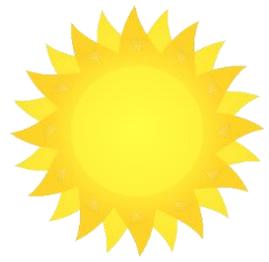


2021



CHILDREN'S UNIVERSITY SCOTLAND

SPRING CHALLENGE



1. Icy Science

Simple but surprising kitchen science!
You'll need: a bowl of cold water, ice cube, 20 cm sewing thread, salt.

1. Float the ice cube in the water.
2. Make a loop with one end of the thread. Lay the loop on the floating ice cube.
3. Sprinkle over a little of the salt.
4. Wait 60 seconds.
5. Lift the thread. The ice cube should lift too!

Try again without using any salt. What happens? Can you find out why?

2. Spring Games

Host an active spring games with at least 3 events. Use these ideas or make up your own games! **1. Hopping Olympics:** Lay some obstacles on the ground. Who can hop the course fastest? **2. Hoopla:** make some targets with different points values and see if you can reach them with a hoop. Tip: Make hoops from cereal boxes, shoelaces or an exercise hoop. **3. Long jump:** Use a skipping rope, twig or chalk to mark where you run and where you jump. Who can jump the farthest from the mark?

3. Personal Poem

World Poetry Day 2021 is on the 21st March! You might have noticed people sometimes use particular words or ways of speaking in different towns or local areas. These are called dialects. There are lots of different dialects across Scotland, the UK and the world! **Write a poem about Spring in a dialect you or your family speak at home, or people speak in your local area.** Are there unique or interesting words or phrases you or others use? Note them down and try to include them in your poem.

4. Tic-Tac-Toe on the Go

Make counters so you can play Tic-Tac-Toe (aka Noughts and Crosses) anywhere! **You'll need:** 10 pebbles / stones (roughly the same size), pens, paint, craft materials and/or glue (optional). Plan two different counter designs, half your counters will have one design and half the other. How about classic Xs and Os, Bees and Ladybirds, or make up your own! Decorate your counters and let them dry. To play the game, you'll need to make a grid with 9 squares. Make it with sticks / cardboard / straws. **Can you use your new counters for any other games?**

5. Nest Noms

Make crispy cake 'nests'.
Ingredients: 100g chocolate chunks, 50g butter, 3 tbsp golden syrup, 100g cornflakes, cupcake cases / baking paper. **Method:** Put the chocolate, butter & syrup into a heat-proof bowl. Put the bowl over a pan of hot water **OR** cover and microwave it on med/low for 10 seconds at a time, stirring often, until the mixture is fully melted. Mix in the cornflakes well. Spoon onto paper / into cases & leave to cool until solid (fridge, freezer, safely on a windowsill). Decorate your nests with fruit, sweets, spreads, biscuits or icing.

6. Hapa Zome Nature Prints

Try the Japanese art of Hapa Zome natural printing. **You'll need:** A few scraps of fabric or tissue, a stone, gloves. Gather some small natural items like leaves, flowers and petals (wear gloves & ask an adult at home first!). Place one of your natural items between two sheets of fabric/tissue. Use your rock to hammer over the top layer. Keep going until the natural dye starts seeping through. Remove the item & repeat with your other natural items to change your design / colours. What patterns can you create?

7. Habit Stack Hack

Habits are actions we've done so many times we don't really have to think about it. Try this hack to help you develop a new positive habit. Think of something you do every day without fail, e.g. washing your hands when you go indoors. Next time you do that habit, add a 5-minute action that you *want* to make into a new habit. It might be practising a skill, reading, meditating, exercise, or something else. Try and repeat the whole routine once a day for a week. Did it help your positive action turn into a habit?

8. Mind-Reading Maths

Can CU Scotland read your mind? Follow these steps and see! A pencil and paper might help. Choose a whole number between 1 and 9. Multiply it by 9. If the answer has two digits add them together. Subtract 5 from your total so far, giving you a number. Turn the number into a letter by the rule A = 1, B = 2, C=3 and so on. Think of a country beginning with this letter. Now think of an animal beginning with the last letter of the country you got. What animal and country did you think of? **Did we read your mind? Check page 2 to find out!**

9. Stress Buster

Make this simple stress ball at home. **You'll need:** a balloon, flour, paper (to make a funnel), spoon, clean plastic bottle. **1.** Using the paper as a funnel, spoon some flour into the plastic bottle. About a handful of flour is plenty. **2.** Blow up your balloon and put the end over the top of the plastic bottle. Shake the flour into the balloon. **3.** Once all the flour's in, remove the bottle **CAREFULLY** and let the air out **VERY SLOWLY**, this can get messy! **4.** Tie a knot & decorate! Give your stress ball a funny face for extra giggle factor.





10. Frame IT	11. The Entertainer	12. Read My Lips
<p>Can you make a 3D frame with natural materials? Gather and clean some natural materials from the garden, beach or park. How about leaves, twigs, shells, or flowers? Now it's time to get creative and make your 3D frame! Twigs or recycled cardboard make a great base to start. Tip: You can sketch your design before you start building. Think carefully about any other materials you might need before you start (e.g. string, scissors, tape). Fill your fab frame with artwork or decorations!</p>	<p>Be your household's entertainment director for an afternoon! Plan and guide your family through an afternoon of fun. Think of a few activities to keep you all busy and entertained. Will you be at home or on the go? Indoors or outdoors? Will you try different activities or play games together (<i>hint: try some of the games and activities on this sheet!</i>). What will you eat and drink, and what will you need to bring with you? Make your plan and share it with your family before beginning your family fun-day.</p>	<p>Shh... try this version of Telephone, but without making a sound! You'll need 2 or more players. Play in person or on a video call. Player 1 thinks of a message, silly or serious. Player 1 tries to communicate their sentence to player 2, but only by moving their mouth, while other players cover their eyes. No sounds or other gestures are allowed. Player 2 passes the message to the next player in the same way, and so on until it reaches the last player. Did player 1's message make all the way to the end correctly?</p>

THE RULES...

- RULE 1:** Remember to always ask a parent or guardian before starting any of the activities.
- RULE 2:** Each activity is worth 1 CU credit, and you can only collect 1 credit per activity. Don't forget to log your credits on Aspire, too.
- RULE 3:** Try to collect some evidence from each activity, your teacher might ask to see this. It could be a photograph, diary, a recording, or some writing about when and how you completed the activity and what you liked about it.
- RULE 4:** HAVE FUN!



USEFUL LINKS

Ice cube experiment step-by-step & how it works:
<http://bit.ly/2PxuRHZ>

Words in different Scottish dialects:
<http://bit.ly/38eYFij>

Step-by-step crispy nest cakes:
<http://bit.ly/3qJAU8R>

Hapa zome step-by-step with pictures:
<https://bit.ly/3c3lhnE>

Loads more free activities from CU Scotland:
<https://bit.ly/CUSActivities>

Turn this sheet upside down to see our prediction for activity 8!

We think you guessed...
 a kangaroo from Denmark?
 Did we get it right? Can you work out how we guessed?



We Love to Hear From you, Why Not get IN TOUCH?

www.childrens university.scot
contactus@childrensuniversity.scot
 CU Scotland, 44 King Street, Stirling, FK8 1AY.

