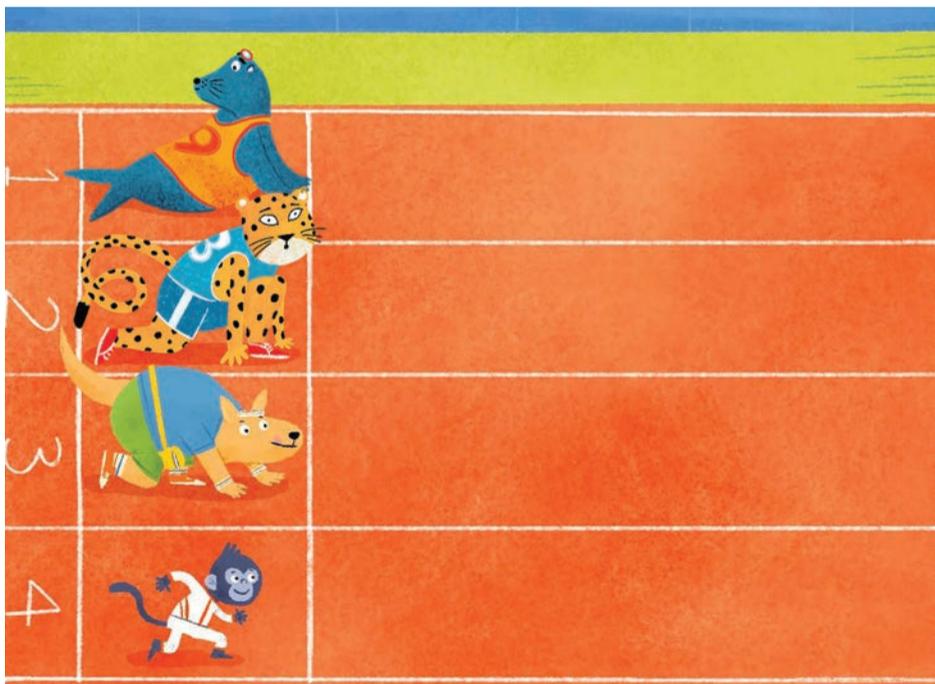
SPORT

WELCOME, ATHLETES!

Today, we'll see  
which of you is  
champion of  
the animal kingdom.



Ready, set, GO!

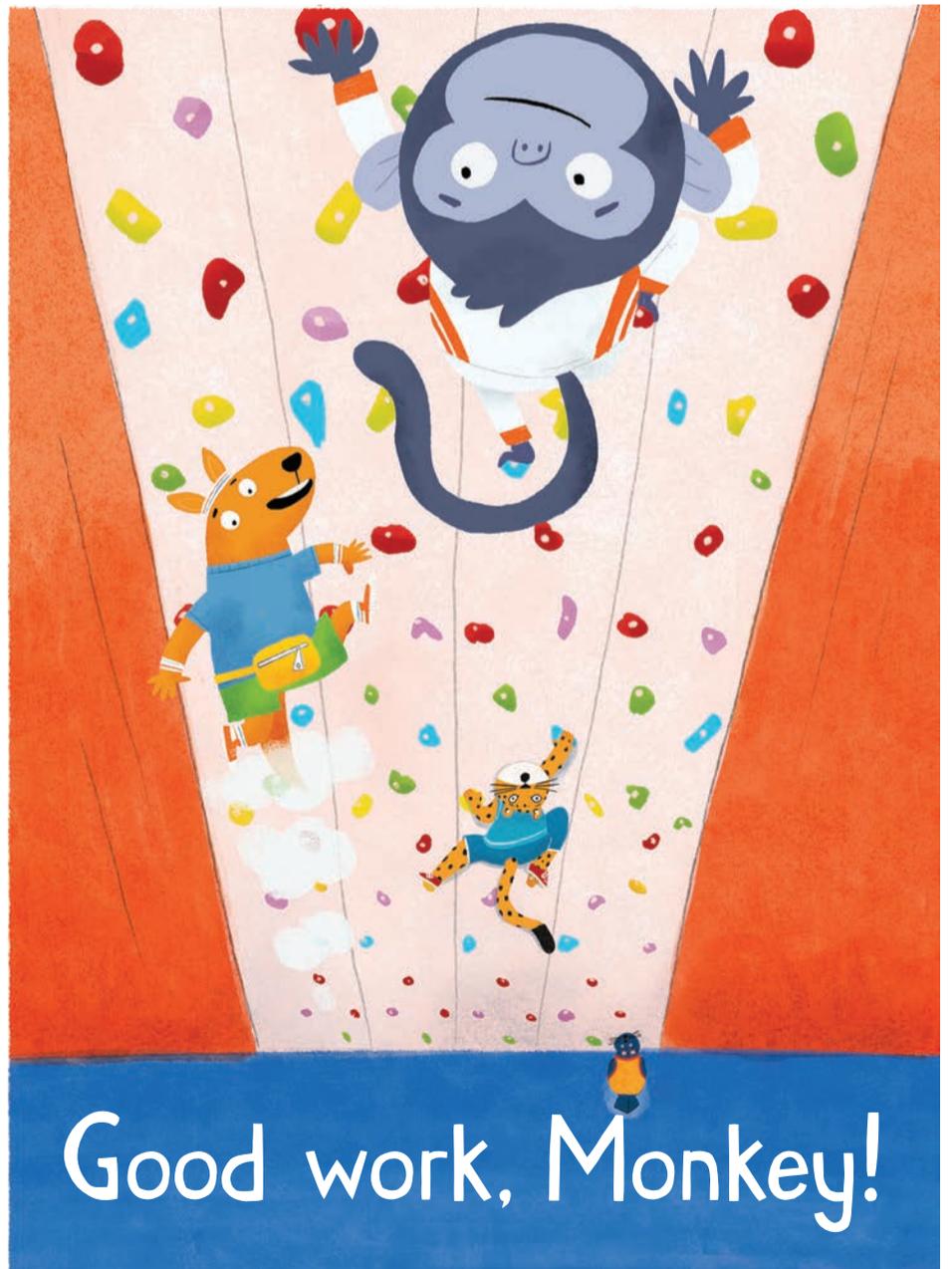
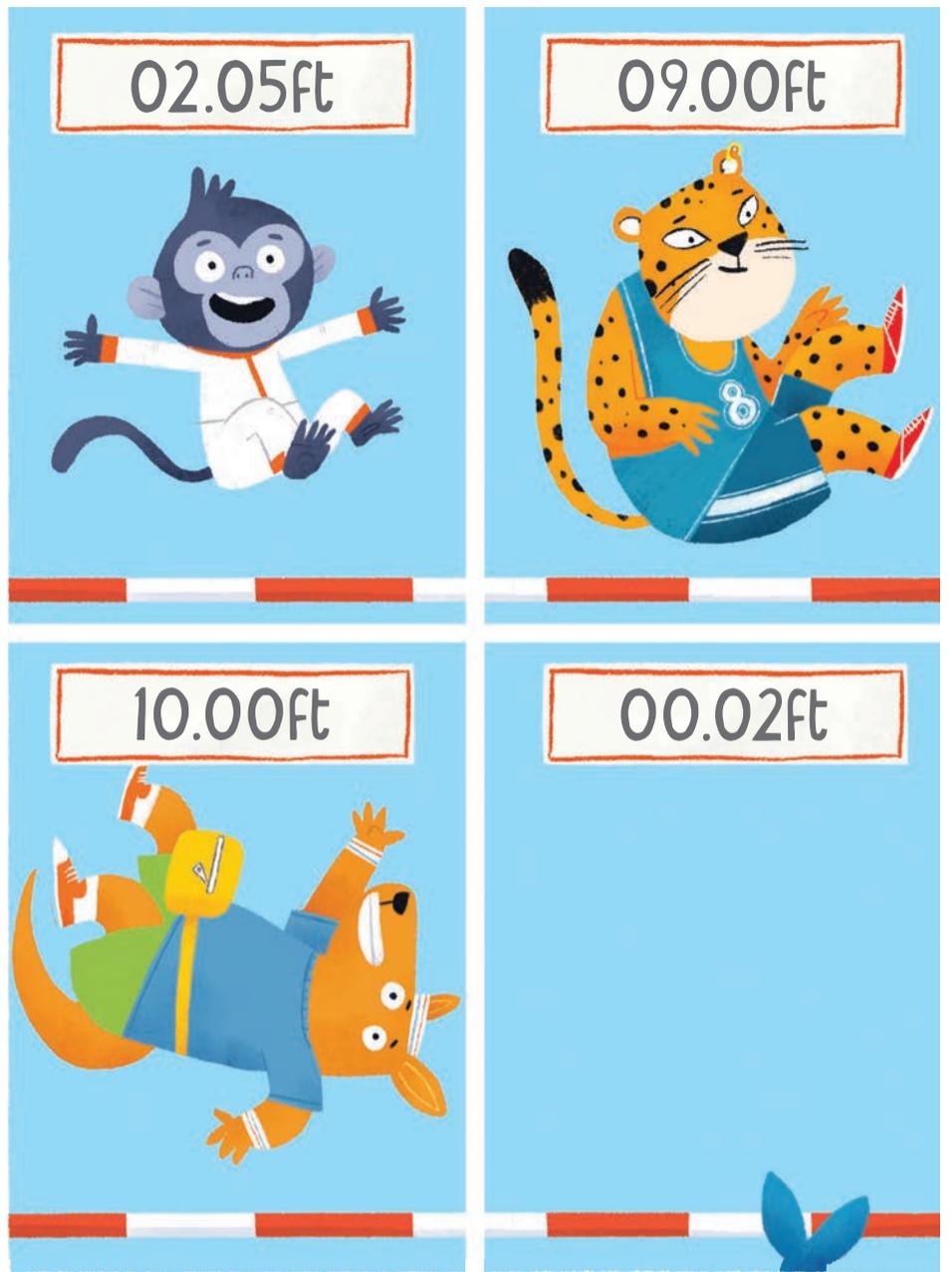


