



UNIVERSITY  
OF HULL



# Activity Book





UNIVERSITY  
OF HULL



# My details...

**My name:**

-----

**My school is:**

-----

**Today's date is:**

-----

**Everytime you successfully  
complete an activity from this  
book, record it in your passport!**

# Activity: Write a short story



## What do you have to do?

Are you a budding author? Write a one page story. Think of an idea and let your imagination run wild! Plan your story and create your characters. Think about the setting and what will happen. Break it down into start, middle and end. Don't forget you will need to think of an interesting title that will engage your readers. Have fun and good luck!

## Evidence

Once you have written your story take it into school for your teacher to read. You may be able to read it out in class. For an extra learning hour, design a front cover for your story on the next page. Don't forget to include the title of your book and your name as author.

## CU Category

### Academic

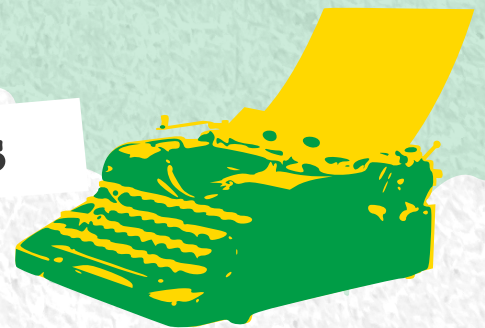
This activity is worth

**2 Learning Hours**

You can earn an additional

**1 Learning Hour**

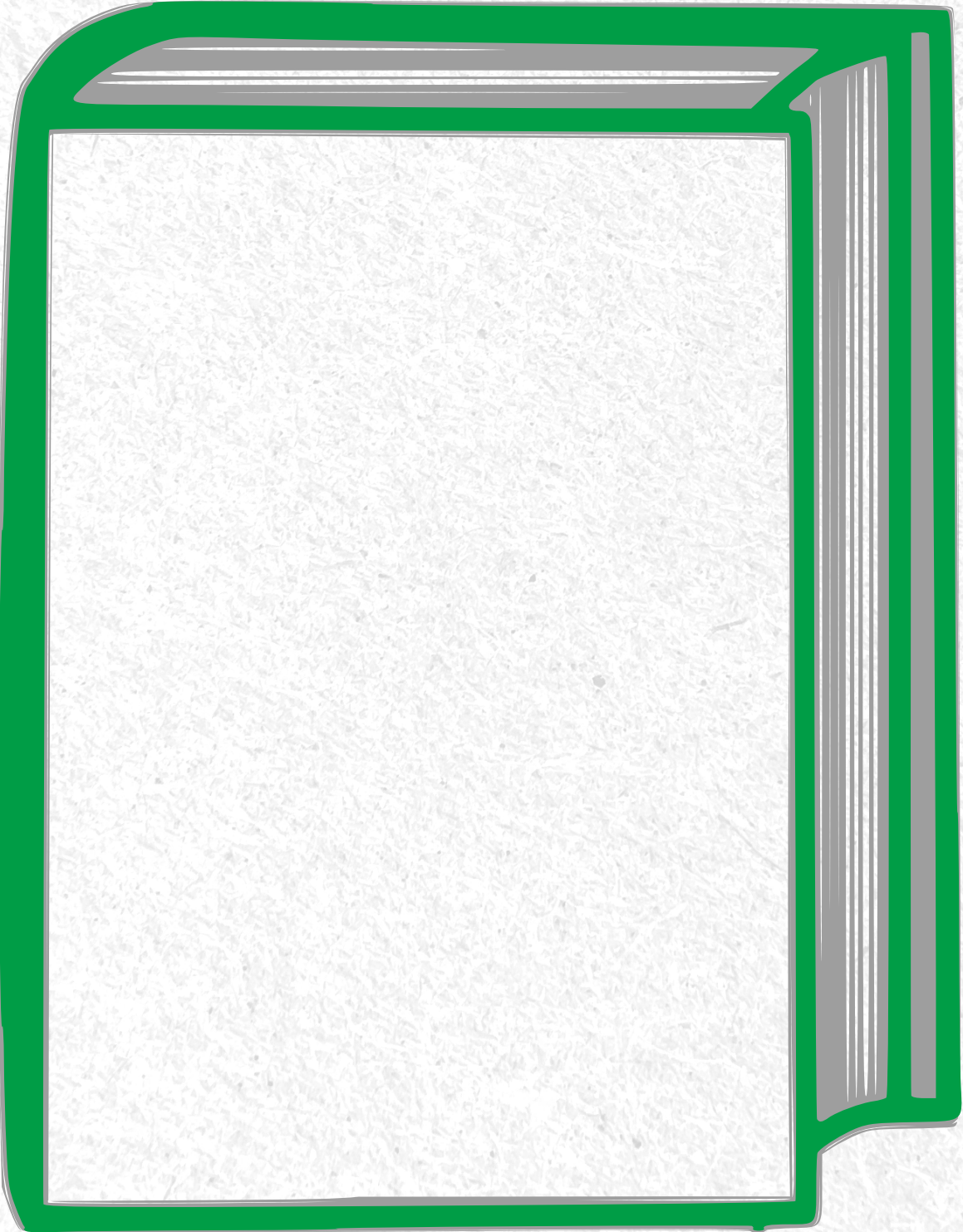
for designing a front cover



**Write your story here...**

**use more paper if you wish!**

**Design your book cover here**





# Activity: Write a film review

## What do you have to do?

Choose a film and write a review about it.

