

26th April 2021 Some more learning activities for you to try below. As always, for Essex send evidence of completed challenges to admin@essexchildrensuniversity.co.uk and for Suffolk to manager@suffolkchildrensuniversity.co.uk The office is closed until Tuesday 4th May so there will be a delay in issuing learning stamps. Thank you for being so understanding.

Local Heroes

Put your research and design skills to good use. Imagine that your local town or city would like to build a new landmark to celebrate a local hero and you have been tasked with solving this problem.

1. Do some research to identify somebody to celebrate. They don't need to be a "celebrity" but somebody you think deserves recognition for what they do in their local community.
2. Why is this person worth celebrating?
3. Next, using junk model materials, create a miniature statue of this person.
4. Write a short article including your statue and explanation of why you chose this person to celebrate.

1.5 hours of CU Learning



Mindfulness Word Search

Dr Gareth Moore, Mindfulness Word Search

www.improvementzone.co.uk



Do you struggle to relax? It can be tricky when your mind is racing, so why not try a word search to help you exercise, sharpen, and focus your mind.

This puzzle will help you improve your memory and **vocabulary** as well as your overall mental **acuity**.

For any words **underlined in green**, we would like you to look up their meanings and write them out for us.

Words are written forwards, backwards, in any direction, including diagonally



Balance, Calmness, Composure, Contemplation, Contentment, Hush, Meditation, Peacefulness, Quietness, Reflection, Relaxation, Restfulness, Serenity, Stillness, Tranquillity, Undisturbed.

How many new words did you learn. Can you learn how to spell them all. Remember, practice makes progress!

1.5 hours of CU Learning for submission of completed word search, list of meanings, and explanation of how many words were new to the learner.