First, the 100 metre race!  
Who will be the fastest runner?



FINISH

Now for the high jump!  
Who do you think will win?



Next, rock climbing!  
Who will reach the top first?

Oh, I never win anything!  
I'm not super fast, I can't jump  
really high, and climbing is too  
hard! What can I do?!



Hey now, Seal! There are lots  
of ways to be active, and  
LOTS of sports you could try!  
You just haven't found your  
sport yet, that's all!

Haven't found  
my sport?



That's right! Everyone has their  
own unique strengths. The fun part  
is finding what YOU are good at.  
When you feel ready, get back out  
there and keep trying.



Aw, thanks coach! I'll keep on  
trying new things-I bet I'll  
find a sport I love soon!



Seal didn't have to wait long to try a new sport. Next up was swimming! She was a little nervous, but determined to give it a good try. And sure enough...



This is so much fun!



We have a winner!  
Congratulations, Seal!



Well done,  
you're all winners!





17

18

19

Oh no, you dropped your headband! Move back a space to pick it up.

20

21

Wait here for a turn while some snail athletes cross the track... slowly.

22

23

FINISH

24

1

START

2

3

# On your marks get set, RACE!

Roll the dice to sprint to victory!  
Who will cross the finish line first?

You'll need 2-6 players, some small objects to use as counters and some dice.



16

15

14

Do a kangaroo hop! Move forward THREE spaces!

13



12

11

10

9

8

7

4

5

6

Oops! Your shoelaces came untied. Miss a turn while you tie them up!





# Your winner's medal



Ask an adult for help

What would you win a gold medal for? Running? Swimming? Being a great friend? Make your own in a few simple steps.



## You'll need:

- A pen, pencil or crayon
- A piece of paper
- A ruler
- A pair of scissors
- Some glue or sticky tape
- Any round, medal-shaped object you can find—a baked bean tin is perfect!