## Details

Watch the film, making notes as you go. Take special notice of the characters, plot and main themes.



## Evidence

Complete your review on the next page. Feel free to write on extra paper if you need to.

**CU Category**

**Academic**

This activity is worth **1 Learning Hour**

Film Title: .....

Director: .....

Your star rating for this film: ☆☆☆☆☆

### What happens?

Are there any plot twists? Did you find the plot interesting?

### Characters

Who are the main characters? Who is your favourite character and why?

### Your opinion


What was your favourite part and why? Does the film teach us anything?

### Recommend?

Would you recommend this film to a friend? Explain why.

# Activity: Create a tour guide booklet for a destination of your choice

## What do you have to do?

Think of a place you have visited, or would like to visit, and design a tour guide brochure that would help tourists find out more about the destination. There are lots of destinations to choose from. Your tour guide could include places to visit, things to do and local information. Make it as colourful as you can! 

## Create your tour guide on the next page

**CU Category**

**Academic**

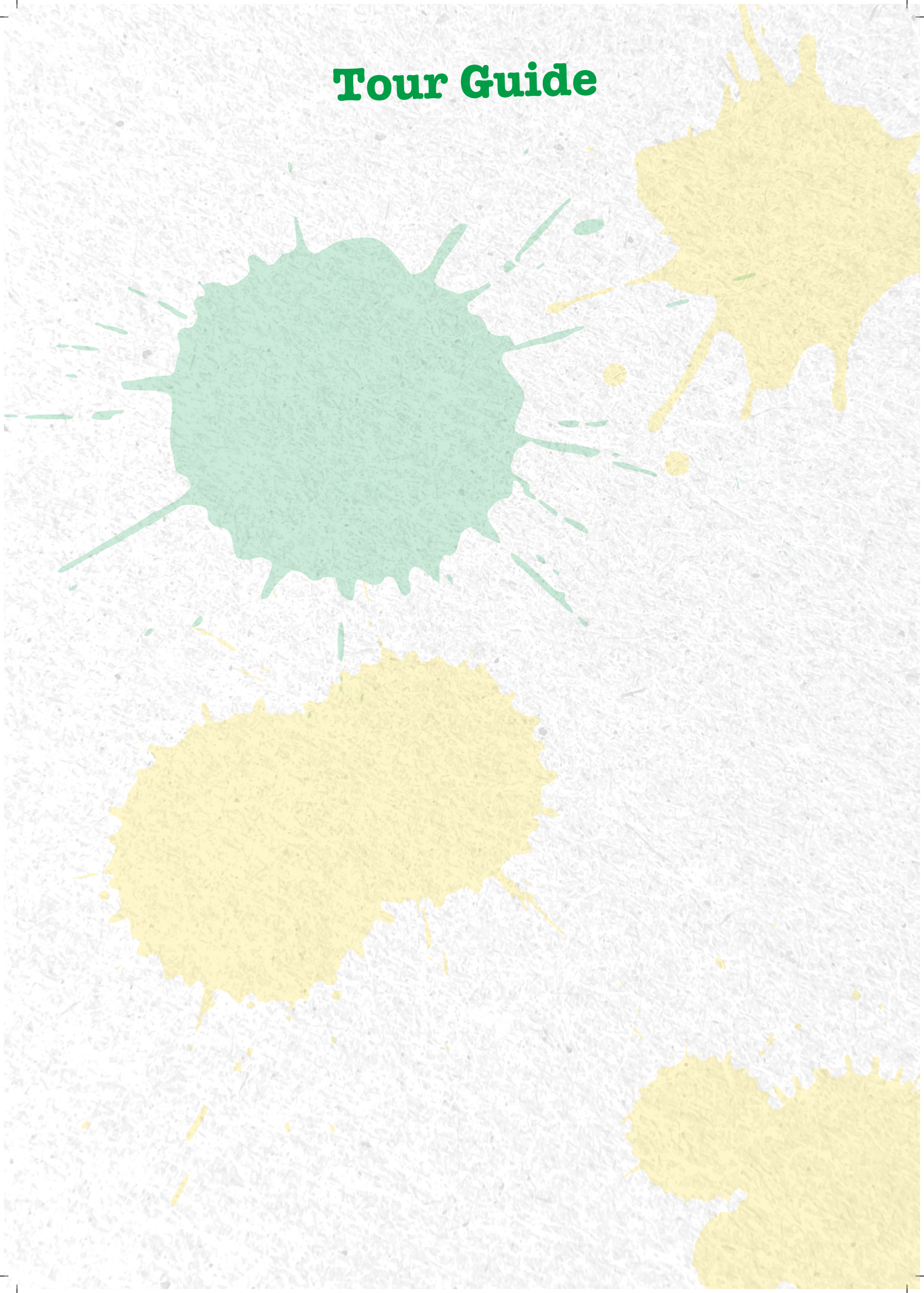
**BON VOYAGE!**



This activity is worth **2 Learning Hours**



# Tour Guide



# Activity: Sports personality biography

## What do you have to do?

Choose a sports person you are interested in and write a short biography of them. You'll need to do some research. You could choose, for example, a footballer, gymnast or long jumper.



