

# Family Learning Challenge

Week 5

Friday 24th April

*This week's theme: Superhero Week*

*This week we celebrate the amazing work being done by everyday superheroes around the world!*

## 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!*

*Watch the video of William the Stay at home superhero*

<https://www.youtube.com/watch?v=QNH6ZkpZVb4>

*This video explains the important role that we all play in helping the world overcome the problem. Enjoy!*

# 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

There are so many wonderful people who are working super hard right now to keep us all safe and keep our society working. Think of an everyday superhero you know and make a short comic book strip to tell us about them

## Activity #2

Join the clap for heroes at 8pm on Thursday evening at your door or window. If that's too late for you ask someone to film you and share it with #ClapForCarers instead.

## Activity #3

Which type of everyday superhero could you be?  
 Write down three key strengths and skills you are going to work on to help you get there. Maybe it could be 'keeping calm in a crisis', or 'saying the right thing'.

## Activity #4

Being a Stay at home Superhero can be hard work. Can you find a quiet place that you can relax and read a superhero story?

## Activity #5

Design your own superhero! Make sure your superhero has four key things:

- A great outfit
- A cool name
- An amazing superpower
- A story about how they use their power for good

Can you think of the perfect super villain for your superhero to fight against?

## Activity #6

When we are being stay at home superheroes, it is important to stay in touch with our friends and family. Take some time to phone and chat to someone that you've not seen for a couple of weeks. This might be a friend from school or someone in your family. Tell them why staying at home is so important.

# 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 submit your completed challenge to Children's University Scotland.

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...*

## Write a thank you letter to a superhero you know!

### Instructions:

Think of somebody you know who is working hard right now during the pandemic to keep us all going. If you can't think of someone you know personally, then choose somebody you have seen on TV or who works nearby. Write them a letter by hand, thanking them for their work as an everyday superhero. Make sure you include some good news and hopeful ideas to help to cheer them up and help keep them going too.

### 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](mailto: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](http://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](http://www.childrensuniversity.scot/cu-members/learning-at-home)