**1** Place your round object on the piece of paper and draw around it. Then, design a cool medal in the circle!

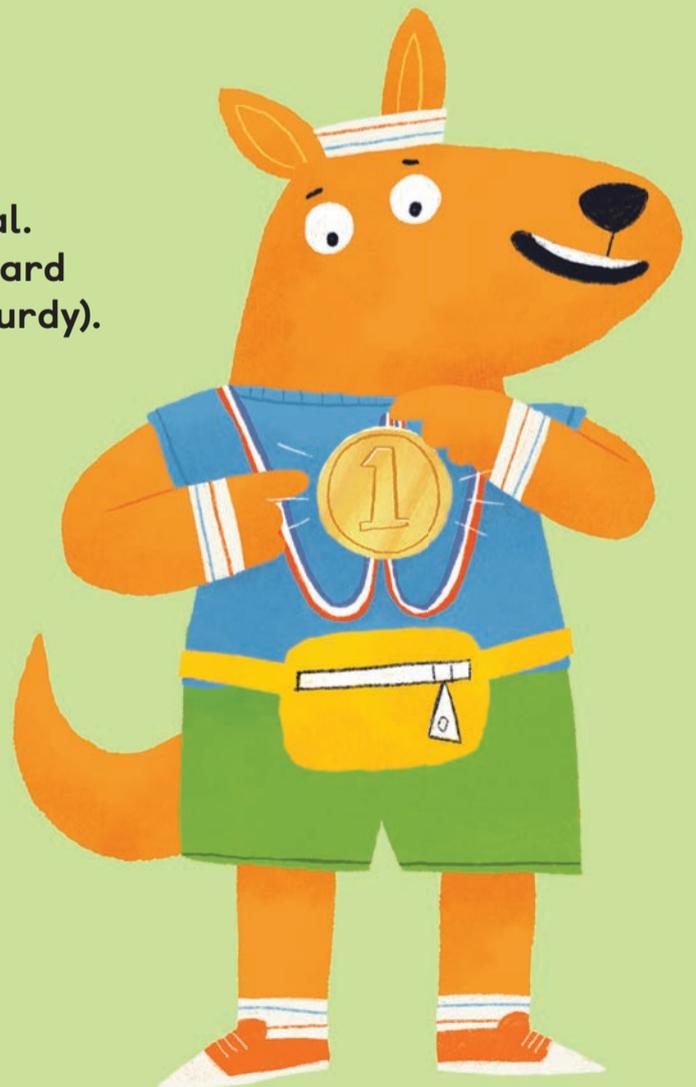


**2** Use the scissors to cut out the medal. (You might want to stick a piece of card or paper on the back to make it more sturdy).

**3** Using a ruler, cut some strips of paper and glue them together to form a long ribbon. Bonus points for colouring it in! Use the sticky tape to attach it to the back of your medal. Nice!



**4** Well done, you've made a medal! Now, place it over your head and wear it proudly!

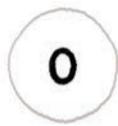




# Flag-tastic fun!



Match the colours to the numbers, then name the country where each flag is from. You'll be a geography whizz in no time!



