

The KCU Spring Challenge is free for all families to use for the foreseeable future to aid home learning opportunities during the period that schools are closed for most children.

We will also be uploading extra ideas to our Social Media Channels throughout Spring:

www.twitter.com/K_C_U

www.facebook.com/KentChildrensUniversity

www.youtube.com/KentChildrensUni

www.instagram.com/KentChildrensUniversity



For more information about Kent Children's University please visit <u>www.kentchildrensuniversity.co.uk</u> or email <u>kcu@theeducationpeople.org</u>

Due to these unprecedented times, there is no fixed date for this Challenge to end so please look out for notifications about an end date in newsletters and Social Media



If you are not part of Kent Children's University, but would like to earn Learning Credits, you can download a temporary Passport to Learning from <u>www.kcuchallenges.co.uk</u> We can always transfer them to a real Passport to Learning in the future.

How to receive Learning Credits from Kent Children's University

Due to school closures for most children, we do not have an end date for this particular Challenge. Please look out for further notifications on this in our newsletters and Social Media. For now, please keep all evidence together ready for submission at a later date.

Email: <u>kcu@theeducationpeople.org</u> or Post: Kent Children's University, Sessions House, County Road, Maidstone, Kent, ME14 1XQ.

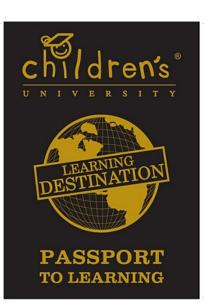
Please only send evidence upon completing all the activities you wish to submit for Learning Credits. Don't forget to send the Record Sheet or a numbered list of completed activities too!

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KENT CHILDREN'S UNIVERSITY™ G34, Sessions House, County Road, Maidstone, Kent, ME14 1XQ Telephone: 03000 414005 email: <u>kcu@kent.gov.uk</u> www.kentchildrensuniversity.co.uk

Original evidence will be posted back to you along with the Learning Credits to stick in the child's Passport to Learning.





Why not complete some of the other home learning activities available via <u>www.kcuchallenges.co.uk</u> to earn more Learning Credits?

For more information about Kent Children's University please visit <u>www.kentchildrensuniversity.co.uk</u> or email <u>kcu@theeducationpeople.org</u>

ng Chall **Record Sheet** Completed (2 Credits) 1. Create a memory box and/or scrapbook (1 Credit) 2. Participate in an online choir (1 Credit) 3. Create a mini-pond (2 Credits) 4. Take a virtual tour of a museum or gallery Create a piece of Spring/Easter-themed craft (2 Credits) 5. Make a meaningful connection with an elderly person (2 Credits) 6. (max. 10 Credits) Take part in the 200 Million Minutes Challenge 7. 8. Get fit with Joe Wicks! (max. 6 Credits) (0.5 Credits) 9. Conduct a Spring-related science experiment (1 Credit) 10. Create a playlist to lift your mood (2 Credits) 11. Learn a new craft skill (4 Credits) 12. Complete your Discover Arts Award virtually (2 Credits) 13. Bake a tasty Easter/Spring treat (1 Credit) 14. Participate in a Taskmaster Challenge 15. Create a piece of rainbow-inspired window art (0.5 Credits) 16. Complete 10 word and/or number-based puzzles (1 Credit) (2 Credits) 17. Become a master chef 18. Write a 20-second song to encourage hand-washing (1.5 Credits) 19. Create an indoor family game from everyday materials (1 Credit) 20. Design an invention to make the world a better place (1 Credit) (1 Credit) 21. Learn a song in British Sign Language (2 Credits) 22. Create a "To Do List for the planet" poster or comic (max. 2 Credits) 23. Watch and review a film or two 24. Create bookmarks of positivity for family and friends (1.5 Credits)



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We would like to see Spring and Summer 2020 remembered for more than just the news headlines, social distancing and self-isolation. We would like to see you commemorating the adventures you have with your families at home, marking the memories you are making, recording what makes you laugh and more.

With this in mind, why not create a memory box and a scrapbook or journal to document your time with family.



We would also like you to consider one thing you are grateful for each day and add that to your scrapbook or journal.



If you are part of KCU, you will **earn 2 Learning Credits** for creating a memory box and/or scrapbook. Evidence could be your photographs of your memory box or scanned pages from the scrapbook.

