

## How to...



# Make a banana yoghurt milkshake

### What you need

- 2 bananas
- 100ml milk
- 250g natural yoghurt
- 2 teaspoons honey
- 1 teaspoon cinnamon powder
- Knife
- Blender
- 2 glasses

### Instructions

Begin by peeling the bananas and cutting them into slices. Put all the ingredients (apart from a pinch of the cinnamon) into a blender and blend on "high" until the mixture is creamy and smooth. Pour the milkshake into two glasses and sprinkle a pinch of cinnamon on each. Now sit back, relax and enjoy your creamy shake.



### SHAKE IT UP!

The Guinness World Record for the largest milkshake ever was awarded to a 22,700-litre vanilla and chocolate syrup shake, made in New York, US, on 1 August 2000.

### WARNING!

Ask a parent or guardian's permission before using a blender.

# Organise your sock drawer

### What you need

- Clean socks
- A drawer

### Instructions

Start by putting all your socks in a pile on the floor, then match each sock with its twin. Place one sock of each pair on top of the other. Now, take one pair and roll it up – the picture below shows what it should look like. Once you've rolled all your socks, put them inside your drawer in neat rows. If you want to be super-organised, you could try arranging them by colour or pattern – for example, so that all the white socks are together.



# Build a harmonica

### What you need

- 2 wooden lolly sticks
- 5 elastic bands

### Instructions

Start with one lolly stick and two elastic bands. Wrap an elastic band around each end of the stick. Next, loop another elastic band along the length of the same stick. You should now have one stick with three bands on it – one at each end and one running down the middle. Place the other lolly stick on top of this one, then wrap an elastic band around each end to hold them together. To play your harmonica, simply squeeze down on each end and blow through the sticks.



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