

# JOURNEYS AND QUESTS

Welcome to Holiday Heroes!

This week is **Journey and Quests** week.

Discover five fun activities below...

How many can you complete over summer?

## ACTIVITY 1

### Welcome refugees!

Over half of all refugees in the world are children. Write a letter or postcard for a child refugee arriving in your neighbourhood. What can you tell them to help them feel safe and welcome?

You will need: pen and paper

## ACTIVITY 2

### Leaf hunter

Head outside on a quest to find as many types of tree as you can. Collect a leaf from each tree and stick them down in a colourful scrapbook. Which leaf is your favourite and why?

You will need: Leaves, glue, paper

## ACTIVITY 3

### Pavement a-maze-ment

Design your own maze! Use a piece of chalk to draw it out on the pavement somewhere safe. Make sure there is only one way to the centre of the maze. Include lots of dead ends to trick people!

You will need: Chalk, pavement space

## ACTIVITY 4

### Bridge Crossing

On your imaginary journey you reach a river. Design a bridge to let you cross it! You could use card, lolly sticks, twigs - whatever you can find. Test your bridge out - does it hold weight?

You will need: Objects from around the house

## Collect your credits!

Claim 1 credit for each activity you do. Log the activity on Aspire to unlock your credit!

[www.cus-aspire.com](http://www.cus-aspire.com)

(You can only log each activity once.)

## ACTIVITY 5

### Epic quest

Dream up your own epic quest! Will you travel to outer space, into the Arctic or to the centre of the Earth? Pick 10 items to take with you. Draw a suitcase with them inside. How will each item help?

You will need: Pen and paper, colouring pencils

FIND MORE **FREE** ACTIVITIES AT:

[www.childrensuniversity.scot](http://www.childrensuniversity.scot)

GET IN TOUCH:

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