

Children's University Summer Challenge!



Get positive!

Make a positivity jar! Decorate an old jar or container and get some paper and some pens. Think about things you like about yourself and things that make you happy. Write these on bits of paper to put in the jar and open when you need cheering up!

Get learning!

Find a poem that you like, it could be serious or silly! Then learn it off by heart. This means that you can remember it without having to read it. Once you have learnt it, why not perform it to your household!

Get creative!

Have a look in the mirror. Then, using paints, crayons or markers, create an artistic interpretation of your own face. This is called a self-portrait. Write a paragraph underneath your work about what makes you special.

Things to do this Summer!

Each activity is worth 1 credit. To get a stamp code for *Children's University Online* email contactus@childrensuniversity.co.uk with evidence - this could be a photograph, video, a work sheet, or writing about what you did! All activities require adult supervision. The supervising adult is expected to manage all activity risk.

Get cooking!

Use the BBC Goodfood website to find a simple recipe you could cook for your household using the ingredients you have at home.

<https://tinyurl.com/yck2ndn8>

Get outside!

Get outside and create a circuits training course! Circuit training is when different exercises or physical activities are performed one after the other. It's fun and a good way to exercise the whole body. Make a diagram of the exercises you choose.

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Get writing!

Think of a place you have visited or would like to visit. Design a tour guide about the destination. Your tour guide could include places to visit, things to do and local information. Make it as colourful as you can!

Get building!

Make a model of a building that you like. It could be a famous building like the Eifel Tower or a building in your town. Make it out of materials you have in your home like Lego, recycling or card!

Get dreaming!

Keep a dream journal for a week. Put a notebook and pencil by your bed and when you wake up in the morning write down anything you can remember about the dreams you had. Try and be as descriptive as possible.

Things to do this Summer!

Get moving!

It's time for a summer clean up party! Put your favourite songs on and tidy or reorganise your room. It's a great excuse to clean up before the summer holidays and sort through any toys and clothes you no longer use to donate to charity!

Get imaginative!

What is a comic? Find out by watching this short video from BBC Bitesize and watch artist Mollie Ray. Then make your own comic strip.

<https://tinyurl.com/4942u6kf>

Get scientific!

Have you heard the expression 'busy as a bee'? Research bees and make a poster telling people all the things that keep bees so busy and make them so important for the environment.