



<https://www.quakeroats.com/>

[The difference between porridge and oatmeal](#)

Take & Make: Post videos. Distribute kits to make oatmeal playdough, spa item(s) or baking recipes.

Children

Read:

Foster, Jeannette, (2016), *The Oatmeal Boy*, P & J Avenue, 978-06927425

Lis, Jan, (2020), *I Hate Oatmeal!*, Elk Lake Publishing, 978-1649490520

McDonald, Alan, (2015), *The Magic Porridge Pot (First Favourite Tales)*, Penguin House, 978-1409309543 <https://youtu.be/5gleDVbPFww>

Others: Any Goldilocks and the Three Bears tale

Song/Game: *Pease Porridge Hot*

Pease (clap hands to thighs) porridge (clap own hands together) hot (clap friend's hands),

pease (clap hands to thighs) porridge (clap own hands together) cold (clap friend's hands),

Pease (clap hands to thighs) porridge (clap own hands together) in the (clap right hands only) pot (clap own hands),

nine (clap left hands only) days (clap own hands) old (clap partner's hands).

<https://youtu.be/PTX282oBw6I>

Activity/Role & Sensory Play: *Porridge Oats Playdough*

<https://theimaginationtree.com/porridge-oats-playdough/>

Teen/Adult

DIY Spa with Oatmeal:

SiO Beauty 6 DIY Oatmeal Face Masks:

<https://www.siobeauty.com/blogs/news/oatmeal-face-masks>

Countryside How to Make Oatmeal

Soap: <https://iamcountryside.com/soapmaking/oatmeal-soap-techniques/>

Rubies & Radishes DIY Oatmeal Bath:

<http://www.rubiesandrishes.com/2019/05/03/diy-oatmeal-bath/>

Nailpro Relax Your Tired Feet:

<https://www.nailpro.com/health/article/21158327/relax-tired-feet-with-this-lavender-oatmeal-bath-recipe>

Baking with Oatmeal:

Food Network 50 Things to make with oats:

<https://www.foodnetwork.com/recipes/articles/50-things-to-make-with-oats>

Taste of Home 30 Oatmeal Cookie Recipes:

<https://www.tasteofhome.com/collection/oatmeal-cookie-recipes/>

Fit Foodie Finds 25 Healthy Baked Oatmeal Recipes:

<https://fitfoodiefinds.com/25-healthy-baked-oatmeal-recipes/>