

February 2021: Challenge Sheet 1: We thought that we should mention that even if your child is not yet a member of the Children's University, they can complete the challenges and begin to accumulate their learning stamps towards their first Children's University Award. Email me if you'd like to know how to register your child whilst schools remain open but closed.

For Essex send evidence of completed challenges to admin@essexchildrensuniversity.co.uk and for Suffolk to manager@suffolkchildrensuniversity.co.uk

Left or Right?

Work out if you mostly use your right side, left side, or can you use both?

Set aside some time and try these activities with each side of your body:

- 1: Write your name
- 2: Kick a ball
- 3: Clean your teeth
- 4: Eat with a spoon
- 5: Brush your hair

6: Think of 4 more activities and try them out too, make a note of your ideas.

Now; try and write your name using both hands at the same time ... how do you get on?

Does practicing and training your brain make it easier?

Did you know there is a specific word for being able to use both hands equally well? Can you find out what it is?

1 hour of CU Learning on submission of findings

Brainy Breaths

Try some lion breaths! Sit comfortably. Take in a breath for 3 seconds then a breath out for 5 seconds, forcefully, making a loud `HA` sound at the end of your exhale. Relax your face as your breath in and repeat 3 times. Do this daily.

How does it feel?

30 minutes of CU Learning on submission of a weekly feelings log. Do you notice any change?



Chinese New Year – Year of the Ox

With thanks to our friends in CU Australasia for this one!

You might be asking yourself, why Chinese New Year Animals?

The lunar calendar that the Chinese New Year celebration follows is based on the 12 Chinese zodiac animals.

Zodiacs are an important part of Chinese culture.

Task 1: Find out which animal represents the time that you were born.

Task 2: Create an artwork on this theme and include some of the character traits of that animal.

1 hour of CU Learning for completion of this activity

Henry Fraser – Artist

Henry Fraser is an artist who is only able to paint by holding a paintbrush in his mouth.

Task 1

Find out more about Henry Fraser and write a short paragraph as if you were introducing Henry Fraser to your friends, explaining why Henry paints with his mouth and what you think about his style of art.

Task 2

Create your own Henry Fraser inspired artwork. Here's one Henry shared recently – what do you think of his talent?



1 hour of CU Learning on submission of your letter of introduction and your Henry Fraser inspired painting.