

# Family Learning Challenge

**Week 9**

Friday 22<sup>nd</sup> May

***This week's theme: Life Skills***

***Have fun this week learning some essential life skills.***

## ***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 while schools are closed. Each week the project will finish with a final challenge, which you can submit to Children's University and to your school community online. Share your learning with the community and keep connected with others!*

**1.**

*Make a 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 when you're ready, and submit it to the Children's University community online!*

***Make a start here!***

*When you are learning skills it is important to be aware of any dangers or hazards. Can you think of potential hazards in the home? How would you make them safe? Try playing this game to learn more.*

<http://www.essex-fire.gov.uk/homesafety/>

# 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!

## Change the bedsheets

Try to take the duvet cover, pillowcases and under sheet off your bed. Put them in a neat pile. Can you try to put the new sheets on the bed? Ask an adult to show you what to do if you are unsure!

## Set the table

Try to set the table for your family to have a meal together. Make sure the cutlery and glasses are all in the correct place. If you have some napkins you could even look for interesting ways to fold them to make the table look pretty!

## Put on a washing

Sort your laundry into 3 bundles- lights, darks and whites. Ask an adult to help you put this in the washing machine so you can help to wash your own clothes.

## Hang the washing up to dry

Once your washing is finished, take it out of the washing machine with the help of an adult and then try to hang this either out on the line, on a clothes horse or over the radiator to dry. Can you fold them up and put them away?

## Make a sandwich

With the help of an adult, if required, make your own sandwich. What fillings will you include?  
Remember to tidy up after yourself!

## Wash the dishes or fill the dishwasher

With the help of an adult, can you help tidy your kitchen and either wash the dishes or put them in the dishwasher? Make sure you are careful and don't touch anything that is too sharp!

# 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...**

## Learn how to plan and prepare a family meal.

**Instructions:** Let's build on all the skills you have learned.

1. With an adult, agree on the meal you are going to prepare
2. Check that you have all the ingredients you need at home and prepare a shopping list for any items you need to buy.
3. Ready, steady, cook! Follow your recipe carefully. Get some help from an adult for this part too.
4. Help to tidy up

### 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.