WHITE



RED



BLUE



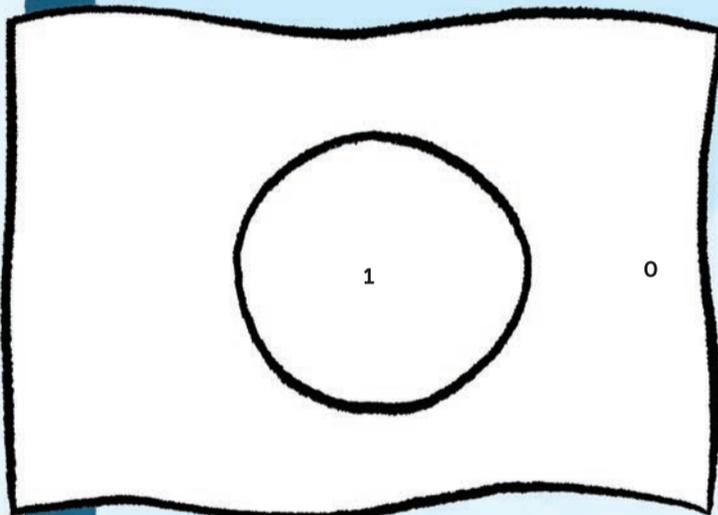
YELLOW



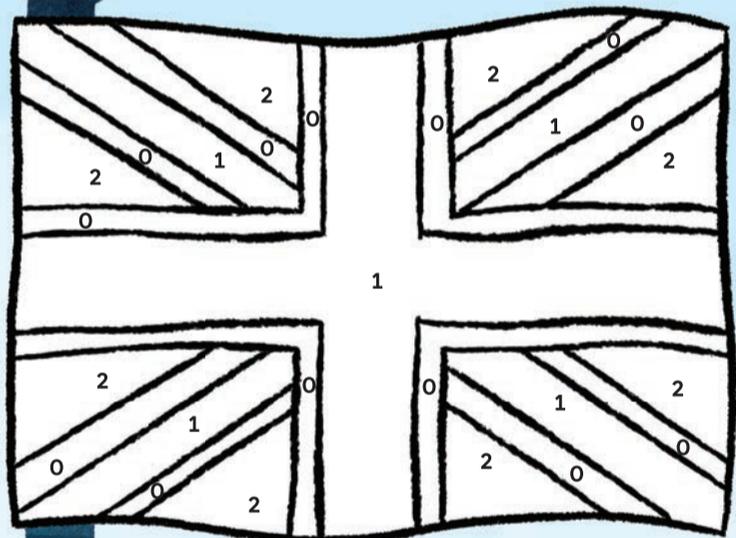
GREEN



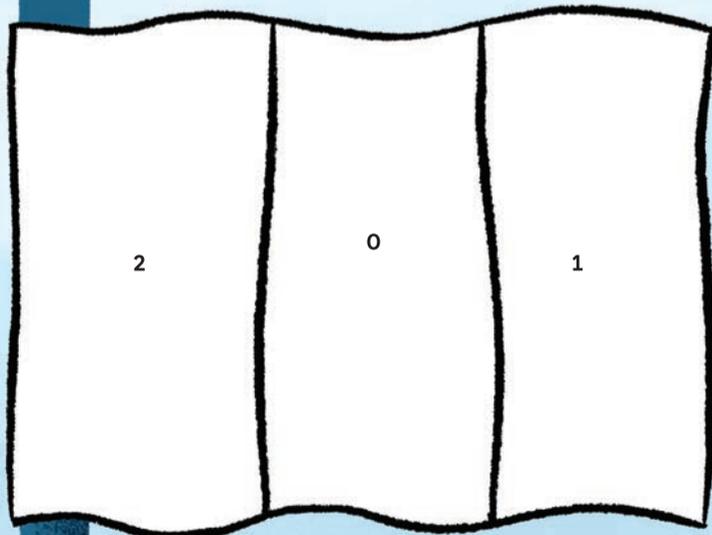
BLACK



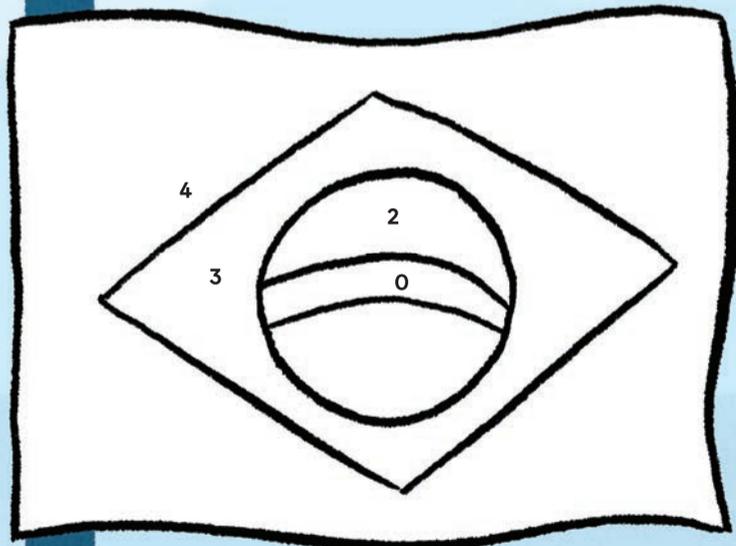
This flag belongs to...



This flag belongs to...

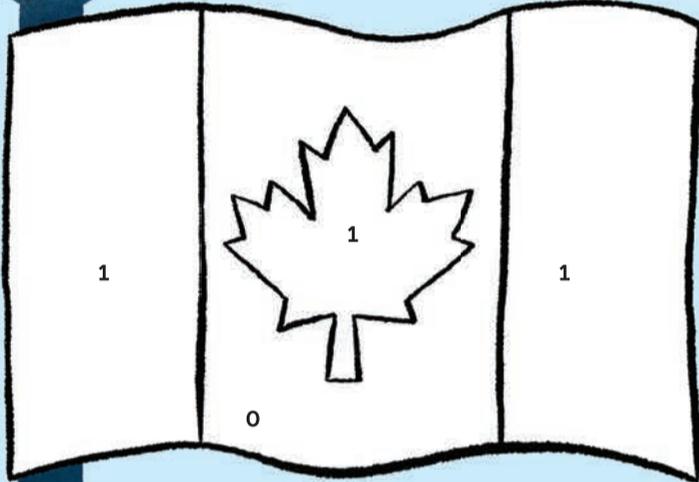


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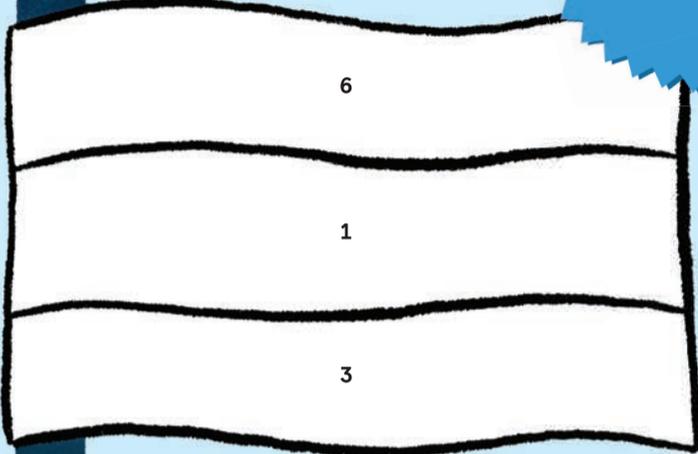


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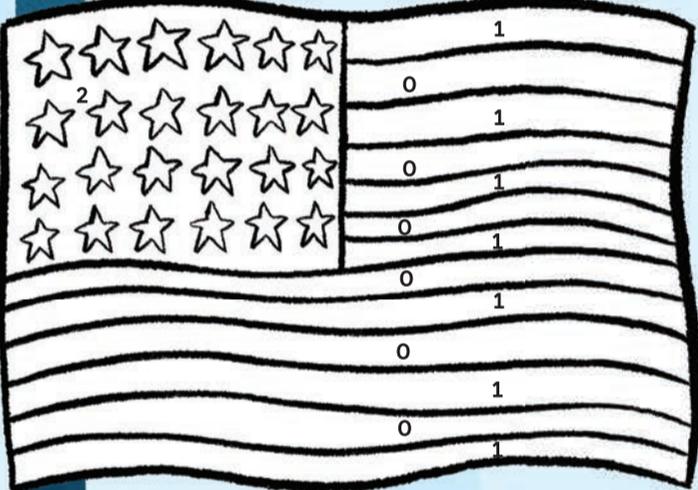
**Did you know?**  
 There are over 200 countries competing in the Paris Olympics this summer!



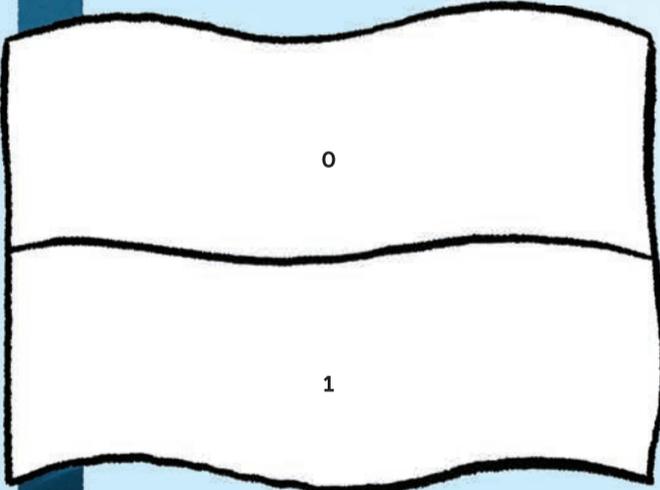
This flag belongs to...



