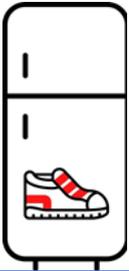


We have taken a slightly different approach to our bumper Spring Challenge.

We have set challenges which help our Children's University learners to better understand the skills they are developing a little more. Some of the challenges have a different format, but, of course, there are still plenty of the "old Style" challenges which we know learners really enjoy completing. As always completed challenges for Essex CU to

[admin@essexchildrensuniversity.co.uk](mailto:admin@essexchildrensuniversity.co.uk) and for Suffolk CU to

[manager@suffolkchildrensuniversity.co.uk](mailto:manager@suffolkchildrensuniversity.co.uk)



**Exercise Snacking:** Think of something that happens many times during the day in your house. It might be boiling the kettle, answering the door when the bell rings, opening the fridge, I am sure you can think of more. Each time this thing happens, challenge yourself and your family to have a quick "exercise snack". This could be 10 x star jumps, 5 x sit ups, whatever you fancy! Set yourself a goal of having 3 or more snacks a day for a week.

**1 Learning Stamp**



### Jigsaw Puzzle



Pull some cardboard out of the re-cycling pile and draw the template of a jigsaw puzzle on one side. On the other side draw a picture, including lots of different colours and images. Instead of drawing the picture, why not stick the page of a magazine on the cardboard instead.

Using the template drawn on the back, cut around your jigsaw puzzle pieces and set a member of your family the challenge to complete the puzzle. Can you make one that is more complicated as your confidence grows in your artistic abilities?

**1 Learning Stamp**

### Pebble Family Art



One of my very artistic friends made a picture of my family and our dogs out of pebbles.



Can you create your own pebble family art? Use my picture as inspiration, there's plenty of ideas online too.

**1 Learning Stamp**



### Let's be Mindful

Find a piece of paper and draw a swirly line, without taking your pencil off the page. Make it as complicated as you like (the more complicated, and swirly, the better we think).

Using different coloured pens/pencils/paints, create a pattern by filling in the different shapes you have created with your line drawing.

If you become easily distracted, pull your mind back to the piece of paper and the shapes you are creating.

You could fill in the pattern in different ways – Can't wait to see your works of art.

**1 Learning Stamp**

**Secret Mission:** Throughout the day make it your "secret" mission to show the people around you that you are really listening to them. Think about how you can use eye contact and your body language to show you are paying full attention to what they are saying. What questions can you ask to show you have understood what they have said or that you wish to find out more?



At the end of the day, talk with them about your mission. Did they notice you were listening carefully to them? How did your careful listening make them feel? Share your thoughts about what you noticed too.

**1 Learning Stamp**



**Positive or negative:**



**At the end of the day ask yourself – have more positive or more negative today? Share your thoughts with someone at home. Ask them how they have felt too? Can you come up with a plan of action so you tomorrow so you can both stay positive together?**

**1 Learning Stamp**

**Chocolate Truffles**

You will need: 300g of dark chocolate (70% cocoa is best)  
300 ml of double cream.  
50g of unsalted butter.  
Toppings to decorate (your choice for this bit of course)



1. Chop the chocolate and put into a large bowl.
2. Put the cream and butter into a saucepan and gently heat until the butter melts and the cream reaches simmering point.
3. Remove from the heat and pour over the chocolate.
4. Stir the chocolate and cream together until you have a smooth mixture.
5. Add any flavourings at this stage.
6. To shape the truffles coat your hands in flavourless oil (sunflower)
7. Roll the truffles between your palms
8. Dip into the toppings of your choice, making sure they are well covered.
9. If you would like to coat the truffles in chocolate melt some more chocolate and using a fork dip the truffles into the mix, covering as completely as possible.
10. Keep in the fridge until you are ready to use them.



Will you give your truffles as a gift?

Write a list of all the cooking measurements you can find, and their meanings (have a look in some cookery books. You can experiment with testing different measures if you fancy trying something a little different (don't change the measurements on the truffles).

**1 Learning Stamp**

**Voice Over:** Imagine you are providing the voice over for a documentary about life in your household. Go from room to room and talk about who and what is in the room as if you were the narrator of a television programme.

You might be able to record your ideas and play it back to other household members to make them smile.



**1 Learning Stamp**



**Self Portrait:** Find a photo of yourself and check that you have permission to cut it in half, vertically.

Stick half of your photo on a piece of white paper and then complete the other half of your portrait using any materials you like.



Pens, Crayons, fabric, wool, string ... be as creative as you like.

Experiment with colour, designs & ideas

**1 Learning Stamp**

**Your own town design**



Close to where I live there are lots of new houses being built and families with children, without children, older people, single people are moving in.

If you were designing a new city or town, what would you make sure was included so that every member of the community felt involved in the community where they living.

Think about the buildings; would you need laws, which shops would be on your list, what about outdoor space.

Which are the most important parts of a community you would build?

**1 Learning Stamp**



**Be Prepared:** Check the weather forecast for each day of this school holiday. Listen carefully. Make some notes on what you heard and share this with members of your family so that they can plan ahead and dress appropriately for the weather. Using the forecast, share with your family some ideas for activities you could do on each day.

Sunny					
Now	17	18	18-15	19	20
54°	54°	50°	Sunset	48°	46°
Wednesday	☁ 50%		52	36	
Thursday	☁		55	45	
Friday	☁ 90%		52	37	
Saturday	☁		50	43	
Sunday	☁		54	46	
Monday	☁		59	48	
Tuesday	☁		61	45	
Wednesday	☁ 50%		55	39	
Thursday	☁ 40%		52	39	

Today: Sunny currently. The high will be

Did the weather follow the line of what was predicted? You can find the forecast by watching the weather forecast on the television, an app on your phone or sometimes in the newspaper for the week.

**1 Learning Stamp**

**Countryside Savvy** One of my favourite programmes on the television is Countryfile. Maybe because we have all been stuck in so long. It covers a lot of topics, rural, agricultural, and environmental issues

There was an item this week about how people are exploring the countryside more and more but are not following something called The Countryside Code. The code was written to protect the countryside and explains that it is important to plan-ahead, stay safe, keep your dog under control and many other things.

Do some research on The Countryside Code and share your findings with some of your friends. You might design a poster, write an article for a magazine. Any articles you write we will share with the Essex Book Festival who are creating a Manifesto for Essex with environment at its heart.



**1 Learning Stamp**

I am looking forward to seeing the Challenge evidence drop into my inbox.

There may be a delay in awarding learning stamps as the office will be closed for two/three weeks from 8<sup>th</sup> April as I'm off for some surgery. There will be an emergency contact if needed for Children's University business.

Depending on how recovery goes I hope to be back in my chair by around the 1<sup>st</sup> May to start awarding learning credits and catching up with all.

Enjoy the Spring break and fingers crossed we see some beautiful blue skies and warmer weather.

If you're looking for extra ideas, it is always worth looking at the learning challenges suggested by other Children's University Managers across the UK.