

SCIENCE OF YOU

Welcome to Holiday Heroes! This week is **Human Body** week. Discover five fabulous activities below... How many can you complete over autumn?

Collect your credits!
 You can claim 1 credit for each activity you do. Log the activity on Aspire to unlock your credit!
www.cus-aspire.com
 (You can only log each activity once.)

ACTIVITY 1

Crystal Ball

Imagine you can see humans 10,000 years into the future. What will the world be like? Do you think our bodies will adapt? Draw an image or write a story to show how we could change as a species.

You will need: imagination, pens/pencils, paper

ACTIVITY 2

Be your own canvas

Add hand sanitiser to a few small containers (one for each colour you want to make). Mix a few drops of food colouring for each colour. This is your body paint! Lay some protective paper or bags. Now paint yourself into a personal masterpiece!

You will need: hand sanitiser, food colour, paper/bags, soap (to wash the paint off)

ACTIVITY 3

Marvellous Me

Write a letter to your body to say 'thank you' for all it does for you. Can you find 3 kind things to say to your body? You might thank your brain for helping you imagine and remember, your lungs for helping your body function, or your muscles for helping you move.

You will need: Paper, pen or pencil

ACTIVITY 4

Sweet Experiment

Do we taste sweet things more if food is hot or cold? Cut a fruit into 4 bits. Freeze 1, put 1 in the fridge, keep 1 at room temperature and heat 1. Note down how sweet each piece tastes as you eat, then see if you spot a pattern.

Top tip: strawberries, grapes or bananas are good for this test.

ACTIVITY 5

Sleep Routine

Sleep is important to help our brains and bodies grow and repair. Write a sleep routine to help you get more shut-eye. Some ideas: make sure you're warm/cool enough, avoid screens in the evening, get some fresh air during the day.

You will need: paper, pencils or pens, time to think

FIND MORE **FREE** ACTIVITIES AT:
www.childrensuniversity.scot

GET IN TOUCH:

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