## What sort of things should you include?

- What sport are they famous for?
- What made them decide to first play the sport?
- When did they first start playing the sport?
- How did they develop their skills?
- What made them successful?
- Where did they compete?
- Have they ever won any awards?



Complete your biography on the next page!

**CU Category**

**Academic**



This activity is worth **1 Learning Hour**

The biography of

[Blank white box for name]

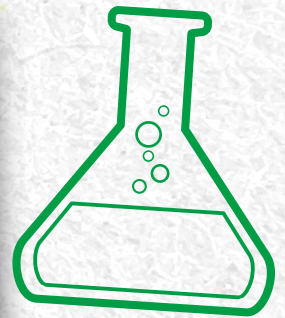
Lined writing area with horizontal lines and decorative paper splashes in yellow and green.

# Activity: Do your own science experiment mixing oil and water

**HEALTH & SAFETY:  
THIS ACTIVITY REQUIRES ADULT SUPERVISION!**

## What you will need

- Small clear soft drinks bottle - half filled with water
- A few drops of food colouring
- 2 tablespoons of cooking oil
- A few drops of dish washing liquid or detergent



## Method

1. In the drinks bottle, add a few drops of food colouring to the water
2. Add 2 tablespoons of cooking oil into the drinks bottle
3. Screw the lid on tight and shake the bottle as hard as you can
4. Put the bottle back down and have a look. Record what you see below
5. Add a few drops of washing liquid or detergent

**What did you expect to happen when  
you mixed the liquids?**

Lined area for recording observations and expectations.



**What actually happened when you mixed the liquids?**

Lined writing area for the first question.

**What happened to the oil and water when you added dishwashing detergent?**

Lined writing area for the second question.

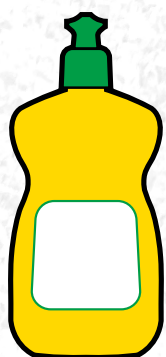
**Conclusion: Why do you think the liquids behaved as they did? \***

Lined writing area for the conclusion.

\* Try doing some research in books or on the internet to test your theory

**CU Category**

**Academic**



This activity is worth **1 Learning Hour**

# Activity: Create a healthy meal recipe

## What do you have to do?

Design your perfect healthy meal. Write a recipe detailing the ingredients and how to create it. You may wish to put in some pictures! For an extra learning hour, write a description which will persuade others to try it.

## Detail

- What food makes a healthy meal?
- How would you cook it to make it healthy?
- What would you call your meal?
- Who would you serve this meal to?
- Why would somebody else want to eat this meal?
- Why might they want to cook it?

## Evidence

Complete your recipe on the next page and bring into school along with your persuasive description to show to your teacher or CU staff member!

Making a recipe is worth **2 Learning Hours**

**CU Category**  
**Academic**



**Write your recipe and list your ingredients here:**

Lined writing area for the recipe and ingredients.

**What makes your recipe healthy and why should others try it?**

Lined writing area for the health benefits and reasons to try the recipe.



**Activity:**  
**Make a fact file on  
a character from history**

**What do you have to do?**

Create a fact file on a famous person from history. This could be someone who was once Queen or King, or someone who you have learned about, or think is interesting!



**CU Category**

**Academic**

Complete the fact file on the next page.

This activity is worth **1 Learning Hour**



**Name of the historical person**

-----

**What were the dates of their birth and death?**

-----

**What were they famous for?**

-----

**Where did they live?**

-----

**What do you know about their family or friends?**

-----

**Give three interesting facts about this person**

- 1.
- 2.
- 3.

**What do you like/find interesting about this person?**

-----

**If you could tell them to do anything differently in their life, what would you tell them?**

-----



## Activity: Design a new gadget

### What do you have to do?

Design a futuristic gadget to make everyday tasks easier. Draw a detailed and annotated diagram of your product. Explain fully how it works and who your target audience is. Be as creative as you can!

### Details

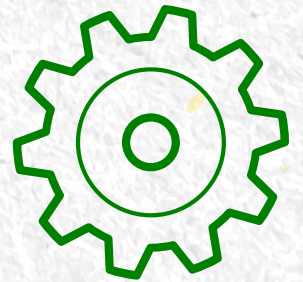
- What will your item be used for?
- Who will use your item?
- How will it work?

### Evidence

Design your gadget on the next page.

### CU Category

**Academic**



This activity is worth **1 Learning Hour**

# My Gadget





# Activity: Design a poster for your favourite Learning Destination

## What do you have to do?

Choose your favourite Children's University Learning Destination and design a poster for it. You could choose Scarborough Art Gallery, Filey or Malton Museum, Eden Camp, Whitby Abbey or Scarborough Castle. There are so many more to choose from! You could even choose your local library.