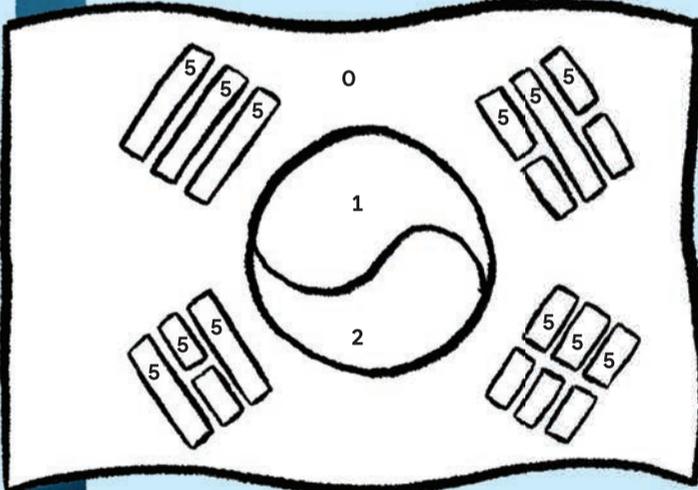
This flag belongs to...



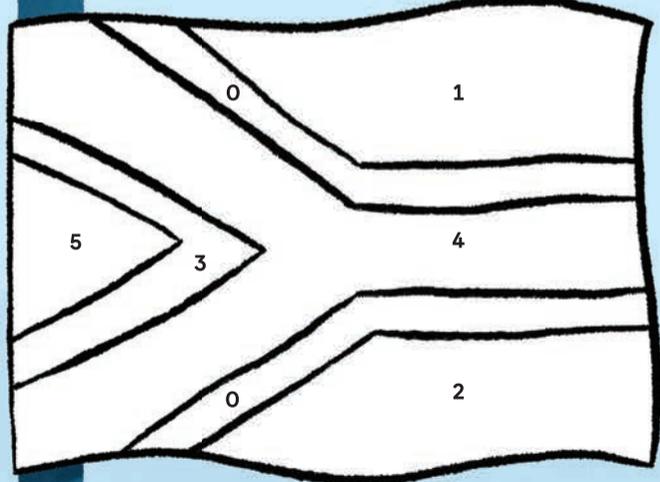
This flag belongs to...



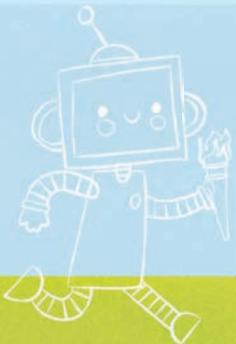
This flag belongs to...



This flag belongs to...



This flag belongs to...



# Sporty Science



Hi friends! We're the BrainBots—Nellie, Buzz and Gibbs. Our job is to gather knowledge and upload it to the cloud. Can you help us? Try these two fun experiments at home...

## Fast or friction?

Does the type of ground you run on make you faster or slower?

### You'll need:

- A measuring tape
- Two objects to mark the start and finish
- A stopwatch (ask a grown up if they have one on their phone)

**1** Grab two objects to set a start point and end point. You'll need to make sure this distance is the same throughout the entire experiment.

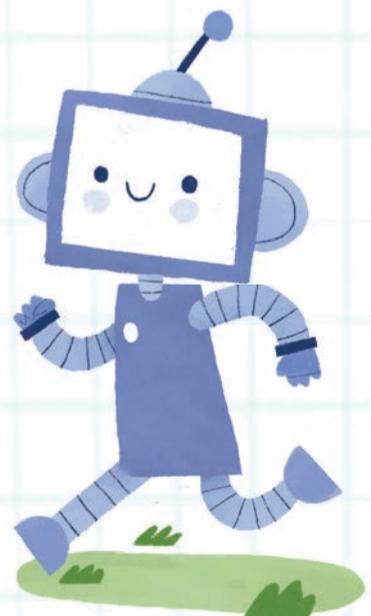


**2** Pick at least two different surfaces to run on. For example:

- Pavement
- Grass
- Sand
- Leaves
- Mud
- Stones
- Shallow water



**3** Using a stopwatch, ask an adult or friend to time how long it takes you to run between the start and end point on each surface. Jot your times down and see how (or if) they change.



## Notes

How did the times change between each surface? What did you notice?

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# The great gravity race

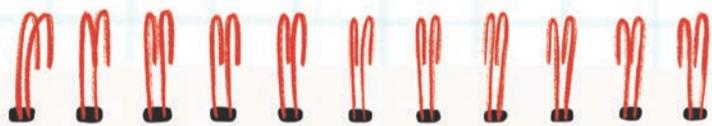
If you dropped a tennis ball and a basketball from the same height, which one do you think would reach the ground first?



## You'll need:

- Something to stand on
- At least one other person
- And at least two balls at different weights and sizes

**1** Find somewhere you can stand above the ground. Like, on a chair, or the wall in your garden (make sure to have an adult with you, for safety).



## Notes

Which ball landed first? The biggest one? The heaviest one? You might be surprised.

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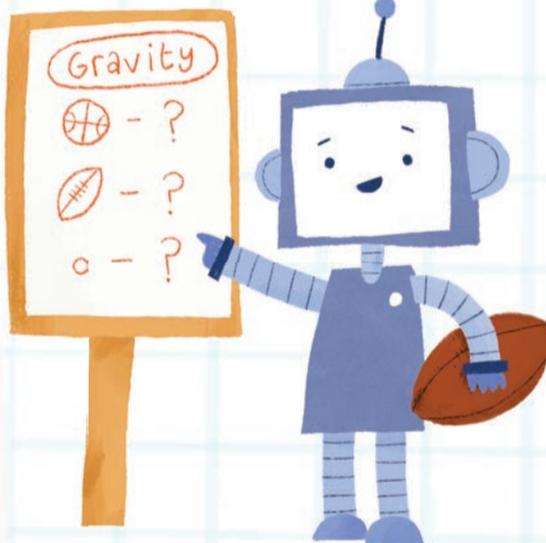
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**2** Everyone chooses one ball.

