

Family Learning Challenge

Week 4

Friday 17th April

This week's theme: Self Care

This week's challenges focus on looking after your own physical and mental health

How to take part:

Each Family Learning Challenge is a mini project full of fun, themed activity ideas for children to complete with their families. Each week the project will finish with a final challenge. We'd love for you to share your learning with us and your school community online and keep connected with others!

1.

Start by completing the starter activity below...

2.

Build your project by picking from some of the fun mini activities in the grid on the second page. You can do as many as you like to explore this week's theme!

3.

Complete the final Family Challenge on the third page and feel free to share it with the Children's University community online!

Make a start here!

*It is time to relax. Find a comfortable and quiet place in your house and watch this video **Peace Out Guided Meditation for Children: Superhero Flying***

<https://www.youtube.com/watch?v=pVKIZNCL5Ms>

Build Your Project

Now you've made a start, pick from some of the fun follow up activities below to explore this week's topic! Can you think of other great activities around this theme? Share them with our community!

Activity #1

Now is a great time to learn a new self-care skill. Ask an adult what skill they think you need to develop and work on it together.

Activity #2

Join in a Joe Wicks workout at 9am. You can find these on The Body Coach channel on YouTube <https://www.youtube.com/user/thebodycoach1>

Activity #3

Have a week of positivity. Before you go to sleep each night try to think of 3 positive things that happened to you and your family that day. Talk to each other about these things and why they made you feel good.

Activity #4

Have fun on your daily walk. You could maybe even use a scooter or a bike! If you are unable to go out then play some music and have a house disco.

Activity #5

Have a family film night and watch the film "Inside Out". Discuss all the emotions in the film. Try to tell a family member how you are feeling just now. You could do this in words or by using the characters in the film to draw a picture.

Activity #6

Can you help an adult prepare a healthy meal for your family? You could even offer to set the table! Enjoy eating the meal as a family and remember to help tidy up!

Family Challenge

Now you have taken part in some of the mini activities, time to complete your final mission...

Complete the **Family Challenge** below and share your completed challenge to with us.

Every entry we receive will be entered into our scrapbook each week and shared with the community who helped to create it online. Take up the challenge and get involved!

This week's challenge...

The Boy, the Mole, The Fox and The Horse

By Charlie Mackesy

Instructions:

1. If you already have this book then read it as a family. Discuss your favourite parts with reasons why you like them. If you do not have the book then you can listen to it being read on YouTube <https://www.youtube.com/watch?v=s4elUgwElcg>

2. Write your favourite quote and draw a picture or decorate the page. Put it somewhere you can see it. Share your creation with us!

Submit your challenge!

You can submit your challenge entry in the following ways:

Don't forget to include your name, age, and school. Ask an adult to help you.

1. Via Twitter

Tweet a picture of your work to [@ChildrenUniScot](https://twitter.com/ChildrenUniScot). Use the hashtags #FamilyLearningChallenge and #CUS. Don't forget to tag your school's twitter account too!

2. Via Email

Email your work to contactus@childrensuniversity.scot

3. Via Facebook

Send us a message on Facebook with a picture of your completed challenge. Our Facebook page can be found by searching for '[Children's University Scotland](https://www.facebook.com/ChildrensUniversityScotland)'.

Collect your credits!

If you have a Children's University *Aspire* account, you can collect **2 credits** for completing the Family Challenge!

Send us your entry first, and then log your credits online at www.cus-aspire.com.

Search for 'Family Learning Challenge' in the activity search to find the activity.

More activities are available at...

www.childrensuniversity.scot/cu-members/learning-at-home