Glue



Participate in an online choir

Studies show that choral singing improves our mood, with a decrease in stress, depression and anxiety. These benefits are enhanced in a group setting, compared to singing alone. Singing in a group offers us a sense of belonging to something bigger than ourselves and with social distancing and possible self-isolation, a sense of belonging might be missing.

There are lots of online choir opportunities available to families. Please ensure that you check the safeguarding elements associated with the organisation you choose to sing with first. Here are two suggestions from us.



We will be singing with them when we can. Do watch this space for a potential online choir opportunity in Kent that we are testing on the 21st March!

www.kcuchallenges.co.uk



If you are part of KCU, you will **earn 1 Learning Credit** for participating in an online choir Evidence could be video footage or a sound recording, photographs and an entry in your scrapbook/journal.



Create a mini-pond

Whilst we might be socially distancing ourselves from others, we should try to get outside in our gardens each day to boost our Vitamin D levels, mood and engagement with the natural world.

The RSPB is one of our Learning Destinations and they have lots of activities for families to enjoy together. Here are the details for building a minipond!

Water brings a magical quality to your garden, and is the key to life for so many creatures that live in it.

Create a very small pond out of something like an old washing up bowl. It's exciting to watch pond skaters, water lice (like long-legged underwater woodlice), freshwater shrimps, and if you're lucky, a few damselflies darting around the water. You might even see a bird having a bath.

Spring is a lovely time to create a mini-pond, because you'll see it quickly develop over the next few months. But you can make it at any time of year.

What you will need:

- A large container that will hold water
 - Some gravel and rocks
 - Some small pond plants
- Optional: some pond liner or silicon

You don't need an elaborate pond for it to be a home for nature. Even with a small water feature, you could have dragonflies whizzing over the surface within no time.

Visit the RSPB page and search "create a mini-pond" for details.



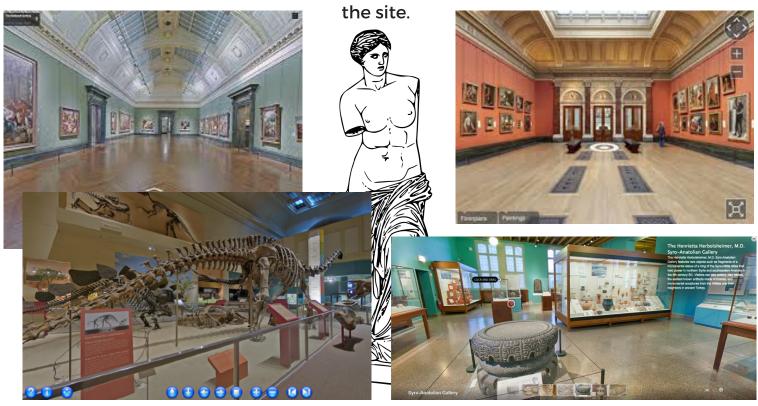


If you are part of KCU, you will **earn 1 Learning Credit** for creating a minipond. Evidence could be your design, photographs or a Learning Log.

Spring Challenge

Take a virtual tour of a museum or gallery

We live in a country full of beautiful museums and galleries. Sadly, at this time, it is not advisable to visit these venues but we would highly recommend that you take a virtual visit to a museum or gallery somewhere in the world. We will share web addresses for quality assured virtual tours of such settings so we would like you to take a family tour then produce a review to encourage other people to take a trip to



To earn extra Learning Credits, please go to Activity 12 to find out how a virtual trip to a museum or gallery could contribute to a Discovery Arts Award.

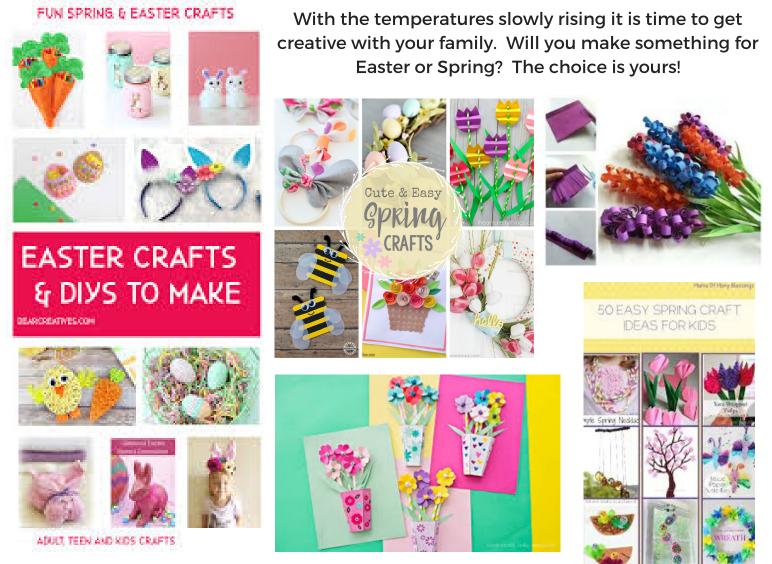
www.kcuchallenges.co.uk

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If you are part of KCU, you will **earn 2 Learning Credits** for taking a virtual tour of a museum or gallery then telling us about it. Evidence could be your visit log and a review of the destination.



