



Did you know?

A bee visits 50 – 100 flowers during a collection trip. Honey has always been thought of as medicine to help conditions such as sore throats, skin and digestive disorders and hay fever.



Honey scones

115g plain wholemeal flour
115g plain white flour
2 tsp baking powder
pinch salt
85g butter, softened
1 TBS soft light brown sugar
2 TBS clear liquid honey
100-125ml milk



Preheat the oven to 200°C/400°F/ gas mark 6.

Butter a baking sheet.

Sift the flours into a bowl.

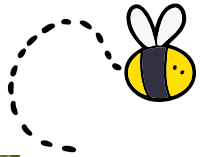
Whisk in the baking powder and salt. Rub in the butter with your fingertips until the mixture resembles fine bread crumbs. Stir in the brown sugar. Stir together the honey and milk until the honey is dissolved. Add enough of the liquid mixture to the dry mixture to make a soft dough, reserving some for glazing. Shape into a 7 inch flat round on the prepared baking sheet. Lightly score into 8 wedges with a sharp knife.

Bake for 15 to 20 minutes. Remove from the oven and brush the remaining milk/honey mixture on top.

Return to the oven and bake for a further 5 to 10 minutes, until golden. Remove from the oven, break into wedges and serve warm with butter.

Yoga # 4

Humming breath



How to do this Yoga breath:

- Sit tall
- Gently cover your eyes with your fingers and your ears with your thumbs (to block out all the outside sounds).
- Breath in a big breath through your nose, keep your lips gently closed, and then let all the air out with a “humming” sound or you could buzz like a bee.

Benefits:

Deeply relaxing and fun to pretend to be a bee.

Always make sure nothing is hurting when you are doing a yoga pose and never hold your breath when doing yoga breathing. If you are unsure if yoga is suitable for yourself or your child, always check with your GP first..

Bee crafty!

- Alder cones (or pine)
- Plastic bag (cut out a small semi-circle)
- Yellow wool
- Scissors



Wrap the wool tightly around your cone. Towards the end of the wool, tie a semi circle of plastic. Continue wrapping and tuck the end inside the cone. Add an extra piece of wool to hang your bee so it looks like it's flying!



Share photos of your creations on our facebook page.
We'd love to see them!