Visit [www.childrensuniversity.co.uk](http://www.childrensuniversity.co.uk) for inspiration.

## What sort of things might you need to include in your design?

Think about your Learning Destination, why you like going there, and what you should include in order to promote it.

It could be . . .

- What do you do there?
- What are their opening times?
- What are their admission costs?

## Evidence

You can create your own poster or use the blank poster provided. Make it as exciting and as colourful as you can! Take it to your favourite Learning Destination to show them how creative you have been.

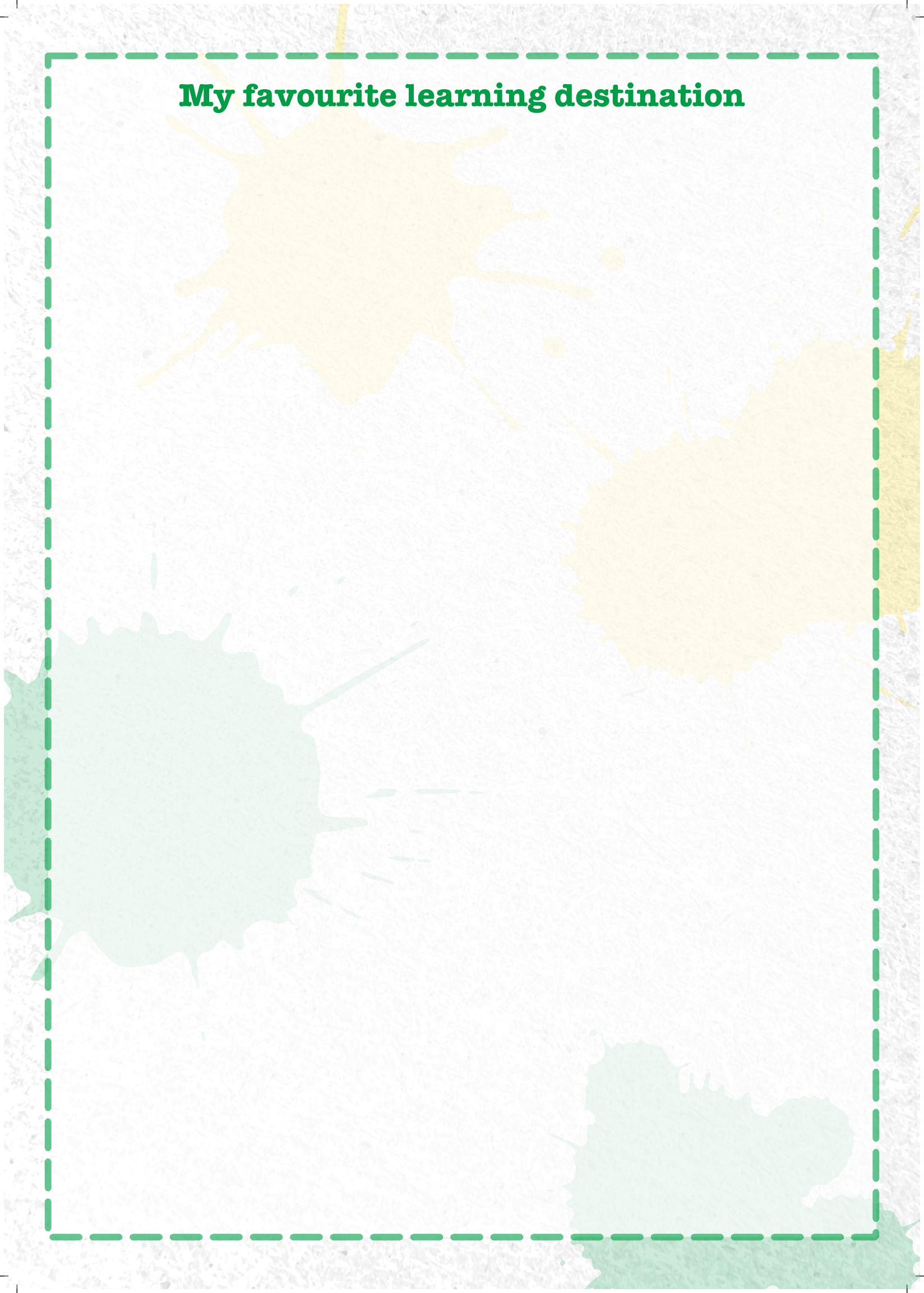


## CU Category

**Academic**

This activity is worth **2 Learning Hours**

# **My favourite learning destination**



# Activity: Create your fantasy football team

## What do you have to do?

Create your own fantasy football team from well-known players and position them on the pitch diagram provided.



## Detail

Name each of the players in your team and research and list two interesting facts about them.

This could be -

- Which team do they play for?
- Which position do they play?
- When is their birthday?
- When did they start playing football?

The choice is yours.



For an extra 1 learning hour design a football strip for your players on the template provided.

