

Week 1

# HOLIDAY HEROES

# SEASON OF KINDNESS

Welcome to Holiday Heroes!

This week is all about *autumnal acts of kindness*.

How many activities can you complete?

Collect your credits!

Claim 1 credit for each activity you do. Log the activity on Aspire to unlock your credit!

[www.cus-aspire.com](http://www.cus-aspire.com)

(You can only log each activity once.)

## 1. TASTE TIME

Plan a delicious dish featuring one or more seasonal autumn fruits or vegetables. Is it for breakfast, lunch, dinner or a snack? Some tasty fruit and veg ideas: blackberries, apples, plums, potatoes, pumpkin, squash, cauliflower. Will you prepare your seasonal feast with family?

You'll need: Pen and paper.

## 2. WARM WELCOME

Showing kindness can help new neighbours in our community and country feel safe and welcome. Make a poster or card with a positive message to help refugees or asylum seekers feel welcome in their new home. Ask your school, community centre or library to display your kind message.

You'll need: Paper/card, pens/pencils, decorations.

## 3. SWEET STAINED GLASS

Find a basic biscuit recipe in a book or online. Prep your biscuit dough then cut it into shapes, making a hole in the middle. This will be a beautiful window! Add 1 or 2 hard sweeties into the hole before putting them in the oven. Make sure they're completely cool before you tuck in!

You'll need: Colourful hard sweeties, Find a biscuit recipe to discover what else you need!

## 4. INSPIRATION STATION

Design & make a vision board to help light a spark of inspiration when you need it! Add drawings or pictures of people, places or things that inspire you. How can you show why these things inspire you in your design?

You'll need: Paper/card, pencils/pens, old newspapers/magazines, decorations. Why not try making a digital version?

## 5. EASY-PEELY FEEDERS

Help feed some feathered friends this autumn. Cut the orange in half. Scoop out the insides. Punch 2 small holes in each half & tie the string in place so the feeders will hang with the round part facing down. Fill with seeds. Optional: mix in peanut butter or suet. Hang on a branch and watch the birds flock to your feeder!

You'll need: An orange, knife, spoon string, bird seed, (optional) peanut butter or suet.

FIND MORE FREE ACTIVITIES AT:

[www.childrensuniversity.scot](http://www.childrensuniversity.scot)

GET IN TOUCH:

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