**3** Before you start, jot down which ball you think will hit the ground first.



**4** Stand up on your chair or platform. Holding the ball, put your arms out in front of you. Then, on the count of three, open your hands and let the ball drop.

# Energy Booster Bars

Ask an  
adult for  
help

Athletes need all the energy they can get. These fibre-rich bars are packed with delicious, nutritious ingredients that keep you moving all day!



## You'll need:

- 220 grams (2 cups) of **rolled oats**
- 270 grams (1 cup) of smooth **peanut butter** (or any nut or seed butter)
- 85 grams ( $\frac{1}{4}$  cup) of **runny honey** (or golden syrup, agave etc)
- 2 tablespoons of **chia seeds**
- 2 tablespoons of **ground flaxseed**
- 1 teaspoon of **vanilla extract**
- A pinch of **salt**
- 1 big mixing bowl and a spoon
- A baking tray, lined with greaseproof paper

## Pick n' mix your flavours:

- Desiccated coconut**
- Dried fruit** (e.g. raisins, apricots, sultanas)
- Chocolate chips**
- Pumpkin seeds**
- Cinnamon**
- Chopped nuts** (e.g. hazelnuts, almonds, walnuts)



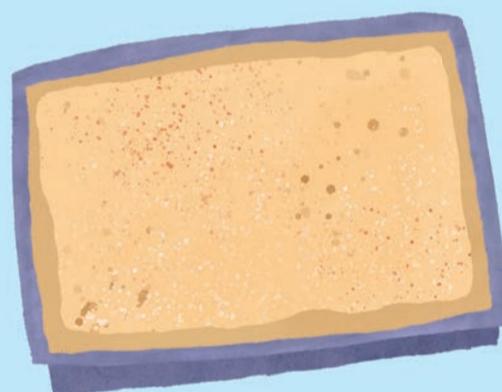
**1** Put the **oats, peanut butter, honey, chia seeds, flaxseed, vanilla extract** and **salt** into a bowl and give them a good mix.



**2** Next, fold in your **pick n' mix flavours**. Top tip: Start with just a tablespoon of each, then build up if you want more.



**3** Take that gloriously sticky mixture and put it in a tray lined with greaseproof paper.



**4** Pop the mixture in the freezer for 25-30 minutes.



**5** Take the mixture out of the tray and cut it into bars with a sharp knife (a grown up will help you with this bit).

**6** Enjoy! These energy-boosters will keep in the fridge for 3-4 days.



# Kangaroo's Warm up

Jumping Joeys! I have lots of energy today. You too? Let's move together!

## 1 Wake up, shake up 10 seconds

Run on the spot, and shake your head, your arms and your hips at the same time.



## 2 Triple jump 10 reps

Take two hops on one leg, three skips forward and then one big jump backwards.



## 3 Stretch up high 10 reps

Stand with your legs wide. Bend down and touch your toes, then stretch up hiiiggghhhh, feel super flyyy!



## 4 Ladder climbs 10 reps

Pretend you've got a ladder in front of you. Move the opposite arm and leg up and down like you're climbing.



## 5 Sunflowers 10 reps

Lie down on the floor like a seed under the ground, then stand up as fast as you can and clap your hands in the air. You should look like a big, tall sunflower!



# Polar Bear's Wind down



Stretching helps your body and mind relax. Find a comfy spot and let's get started.

## 1 Wave to the stars 10 seconds

Sit on the floor with your legs crossed. Stretch your arms up high and give the stars a little wave.



## 2 Rainbows 10 reps

Still sitting on the floor with your legs crossed, put your hands in the air again. Then bend to each side, like a big colourful rainbow.



## 3 Floor folds 10 reps

Stay seated and put your legs out straight in front of you. Now, reach out and try to touch your toes.



## 4 Rocking boat 10 seconds

Lie on your back and hug your knees to your chest. Now rock from side to side, like you're a boat bobbing on the water.



## 5 Scrunch & stretch 10 reps

Lying on your back, bring up your arms and legs to turn your body into a ball. Then scrunch everything tight (even your face). Hold for a couple of seconds, before letting go and stretching out as long as you can.



**Top tip:** Remember to move slowly, to really feel that stretch. You could try counting slowly to three during every rep.



# Make Your Own

## “Let’s Move” Yoto Card

What if you were in charge of a workout?

Which exercises would you do?

Here’s how you can make your very own “Let’s Move” Yoto Card.



### You’ll need:

- A grown up’s phone to record your exercises in the Yoto App
- A blank “Make Your Own” card
- Your Yoto Player
- Some scissors and glue or sticky tape

Ask an adult for help



### ↑ Pick six moves:

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Star jumps        | <input type="checkbox"/> Frog jumps   |
| <input type="checkbox"/> Touch your toes   | <input type="checkbox"/> Super squats |
| <input type="checkbox"/> Run on the spot   | <input type="checkbox"/> Hip circles  |
| <input type="checkbox"/> Hop on one leg    | <input type="checkbox"/> High kicks   |
| <input type="checkbox"/> High knee marches | <input type="checkbox"/> Side steps   |
| <input type="checkbox"/> Side bends        | <input type="checkbox"/> Shake it off |



## 2 Record your workout



Ask a grown-up to help you record your exercises in the Yoto app. It could go a little something like this:

“For exercise one, we’re doing ten star jumps. 10 [jump], 9 [jump], 8 [jump]”



## 3 Customise your own “Let’s Move” Card

Carefully cut out your chosen design and stick it to your new Make Your Own card. You now have your own workout card-cool!



# Spot the Difference

Can you find the seven differences between these two scenes? Circle them when you do.