## CU Category

## Sports and Outdoors

This activity is worth **2 Learning Hours**

If you design a football strip for your team you can earn

**1 extra Learning Hour**



# Your fantasy football team

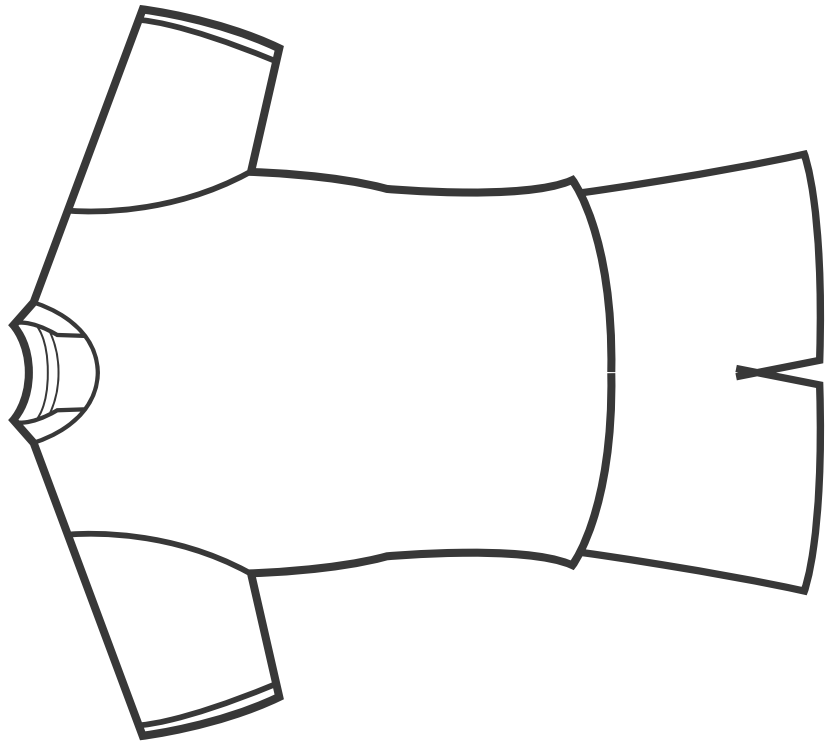
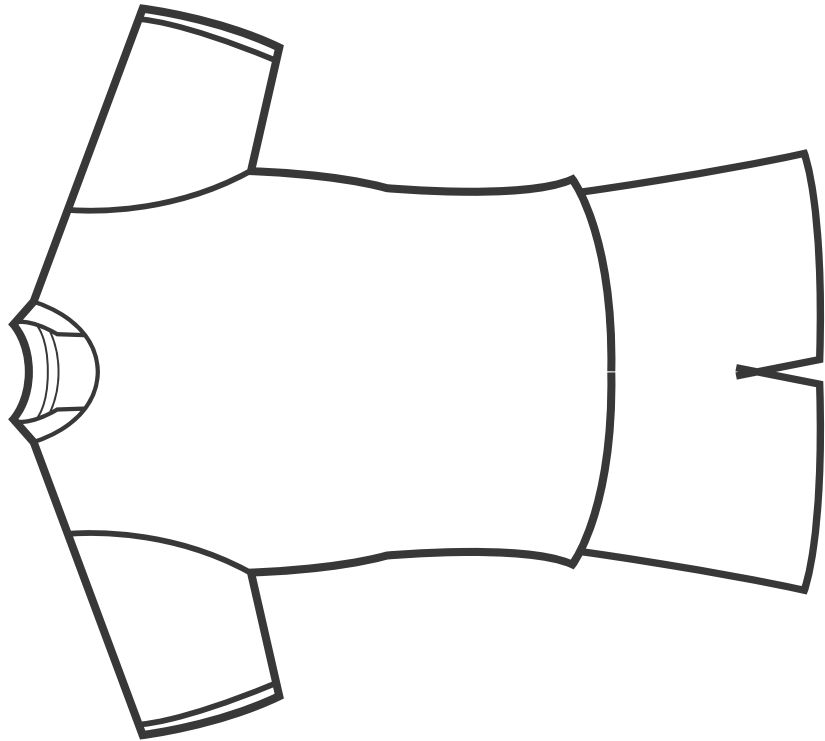


**Name**

**2 Facts**

1.	-----	-----
2.	-----	-----
3.	-----	-----
4.	-----	-----
5.	-----	-----
6.	-----	-----
7.	-----	-----
8.	-----	-----
9.	-----	-----
10.	-----	-----
11.	-----	-----

# Design your team's kit





# Activity: Design an exercise plan or fitness programme

## What do you have to do?

Think about different types of exercise. Which do you enjoy and why? Create an exercise plan or fitness programme for yourself or others.

## Detail

Think about why exercise is important. How do you feel after exercising?

Create an exercise plan using the blank template.

There are many different types of exercise that you can include. How about swimming, skipping, playing football or gymnastics? It could just be a brisk walk or gentle jog.

Don't forget to warm up before your exercise session and to cool down when you have finished!

## Evidence

Complete the template on the next page. Have fun!



