

# Children's University Summer Challenge!



## Get drawing!

Learn and draw an ancient Egyptian god by following this tutorial by children's writer and illustrator Thiago de Moraes

<https://tinyurl.com/wxpd8c64>

## Get writing!

Write a haiku poem about summer. A haiku has three lines. There can be any number of words, but there must be 5 syllables in the first line, 7 syllables in the second line and 5 syllables in the third line

## Get curious!

Can you imagine what the world would be like without electricity? Write a letter to a friend describing what life is like without electricity, how would you cook your food and entertain yourself without TV or internet?

## 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](mailto: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 mindful!

Former girl band popstar, Frankie Bridge, Dr Alex and teenager Tilly discuss why it's important to speak up if you're feeling down. Watch the video and discuss the questions with your household

<https://tinyurl.com/d4cu6erc>



## Get active!

Our friends Active Leaders have created lots of Olympic themed activities for you to get involved with. Click the link below to take part

<https://tinyurl.com/ybc4wutj>

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## Get spotting!

Take part in the Great WWT Bug Hunt, your challenge is to find all 12 insects in your garden or an outside space and tick them off the list

<https://tinyurl.com/hahdhjnj>

## Get researching!

If you could pick a time in history to live in when would you choose? Perhaps the Elizabethan or the Viking age! Research your chosen period and write a diary entry describing what everyday life was like

## Get sketching!

Accept the sketching challenge and sketch 25 things you see in an outdoor space, these need to be quick sketches as you only have an hour to complete all 25!  
Good luck

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## Get mindful!

Dr Alex and Tilly look at the benefits of exercise on your physical and mental wellbeing. Watch the video and make a poster to show your understanding of the benefits of exercise on wellbeing

<https://tinyurl.com/2vw42ceu>



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<https://tinyurl.com/a24kxhd2>

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## Get informed!

Single use plastic (like plastic water bottles) cause a lot of pollution to our planet and oceans. Working together as a household, create a sheet showing how your household could use less plastic and recycle more

## Get scientific!

Make your own balloon rocket that will blast off across your living room or bedroom. Complete this experiment and discuss the questions listed with your household

<https://tinyurl.com/nvjrf4mw>

## Get cooking!

Make a rainbow fruit salad for you and your household using as many different coloured fruits as you can, if you don't have many fruits to choose from use what you have and then draw your dream fruit salad

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## Get mindful!

Dr Alex joins Braydon, 12, to find out how sleep affects your mood. What is good quality sleep and why can sleeping be difficult? Watch the video and discuss the questions underneath the with your household

<https://tinyurl.com/cb4n335x>



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<https://tinyurl.com/c2mbcczu>