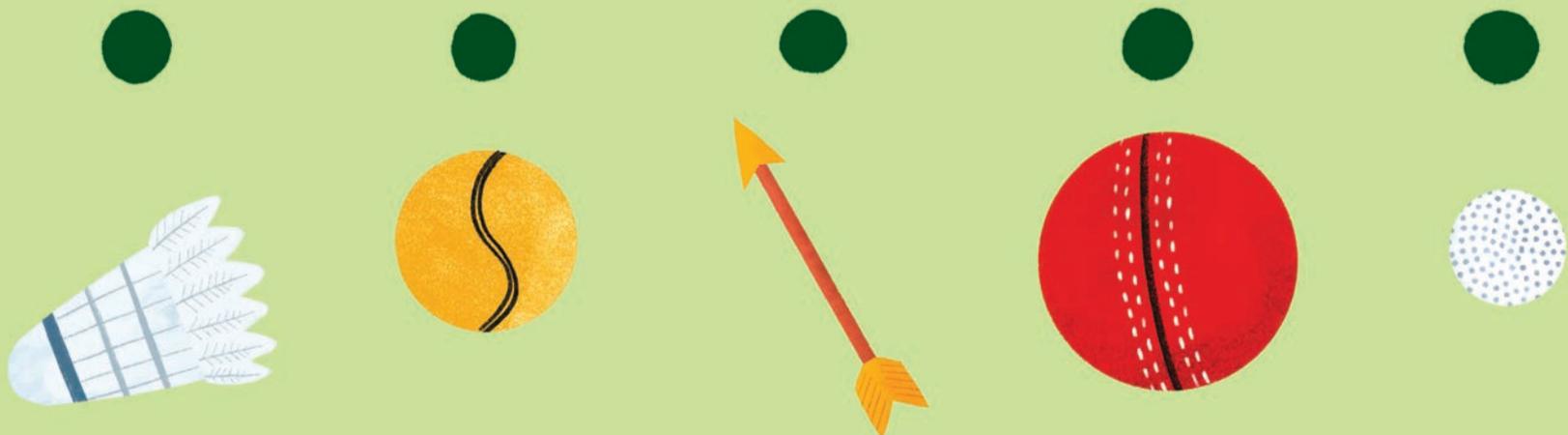
**Did you know?**  
 The first Olympic Games took place in 776BC as part of an Ancient Greek festival, celebrating Zeus, the Greek God of sky and weather.

- Psst, here are the answers! In the second scene...
1. Monkey's tail goes missing
  2. Leopard loses his spots
  3. Snail disappears
  4. The photograph is different
  5. Seal has her eyes closed
  6. Kangaroo's bag is pink
  7. There's a dog flying the plane!

# Game, set, match!



Which sports do each of these athletes play? Draw a line to match them to the correct ball (or arrow, or shuttlecock).



# Brain Exercises

Solve these mind-boggling, brow-furrowing, head-scratching puzzles to keep your brain healthy and strong.

## Word search



Draw a line around these words when you find them in the goal!

- Medal
- Sport
- Games
- Fast
- Winner
- Podium
- Torch
- Team



## Magic 10

Yoto Daily listeners, you know the score. Come up with 10 words related to the theme of...

### Football

# Word search

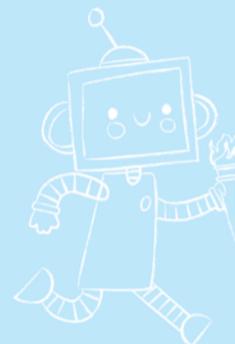
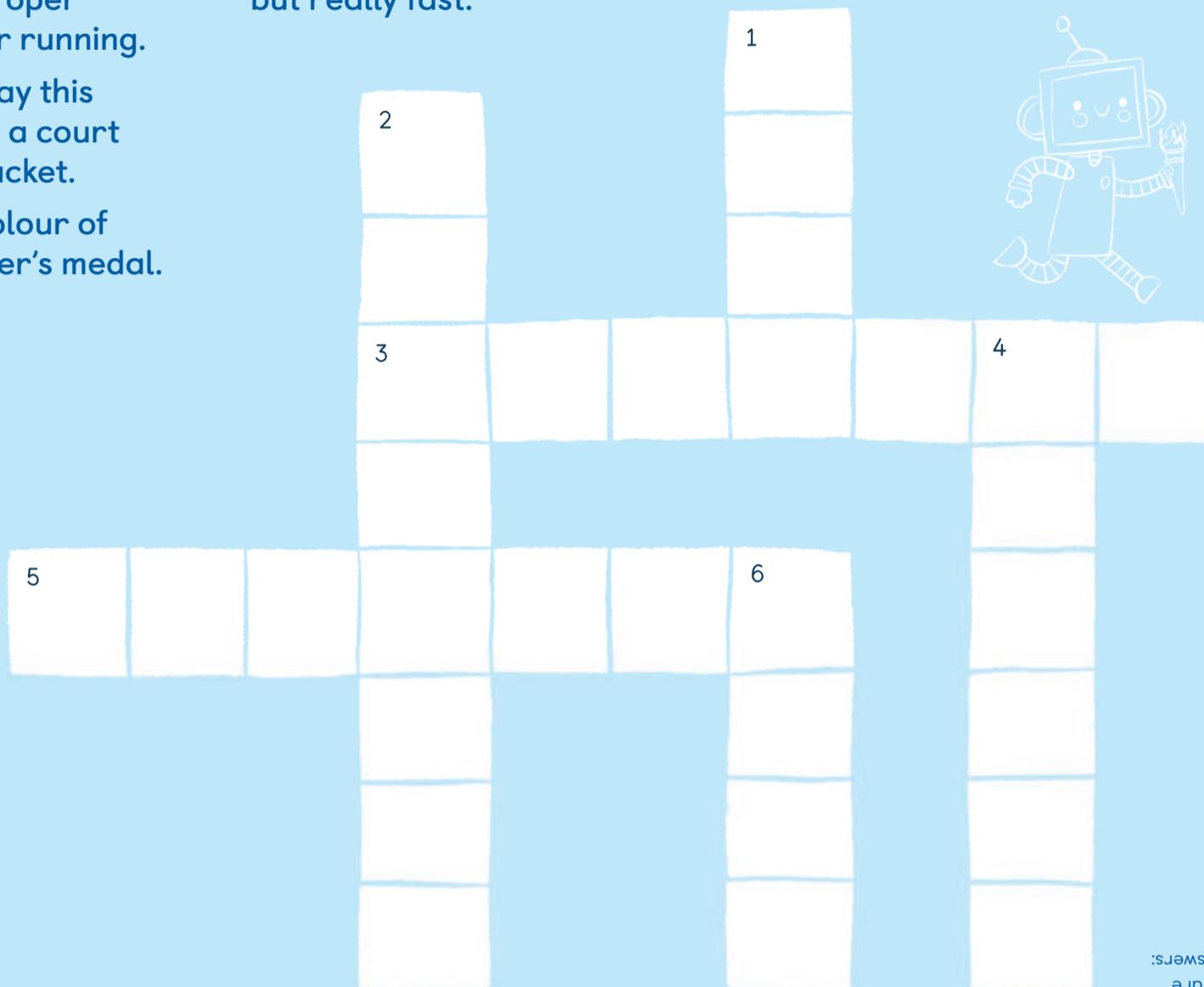


Down:

1. Something you can throw, kick and catch.
2. The proper shoes for running.
4. You play this game on a court with a racket.
6. The colour of the winner's medal.