**CU Category**

**Sports and Outdoors**

This activity is worth

**2 Learning Hours**

**Week 1**

Day	Type of exercise	Start time and end time	Exercise alone or with someone
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

**Week 2**

Day	Type of exercise	Start time and end time	Exercise alone or with someone
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			



# Activity: Choreograph a dance routine



## What do you have to do?

Dancing is an art. To choreograph your own dance routine, you will need to learn some new moves and to practice! You can do this on your own, or in a group.

## Detail

- To get inspired, pick a song or piece of music that you like
- Choose the style of dance. This could be ballet, modern, ballroom or tap. You could use more than one!
- Spend some time thinking about your routine. Learn and practice new moves before forming your new routine
- You could incorporate props or costumes
- Practice makes perfect!



## Evidence

You can perform your new dance routine in front of an audience or you can record it and show to your teacher or CU staff member. Good Luck!

Instead, you may wish to write about your experience -

- Why did you choose the music?
- Why did you choose the type of dance?
- What have you learned from creating the routine?



**CU Category**

**Sports and Outdoors**

This activity is worth

**2 Learning Hours**

# Activity: Orange cup birdfeeder

**HEALTH & SAFETY:  
THIS ACTIVITY REQUIRES  
ADULT SUPERVISION!**



## What you will need

- A large orange
- A spoon
- Bird seed or nuts
- String
- A sharp object to point holes
- An adult's help

## Step by step guide

1. Ask an adult to cut your orange in half. Scrape out the orange with a spoon so you are left with the tough skin. You get to eat the inside!
2. Ask an adult to pierce two holes in the orange and then thread string through it to make a loop. Tie this in a knot so you can hang the orange up.
3. Fill the orange with bird seed.
4. Hang it from a tree or fence post.



## Evidence

Keep a diary of all the birds which visit your feeder. Take photos if possible. Identify the birds by researching them using books or the internet. Fill in the worksheet opposite.

## CU Category

**Social, Community & Environment**

This activity is worth **2 Learning Hours**

## Photos

**What birds visited your feeder?**

**What have you learned from this?**

# Activity: Collecting seashells



## What do you have to do?

On your next visit to the beach, collect several different seashells. You may be able to pick some off the sand but you may have to dig for them! Remember to leave shells with living creatures alone.

## Detail

Gently wash the shells you have collected. Label them with when and where you have collected them.

Can you identify the shells? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is the name for somebody who collects and studies shells?

\_\_\_\_\_

## Evidence

Display your shells in a box or clear jar. Show your shell display to your teacher or CU staff member.

## CU Category

**Social, Community & Environment**



This activity is worth

**1 Learning Hour**

# Activity: Plant a seed



## What do you have to do?

Plant a seed and watch it grow! You can choose any seed but may wish to do some research on which ones grow faster than others.

You could choose a flower, a herb, a fruit or a vegetable. There are so many choices!

## Evidence

Record your seed's growth on the next page. Give all the details on what you did when you planted your seed, and what is happening to it at each stage.

## CU Category

**Social, Community  
& Environment**



This activity is worth **2 Learning Hours**

How did you plant your seed? What seed did you choose?

**Week 1**

**Photo/Drawing**

**Week 2**

**Photo/Drawing**

**Week 3**

**Photo/Drawing**

**Week 4**

**Photo/Drawing**



# Activity: Cook a meal for people at home

**HEALTH & SAFETY:**  
**THIS ACTIVITY REQUIRES ADULT SUPERVISION!**

## What do you have to do?

For this activity, why not cook a meal for somebody you live with? You might want to look for recipes in cookbooks or online. Then **ask a parent/guardian if they will supervise you.** (You will not earn a Learning Hour stamp if you do not have adult supervision whilst completing this activity).

## Evidence

Once you have cooked your meal, complete the questions below and ask someone that you cooked for to sign. Add a photo or recipe if you can!

## What did you cook?

## Why did you choose to cook that particular meal?

## What did the people who ate it think? Give some quotes:



**What have you learned from cooking your meal?**

Lined writing area for the first question.

**What might you do differently next time?**

Lined writing area for the second question.

I can confirm that this activity has been supervised.

Signed: \_\_\_\_\_ Parent/Guardian

**CU Category**

**Social, Community  
& Environment**

This activity is worth  
**1 Learning Hour**



**Bon Appetit!**

# Activity: Leaf rubbing



## Step by step guide

1. Collect 5 different leaves from your garden, local park or school playground. Look at the texture and features of each leaf. Can you identify what type of tree, plant or bush each leaf has come from?
2. Place 1 leaf on a hard surface and place a white sheet of paper over the leaf.
3. Using a crayon, pastel pencil or marker on its side, gently rub over the paper and leaf. Notice that you will be 'drawing' the leaf on the paper.
4. Repeat with the other leaves that you have collected. Use different colours for each leaf.
5. Turn your 5 different leaf rubbings into one leaf masterpiece.

## Evidence

Stick your masterpiece on the next page.

