

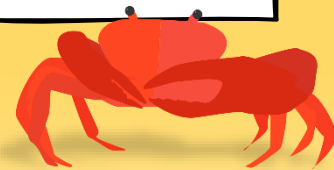


SUMMER CHALLENGE

| SELF-Care CORNER | CraFTERNOON | MaKe it rHYMe |
|---|--|--|
| <p>Write down three activities or actions here that make you feel good!</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Hint: Reading a book? Writing in a diary? Dancing? Taking deep breaths? Washing your face?</p> <p>Now, make a 'self-care schedule' for next week. Include one of the actions you wrote above at the same time every day for a week. How do you feel after 7 days?</p> | <p>Enjoy a <i>craft</i>-ernoon outdoors!</p> <p>Your task: make a sculpture of something man-made using <i>only</i> objects you can find in nature. It's up to you what you make. How about a robot, car or building? Use natural materials you can find near home to make it. You could use sticks, stones, thick grass, petals, empty shells, mud or leaves. Remember to wear gloves and don't disturb any wildlife!</p> | <p>A fun game for 2 or more players!</p> <p>How to play: Player 1 picks a word (short is best) and says the word to player 2. Now, player 2 must say a different word that rhymes with the first as quickly as they can. Take turns to rhyme until a player can't think of a rhyming word. Now, work together to try and remember all the rhyming words you used and make a poem with them all. Why not display your poem on your window for others to enjoy?</p> |
| FIND a READING NOOK | WaTch it gROW | Creative CHaracter |
| <p>Find 3 comfy spaces to sit and enjoy reading or listening to an audiobook. Your spaces could be indoors or outdoors. Make sure they're safe, comfy and quiet so you can enjoy reading or listening to your chosen book, audiobook or comic. How do you feel after spending some time enjoying a book in your comfy spaces? Which was your favourite and why?</p> | <p>Try re-growing spring onion scraps!</p> <p>You'll need: A clear jar/pot, one or more spring onions, water. Cut off 1cm from the bottom of a spring onion (eat the rest). Put this in the jar with the roots at the bottom. Add some water to the jar, leave the top of your onion above the water. Watch your onions grow! Change the water daily. Draw a scientific log of how the plant develops. You can repeat this experiment by cutting off the green parts (eat these).</p> | <p>Create a dynamic lead character for a comic book or film.</p> <p>Decide on your character's 3 most important personality traits. Are they fun, silly, mean, friendly, clever or charming? Now, write or draw a comic strip about your character that shows off these traits! How can you use words and pictures to help the audience understand the character's personality?</p> |
| NAture INSPector | MaKe a rAIN STICK | PULL SOME SHAPES |
| <p>The nature on our doorsteps can be strange and fascinating; we want you to play the role of a nature inspector. Take a walk near your home or in the garden. Your mission is to look closely and inspect 5 unusual things you see in nature, e.g. animals, plants, patterns or shapes. Document your strange findings with photos, pictures or writing. After your walk, do some investigation work online or in books to see if you can find out how these strange things came to happen in nature.</p> | <p>You'll need: hollow cardboard rolls, tape, foil, some small/hard objects like dry rice or small beads.</p> <ol style="list-style-type: none"> 1. Make some foil into a long spiral shape and add it to the tube. 2. Tape one end of the tube and add your rice or beads. 3. Tape the other end so both ends are secure. Now move your rain stick around and notice the sound. Have you created a shower or a downpour? Can you change the sound with the spiral, beads or tube? | <p>Stretching can help wake up our muscles and help keep us healthy and happy! How many shapes can you make by stretching your body? Get creative - can you try to make a circle, a triangle, or even a pentagon? Try to make 5 different shapes, and then make a stretching routine with the shapes you make. Can you do it every day for a week?</p> <p>Hint: it's important to listen to your body, if a stretch feels sore or uncomfortable, stop and take a break.</p> |



We Love to Hear From you,
Why Not get in touch?



www.childrensuniversity.scot/get-in-touch

Write to us at: Children's University Scotland, 44 King Street, Stirling, FK8 1AY

| Memory Hack | Gratitude Box | Share a Story |
|--|--|---|
| <p>Use a catchy tune to help you remember some new information.</p> <p>Step 1: Think of a memorable tune you just can't get out of your head.</p> <p>Step 2: Find out 3 greetings in a different language that you don't already know. Use an online search engine, language learning book or ask a family member or friend.</p> <p>Step 3: Now, fit the three new greetings into the tune of your chosen song. Practice until you can remember all 3 greetings off by heart! Can you add more words to your tune to help you remember?</p> | <p>Make a gratitude box. You could use a recycled cardboard box or make your own. Decorate your box however you like! Fill it with a few items which remind you of people, places and things you feel grateful for. Your box might contain some photos, a picture someone drew, a card, note, film, ticket or even a natural object. Your box is unique to you! Check your gratitude box whenever you want a reminder of things that help you feel positive.</p> | <p>Connect with a family member or friend who lives outside your home about their favourite stories to read, listen to or watch on TV. Find out the genres, styles and characters they enjoy the most. Make a note of the information you've learned.</p> <p>Using your notes, make up a story you think this person will enjoy. Find a way to share your story, e.g. write it in a letter or email or film a short and send it to them.</p> <p>Now, talk to them about the kind of stories you enjoy and ask them to make up a story for you.</p> |
| You've got Mail! | Build a Fort | Make a Lava Lamp |
| <p>Make a colourful and creative postcard! Use clean, recycled materials if you can. Create an eye-catching design on one side, with space for a message, postal address and stamp on the other side. Write a message on the back for a friend or family member and post it to them. Let them know you're thinking about them, and tell them what you've been doing, thinking and learning about. Don't forget to ask them to write back soon!</p> | <p>A fortification (fort) is a protective wall or building used to keep safe what's inside. In the past, forts often protected castles or important people like kings and queens. Build your own fort indoors or outdoors, using any materials you like. How does your fort protect what's inside? Can you think of any ways you could make your fort even better? Hint: you can learn about some of the features and uses of historical forts online or in books.</p> | <p>You'll need: a tall container (e.g. a tall glass or plastic bottle), another plastic container, vegetable oil, water, food colouring, vinegar, bicarbonate of soda.</p> <p>1. Add 3 tablespoons of bicarbonate of soda to your tall container. Then, add cooking oil until the container is $\frac{3}{4}$ full. 2. In the other container, mix some vinegar with 3 drops of food colouring. 3. Now, add a few drops of the vinegar/food colouring mix to the tall container. Sit back and watch what happens! Do you know why the liquids behave in this way?</p> |

USEFUL LINKS

Self-care ideas:

young.scot/campaigns/Renfrewshire/health/five-self-care-tips

Make a rain stick (and other percussion instruments):

youtube.com/watch?v=ZJk1h7uUAvo

Make a box from old magazines:

youtube.com/watch?v=SFfoEEYkOOK

Re-grow spring onions in water:

thegardeningcook.com/regrow-spring-onions/

Discover Scotland's largest fort:

historicenscotland.scot/visit-a-place/places/fort-george/history/

Logging your credits

1. Take part outside of normal lesson time. This can be weekends, evenings, holidays or breaks between lessons.

2. Log your credit on Aspire at www.CUS-Aspire.com. (Check out our video if you need help using Aspire: vimeo.com/322788423)

3. Share your stories with us, we love to hear how you're getting on with our challenges! Email us: contactus@childrensuniversity.scot or write to us: Children's University Scotland, 44 King Street, Stirling, FK8 1AY (we'll get back to you as soon as we can).