Create a piece of Spring/Easter-themed craft





If you are part of KCU, you will **earn a maximum of 2 Learning Credits** for making a piece of Spring/Easter themed craft. Evidence could be a design, photographs and your parents' upload to Social Media.



Make a meaningful connection with an elderly person in your family or community

For many people there will be a tough, but necessary period of social isolation. Many of us will miss seeing family and friends and taking part in our usual hobbies, interests and activities.

It shows how important friendship and connection are in our lives, and how difficult it can be when they're missing. This reminds us that for too many people their lives are often quite a lot like this.

Research shows that half a million older people regularly experience these kinds of protracted periods of isolation, going at least five or six days a week without seeing or speaking to anyone at all. During the Coronavirus outbreak it's especially important we can stay in touch with people who are alone.

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



You could become a pen pal with (maybe via email), make an audio book or piece of art for, create an interview with, carry out a Skype gentle exercise activity with or have a daily telephone conversation with an elderly person that your family knows.

<u>Please remember to check the current Public</u> <u>Health England advice to ensure you are</u> <u>keeping yourself safe.</u>





If you are part of KCU, you will **earn 2 Learning Credits** making a meaningful connection. Evidence could be a video or written interview, photographs, Social Action journal entry and your parents' upload to Social Media.



On Thursday 5th March 2020, Achievement for All (AfA) launched their annual reading challenge across the globe to attempt to read for 200 Million Minutes. In 2019, the AfA had 489,619 people join in with 140,874,550 minutes of reading. Could you help to reach the 200,000,000 mark?

Due to current world events the AfA has extended the Million Minutes reading campaign beyond March so that children are encouraged to read at home over the coming weeks, running through to the end of the summer term, Friday 10th July 2020.

Achievement for All, the leading not-for-profit organisation that works in partnership with schools and settings to improve outcomes for all children and young people vulnerable to underachievement, hopes that through this global challenge, more children will discover a love of reading.

READING CHALLENGE

For more information and to register please visit: <u>www.200millionminutes.org</u>

www.kcuchallenges.co.uk

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If you are part of KCU, you could **earn a maximum of 10 Learning Credits** for reading as much as you possibly can! Evidence would need to be the official 200 Million Minute Reading Challenge online log. A screenshot collected by your parent and emailed to KCU would be accepted!



Get fit with Joe Wicks!

Following the Government announcement that the majority of schools in the UK were to close due to the outbreak of coronavirus, many parents have been understandably concerned about how to keep their kids entertained for what is currently an unknown period of time.

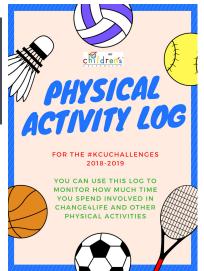
In response, personal trainer and author Joe Wicks has announced he will be holding live free PE classes at 9am Monday to Friday via his YouTube channel for children of all ages, in a bid to keep everyone moving.

"Parents are going to be under pressure next week and for 30 minutes a day I can take over and inspire and energise the kids to get active, bounce around and have fun. You can even join in with the kids. Please share away. This is going to help millions of children and parents feel happier for 30 minutes and beyond everyday **#PEwithJoe**," he wrote in an Instagram post.





There are lots of other ways to stay active in the home! Kent Sport has been incredibly helpful in sharing ideas with us for the KCU website so do take a look.





If you are part of KCU, you will earn a maximum of 6 Learning Credits getting fit with Joe Wicks and/or participating in other physical activities at home. Evidence could be your Physical Activity log and photographs.



Conduct a Spring-related science experiment

Spring science activities for children are a natural choice when the weather gets warmer! Why not create an experiment with your family? There are lots of experiments available online so here are some ideas:





If you are part of KCU, you will **earn a maximum of 2 Learning Credits (0.5 per activity)** for conducting a Spring science experiment. Evidence could be a Learning Log, photographs and your parents' upload to Social Media.



