

# Summer Challenges

Collect extra Children's University credits during your summer holidays by completing these challenges. Each activity is worth 1 credit when you end evidence of your activity to [CU@uwe.ac.uk](mailto:CU@uwe.ac.uk) for the stamp code. This could be a photograph, video, worksheet, or writing about what you did.



## ICE CREAM

Cool off this summer by making your own ice cream.

Follow the recipe here:

<https://tinyurl.com/CUicecreamrecipe>

## PICNIC TIME

Whether you go to a park or into the back garden, pack a picnic lunch or snack and enjoy the outdoors with family and friends.

## £5 FAMILY FEAST

Help plan, budget, purchase, and cook a meal for your family for under £5. How low can you go?



## DIY PLAYDOUGH

Make your own playdough with ingredients you have at home. Find out how here:

<https://tinyurl.com/CUplaydough>

## SUMMER SKETCHES

Draw your favourite summer memories in a sketch journal. At the end of the summer holidays, look back on all the fun times you had.

## SHAKE IT UP

See how many words you can make with the phrase:

**SWEET SUMMERTIME**

## RECYCLED HERB GARDEN

Use recycled containers and a sunny window to plant and grow your own herbs. Try using them in a recipe once they have grown!

## PAPER AIRPLANES

Craft paper airplanes using three different designs. Measure which design flies the furthest.

## BALLOON FIESTA

Count how many hot air balloons you see in the sky during the Bristol International Balloon Fiesta from 11-14 August.

## PEACE PLACE

Create a peaceful and calming place in your home where you can go to relax, do yoga, or practice mindfulness.



## CITY FARM

Grimsbury Farm, Windmill Hill City Farm, and many more great farms are in our area for your visit. Learn about what they do at the farm.

## MAKE SOME NOISE

Make your own musical instruments at home. Follow the instructions here:

<https://tinyurl.com/CUmusicinstruments>

For more great ideas to get stuck into, visit [childrensuniversity.co.uk](http://childrensuniversity.co.uk)