Across:

3. A professional sportsperson.
5. Like walking, but really fast.



No peeking! Here are the crossword answers:

- Down:  
1. Ball  
2. Trainers  
4. Tennis  
6. Gold
- Across:  
3. Athlete  
5. Running

## Odd one out

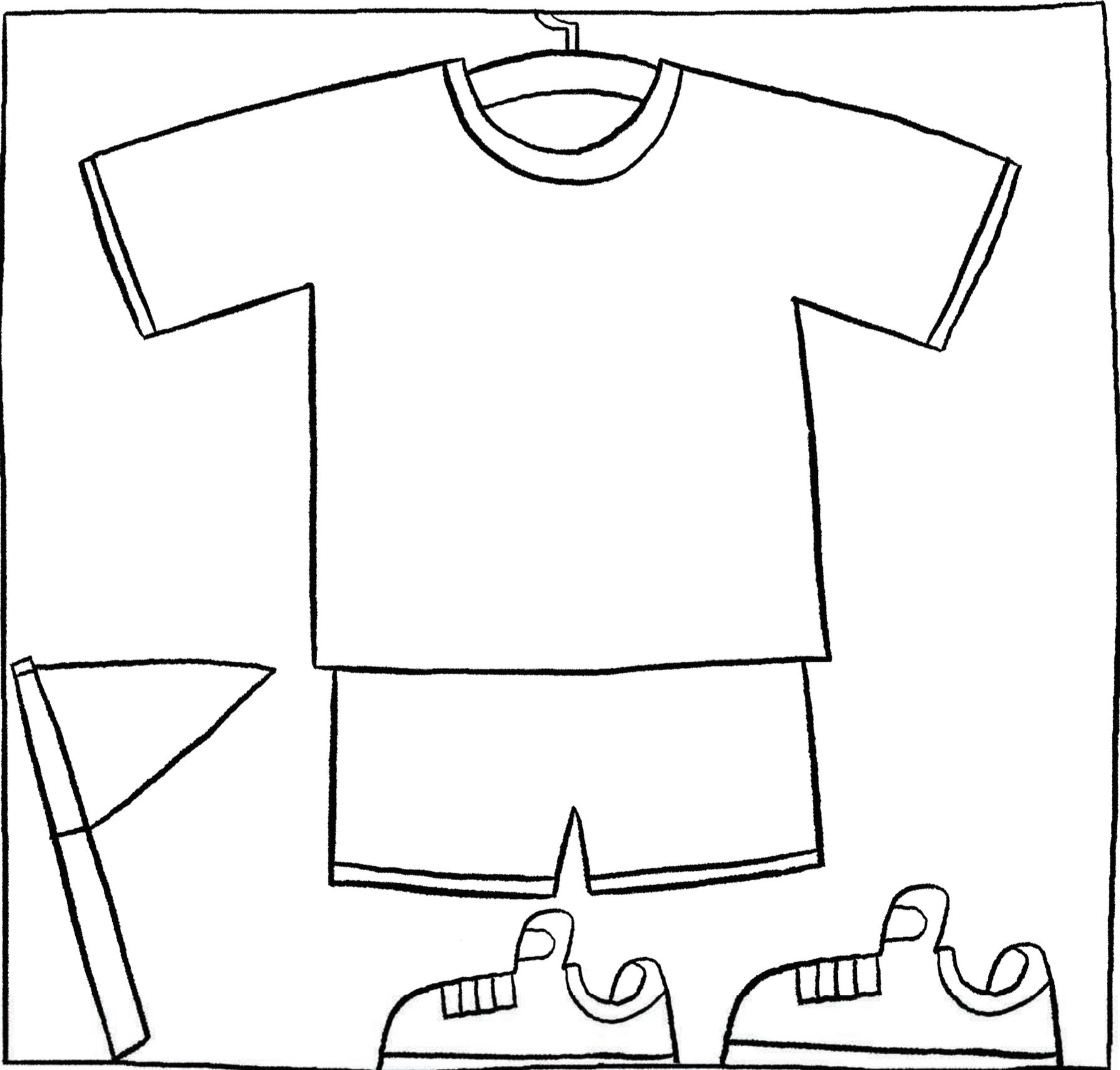
Hmmm something's not right. Can you find the one that isn't like the others?





# Design Your Own Team Kit

If you had your own sports team, what would your kit look like?  
Grab some pencils and get creative.



Team name: ..... Artist name: .....

# Rib-ticklers, gut-busters and side-splitters



Which exercise do swimmers do in the gym?

Pool npsi

Which insects aren't good at basketball?

Fumble bees!

How do fireflies start a race?

On your mark, get set... GLOW!

What's a banana's best gymnastics move?

The splits!

Can a kangaroo jump higher than a house?

Of course, houses can't jump!

Why did the jungle cat get disqualified from the game?

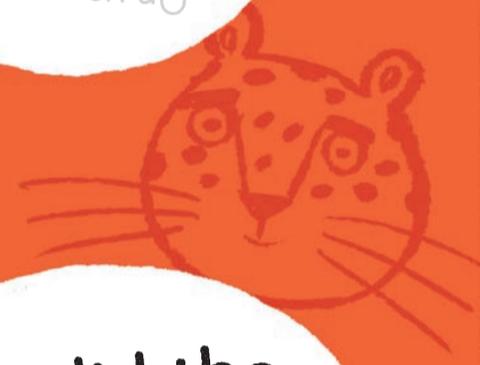
Because it was a cheetah!

What kind of tea do footballers drink?

Penal-tea!

What's the best part of a boxer's joke?

The punchline!





Kindness  
always  
**WINS**

yoto