Create a playlist to lift your mood

A playlist is a list of video or audio files that can be played back on a media player either sequentially or in a shuffled order. In its most general form, an audio playlist is simply a list of songs, but sometimes a loop.

Researchers have pondered the possible therapeutic and mood boosting benefits of music for centuries. A 2013 study in the Journal of Positive Psychology found that people who listened to upbeat music could improve their moods and boost their happiness in just two weeks.

Let's use music to improve our moods and boost our families' happiness levels.

We would like you to find 30 songs, in total: 10 songs that make you happy; 10 songs that inspire you and 10 songs that calm you. Turn that list into a poster to keep on a wall or share with us so we can spread happiness and calm around the country!

Which songs will feature on your playlist?



Inspired

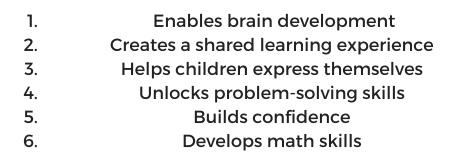


If you are part of KCU, you will **earn 1 Learning Credit** for creating your moodlifting playlist Evidence would be a copy of your playlist, a poster to keep on your wall, a Powerpoint presentation or other creative way to display it!



Learn a new craft skill

CBeebies reminds us that creative activities help make vital connections between the different parts of a child's brain. Here are some of the ways that doing art and craft when you're very young can promote mental wellbeing, and help children's physical and intellectual development...



Why not learn how to knit, crochet, papier-mâché or model from homemade clay? You might want to learn to cross-stitch or sew then try to use the skill in real life. What could you use sewing for? You could sew on a button or repair a tear in clothes or a toy.









Darren Henley OBE and CEO for Arts Council England told us that crocheters would make good heart surgeons as they both used hooked needles! Do you have aspirations to become a surgeon?

If you are part of KCU, you will **earn 2 Learning Credits** for learning a new craft skill. Evidence could be a Learning Log, photographs at different stages of learning, the instructions you followed and designs used.



Complete your Discover Arts Award virtually



We have been working with Arts Award to investigate ways our organisations can work together. This pilot pack has been put together so children and young people can earn their Discover Arts Award.

Please download the full pack from www.kcuchallenges.co.uk to read all about the Discover Award but in order to complete this activity we have been working with Arts Award to make tweaks due to the unprecedented times we find ourselves in. Here is what we have agreed:

Discover has three parts that children must complete:

Part A: take part in arts activities (following an inspirational artist's online tutorial. We have shared some examples of suitable providers online)

Part B: find out about at least one artist or craftsperson and their work (take a virtual tour of an art gallery and carry out research about that artist or craftsperson)

Part C: share with others what they enjoyed and learned through doing Discover (you can share what you have learned with a family member, KCU or a relative via a video call)





If you are part of KCU, you will **earn 4 Learning Credits** for completing the Discover Arts Award. Evidence could be the Arts Award Discover Log and photographs.



HEALTHY Spring Snacks

If you are part of KCU, you will **earn 2 Learning Credit** for making your tasty treat. Evidence could be a shopping list, recipe, photographs and your parents' upload to Social Media.

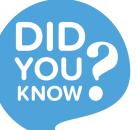
www.kcuchallenges.co.uk

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Now is the time to get creative in the kitchen! Will you make something savoury or sweet? Will you make something healthy? Will you make something traditional, such as Hot Cross Buns, or something more modern like flower cake pops?

Participate in a Taskmaster Challenge



Taskmaster is a British comedy panel game show originally created by British comedian Alex Horne. The game consists of simple and bizarre challenges. The tasks – usually performed in isolation, but occasionally in teams – are designed to encourage the players to think laterally and creatively to complete the task.

Disregarding

'implied' rules

Making assumptions

of what the rules are

ha

Alex Horne has made the following announcement and we would love to see CU learners getting involved:



Alex Horne 🤣 @AlexHorne

For those asking, yes, with schools shutting I shall be setting some HOME TASKS for individuals, families and friends, starting on Monday morning. It should be a fun thing to do. More details SOON. x

7:09 PM · Mar 18, 2020 · Twitter Web App

2.3K Retweets 19.1K Likes

Keep an eye out on our Social Media and <u>www.kcuchallenges.co.uk</u> as we will share the direct link to the family tasks there.

You could also visit taskmaster.tv to find out more from the 23rd March!