## CU Category

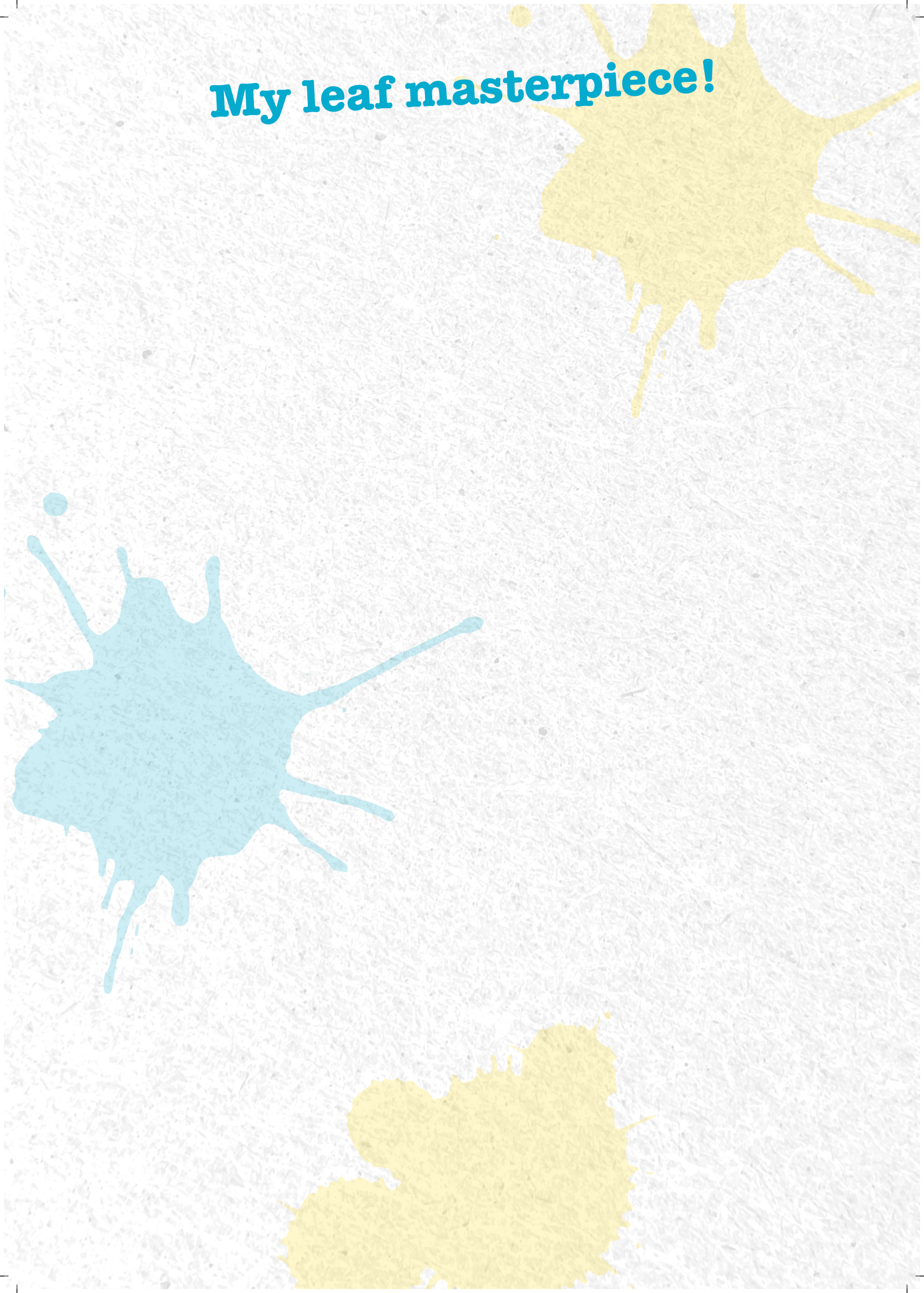
**Social, Community & Environment**



This activity is worth

**1 Learning Hour**

**My leaf masterpiece!**



# Activity: Draw a map of your local area

## What do you have to do?

Draw a detailed map of your local area. This could be your village or neighbourhood. Use a key to identify landmarks. For example **P** for car park.

We have drawn an example map below and left a space on the next page for you to draw yours!



## CU Category

**Social, Community  
& Environment**

OR

**Academic**

This activity is worth **2 Learning Hours**

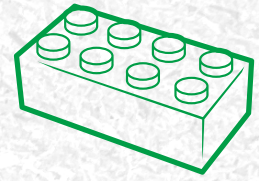


Key

--

--

# Activity: Make a model of a building



## What do you have to do?

Choose a building that you would like to recreate. It could be a famous London building such as The Shard, Tower Bridge or Big Ben. You could decide to choose your favourite local building instead, such as Scarborough Castle or the Lighthouse. Think about the building – what do you like about it? What materials can you use to recreate it? You could use modelling clay, building bricks, card/paper or cardboard boxes. The choice is yours. Be creative and add as much detail as you can!

## Evidence

When you have finished your architectural masterpiece you can take it to show your teacher or CU staff member. You could even place photos of it on the next page.

