

January 2021: Challenge Sheet 1: As we start 2021 with a new lockdown, here are some ideas to keep your Children's University learners busy, learning and having fun at the same time. I'll be creating a challenge sheet every week and as always, once your CU Learner has completed their activity, send me the evidence by email and I will award Learning Credits electronically.

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

Drive in Movie



Find a big cardboard box and decorate it to look like a car. Think about the wheels, steering wheel, windows. Put a cushion inside, sit in front of your TV and enjoy your favourite film or TV show.

1 hour of CU Learning on submission of a picture of you attending your Drive in Movie

Dig in and Plant a Bulb



A way to cheer up January! Visit the RHS website for hints and tips on getting started

www.schoolgardening.rhs.org.uk

Take a weekly photo and keep a visual record of its growth!

1 hour of CU Learning on submission of the photo record

Make a Twig Star



Plenty of advice online, you tube and written instructions on how to Create a twig star!

1 hour of CU Learning for a picture of your star

Mud, mud, glorious mud!

There's plenty of mud around now that's for sure.

Let's explore what we can do with it.

Mud Painting: When you are out and about, collect as many different types of soil as you can. You'll be surprised how many you see when you look carefully.

When you get home, tape some paper to a plastic tray (something you won't mind getting a bit dirty).

CU Learners can mix their paint adding water to their mud collections. Let them experiment with the different consistencies.

Keep testing it on the paper until they are happy with their mud paint.

Paint away!

How many different colours can they make from the samples they have collected to create their own muddy palette.

1 hour of CU Learning on submission of their findings

Time to Relax

Taking time to relax is very important.

Encourage your CU Learners to keep a relaxation log for a week and to try some of these suggestions.

Encourage them to record how they felt before the activity and how they felt after.

Maybe start with a few minutes each day.

Bubble breaths: Imagine you are blowing the biggest bubble ever. Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. Do you feel better?

Push against a wall: A perfect way to get rid of stress. Find a wall, inside or outside. Push against that wall for 10 seconds. Imagine you are so strong you can push through it if you push hard enough. Repeat 3 times. When you do this your muscles contact and relax, releasing feel good hormones into the body.

Take a minute: Fill your mind with what is happening right now. What can I hear? What can I smell? What can I feel? What can I see? What can I taste?

1 hour of CU Learning on submission of a relaxation log