If you are part of KCU, you will **earn 1 Learning Credit** for participating in a Taskmaster Challenge. Evidence could be a video, photographs, entry on the Taskmaster website, a Learning Log and entry in your scrapbook/journal.



Create a piece of rainbow-inspired art

Children all over the world are bringing cheer as families are spending more time indoors at the moment.

Children and young people have been putting up paintings and drawings of rainbows in their windows. Rainbows are a symbol of hope, after the storm, there will always be something good.

It is a simple project children can do at home, but also brings a smile to neighbours and friends as they practice social distancing. Some people are using it as a form of I-Spy in their communities as they go for a walk with a parent/carer*



* Please ensure that you follow the current Public Health England guidance with regard to visiting outside spaces.

www.kcuchallenges.co.uk



If you are part of KCU, you will **earn 0.5 Learning Credits** for creating a piece of rainbow-inspired art. Evidence could be your design, photographs of you making the art piece and quotes from those who have seen it.



Complete 10 word and/or number-based puzzles

There are lots of word and number-puzzles available via Twinkl online. Families are able to access Twinkl resources for free for one month with the following offer:

<u>Step 1:</u> Go to <u>www.twinkl.co.uk/offer</u>

Step 2: Enter the code CVDTWINKLHELPS

<u>Step 3</u>: Enjoy utlising the free resources for a month (please read the Terms and Conditions first)

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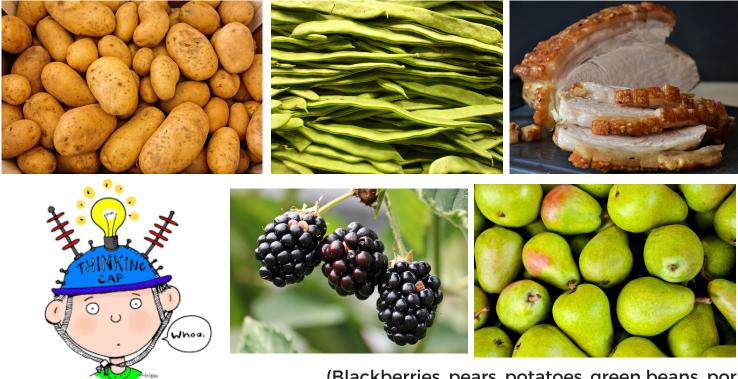


Become a master chef

MasterChef is a competitive cooking show and we would like you to become a master chef in your own home.

As the chef, we would like you to participate in the invention test. Parents/carers can select a number of random of ingredients (sweet or savoury) and allow you an hour to plan and cook a meal which the parents/carers have to eat!

As a practice run, what could you make with the following ingredients?



(Blackberries, pears, potatoes, green beans, pork)

If you are part of KCU, you will earn 2 Learning Credits for becoming a master chef. Evidence could be a list of the ingredients selected by your parents/carers, the recipe for the meal you created and photographs.



Write a 20-second song to encourage hand-washing

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu. The NHS has produced a video showing you the best way to wash your hands and we should be washing our hands as much as possible. You can visit the NHS site to find out how and when is best to wash hands.

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses. It can help stop people picking up infections and spreading them to others. It can also help stop spreading infections when you're visiting someone in hospital or another healthcare setting.

The NHS says that we should wash our hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds) but we think you could write your own song! For inspiration take a look at Weobley Primary School. They re-wrote the lyrics to Take That's "It Only Takes A Minute" to bring fun to hand-washing!



Coronavirus can Take That!

"It only takes a minute kids, To wash your hands. To wash your hands.

Once an hour of the day, We throw at least one away. Waiting in the hand-wash line Trying to avoid COVID 1 9..."

Which song might you write your own lyrics to? You could compose an original piece too!

If you are part of KCU, you will earn **1.5 Learning Credits** for writing a 20second song to encourage hand-washing. Evidence could be the lyrics and a video showing how you wash your hands to the song.



Create an indoor family game from everyday materials

There are lots of ways to make fun indoor games for your family to enjoy. These can be made with everyday items. You could recreate an old classic such as skittles or come up with a brand new idea to bring activity and smiles to your household.



If you are part of KCU, you will **earn 1 Learning Credit** for creating an indoor family game from everyday materials. Evidence could be your design, photographs/video of you playing the game and family reviews.



Design an invention to make the world a better place

It's time to get your engineering head on and be as creative as you can!