## CU Category

**Arts and Cultural**



This activity is worth

**2 Learning Hours**



**My architectural masterpiece!**





# Activity: Learn a poem off by heart

## What do you have to do?

Choose a poem you find interesting and learn it off by heart. This means that you remember it without having to read it. It may take you some time!

## Evidence

Once you have learnt the poem, recite it to your teacher or CU staff member. If you feel confident you may even want to perform it to your class! You will gain an extra learning hour if you are brave enough to recite your poem to your class. You may prefer to video yourself reciting the poem, to show as evidence.

This activity is worth

**1 Learning Hour**

However, if you do recite your poem to your whole class, you will earn

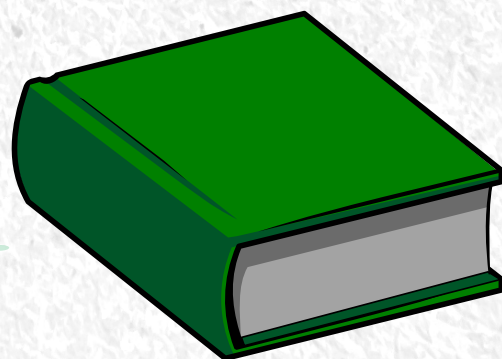
**2 Learning Hours**

One for learning your poem, and a second for bravery!

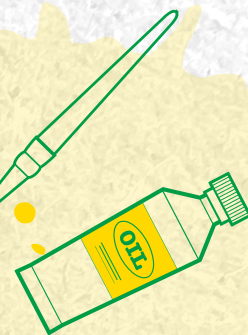


**CU Category**

**Arts and Cultural**



# Activity: Famous artist



## What do you have to do?

Choose a famous artist and find out 5 interesting facts about them. There are many to choose from – Michelangelo, Vincent van Gogh, Pablo Picasso and Andy Warhol are just few examples.

## What sort of things might you like to know?

There are many facts that you could choose from too -

- When and where they were born?
- What is their most famous painting or artwork?
- What type of artist are they?
- Any fun facts that you have found out

## Evidence

Complete your famous artist facts on the next page. For an extra learning hour create your own masterpiece in the style of your famous artist. This could be a self portrait!

## CU Category

### Arts and Cultural



This activity is worth

**1 Learning Hour**

Creating your own masterpiece

**1 extra Learning Hour**

## Famous artist facts

Name of artist \_\_\_\_\_

Fact 1.

Fact 2.

Fact 3.

Fact 4.

Fact 5.



# Activity: Visit a gallery or museum and write about it



## What do you have to do?

Visit a gallery or museum and write about it. You could visit The Tate Modern, Jorvik Centre, Beamish or even The Louvre! There are so many to choose from.

## What sort of things might you write about?

- Why did you choose to go to the gallery or museum?
- Who did you go with?
- What was the most interesting piece of art or exhibition?
- Why did you find this interesting?
- What did you learn from your visit?
- Would you like to visit again?

## Evidence

Your written piece of work is your evidence. Show this to your teacher or CU staff member.



Draw your favourite piece of art or the most interesting item in the exhibition as part of your evidence. You could decide to include photographs as well!


## CU Category

### Arts and Cultural

This activity is worth

**2 Learning Hours**

Write about your visit here...



Drawings here:

Attach any photos/ticket stubs/  
leaflets, here:

# Children's University activity sheet for non-validated learning experiences

Have you done something which you think might qualify for Children's University Learning Hours, for example, nature walks, day trips, holiday activities & concerts? Fill in this sheet to explain what you have learned from your trip or activity, giving details about the new skills or knowledge you gained.

## Activity:

---

## Where have you been and what did you do?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## What did you find most interesting and why?

---

---

---

---

---

---

---

---

---

---

This activity is worth

**1 Learning Hour**

Show your evidence on the next page

**Show some evidence from your experience here...**

**For example: Draw a picture**



**For example: Place a photo of yourself taken during the activity here**

**Place something collectable here**

**This might be a:**

- **ticket stub from a concert**
- **leaflet from a museum**
- **leaf or object collected from a nature walk**
- **postcard from a holiday activity**



# Children's University activity sheet for non-validated learning experiences

Have you done something which you think might qualify for Children's University Learning Hours, for example, nature walks, day trips, holiday activities & concerts? Fill in this sheet to explain what you have learned from your trip or activity, giving details about the new skills or knowledge you gained.

## Activity:

---

## Where have you been and what did you do?

---

---

---

---

---

---

---

---

---

---

---

---



## What did you find most interesting and why?

---

---

---

---

---

---

---

---

This activity is worth

**1 Learning Hour**

Show your evidence on the next page

**Show some evidence from your experience here...**

**For example: Draw a picture**

**For example: Place a photo of yourself taken during the activity here**

**Place something collectable here**

**This might be a:**

- **ticket stub from a concert**
- **leaflet from a museum**
- **leaf or object collected from a nature walk**
- **postcard from a holiday activity**

To claim your stamp codes, please email  
[contactus@childrensuniversity.co.uk](mailto:contactus@childrensuniversity.co.uk)

