

## PLAY YOUR WAY

Welcome to Holiday Heroes!  
This week is all about *being playful*.  
How many of these activities can you complete over the holidays?

**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 1: ONE-LINE-WONDER

Create a scene on paper without your pen or pencil leaving the page! Draw something that tells a story using a single line. When you're happy with your single-line scene, you can complete or decorate it with pen, crayons or paints.

**You will need:** pen/pencil, paper, other art materials

### ACTIVITY 2: SILLY SOCKS

A game for 2+ players. How many unique items can each player fit in a single sock? The player who fits the most items in 5 minutes wins!

**You will need:** a sock for each player (roughly same size), 5 minute timer

### ACTIVITY 5: ARTY INVENTOR

Can you paint a picture without paints or brush? Let your imagination go wild! How about: food dye, water, crushed chalk, newspaper. For your 'brush': marble, all sides of a pencil, cardboard shapes, plastic bottle. If you're not sure something will work, try it!

**You will need:** A range of objects, some paper and pens

### ACTIVITY 3: FORGET-ME-NOT

Gather 10 random objects. Place them on the floor and cover them with a blanket or towel. Remove the cover for 1 minute and try to memorise all the items. Replace the cover. How many items do you remember?

**LEVEL UP:** Too easy? Add 5 objects.

**You will need:** 10 random objects, your amazing memory!

### ACTIVITY 4: FOLLOW YOUR NOSE

Go for a short walk. Pay attention to **smells** rather than sights. Smells change quicker than sights and everyone 'smells things differently'.

Create a unique 'scent map'. Use whatever you like to make your map, and include the date, time & location of significant smells.

**Top tip:** Take your time, don't rush!

**TIP:** Decide what you'll need before you set off on your ad-scent-ure!

FIND MORE **FREE** ACTIVITIES AT:

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

GET IN TOUCH:

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