What will you invent to make the world a better place? Will it be something to protect the environment, improve health care, enhance renewable energy or something different?

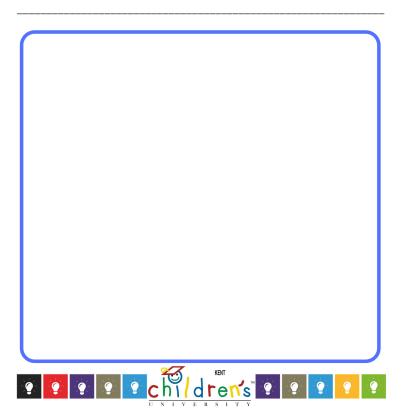
Param Jaggi started working with environmental technologies when he was just 13, and a few years later while learning to drive he was inspired to build a device that converted the carbon dioxide emitted from a car into oxygen. His invention - the Algae Mobile - was patented in 2011 and has won countless awards, and has been tipped to potentially one day revolutionise air quality. He was recently included on a Forbes 30 under 30 list of innovators that are changing the energy sector.

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An invention by ____

Age _____ Date _

The name of my invention is: _





If you are part of KCU, you will **earn 1 Learning Credit** for becoming an inventor. Evidence could be your design, diagrams, drawings and research notes.



Learn a song in British Sign Language

British Sign Language (BSL) is a sign language used in the United Kingdom (UK), and is the first or preferred language of some deaf people in the UK; there are 125,000 deaf adults in the UK who use BSL plus an estimated 20,000 children. In 2011, 15,000 people, living in England and Wales, reported themselves using BSL as their main language.
The language makes use of space and involves movement of the hands, body, face and head. Many thousands of people who are not deaf also use BSL, as hearing relatives of deaf people, sign language interpreters or as a result of other contact with the British deaf community.

For this Challenge activity you will need to <u>learn</u>:

* a verse and a chorus, for a song of your choice, in BSL

There are support materials online or via BSL clubs. Why not look at the Wayne Barrow YouTube page for inspiration.



Other sign languages are out there but we are focusing on BSL!

KCU encourages people to learn Sign Language as it is a valuable life-skill and we are thrilled to have Vision Communication as a Learning Destination! They are a provider of BSL training and youth BSL choirs.

www.kcuchallenges.co.uk



If you are part of KCU, you will **earn 1 Learning Credit** for taking part in an online Sign Language lesson. Evidence could be a video of the things you learned plus an entry in your scrapbook/journal.



Create a "To Do List for the planet" poster or comic

The Sustainable Development Goals (SDGs) are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.



Looking at these headings for the Global Goals, can you create a poster or comic for how the planet could meet them? **For example:**

How could the planet end poverty?

What could be done to improve water quality around the world?

The role of children and young people in achieving the Sustainable Development Goals (SDGs) can be summed up as three "A's" -- raising **awareness**, taking **action** and holding governments and other stakeholders to **account** on progress.

To learn more about the Sustainable Development Goals, please visit:



www.undp.org/content/undp/en/home/sustainable-development-goals.html

#**i**will

f you are part of KCU, you will **earn 2 Learning Credits** for creating a "To Do List for the planet" poster or comic. Evidence could be a copy of the poster and your parents' upload to Social Media.



Watch and review a film or two

There might be times when you want to settle down with your family to enjoy a film together. This Spring, we would like you to become film reviewers so we can share your recommendations with other families during this period of social distancing and isolation. Which films might you watch?

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What is the title of the film? What genre is it? What is it about? Where is the film set? When is the film set? Who stars in the film? Who is your favourite character in the film? (Why?) What kind of person would like this film?

<u>children's</u>

If film and the creative arts interest you, why not earn extra Learning Credits for completing the Bigfoot Creative Arts pack, which is on www.kcuchallenges.co.uk



If you are part of KCU, you will earn a maximum of 2 Learning Credits (0.5 for each review) for watching a film and writing a review. Evidence would be your film reviews.

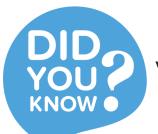


Create bookmarks of positivity for your family and friends



We would like to encourage more people to read during this time of social distancing and self-isolation. We think that inspiring messages on bookmarks would make a nice gift for someone you care about. What will you make your bookmark with? Which messages of positivty will you write on them?





The oldest bookmark that has been found is from 1584 when the Queen's Printer, Christopher Barker, presented Queen Elizabeth I with a fringed silk bookmark. The second oldest existing bookmark is currently in The Royal Museum of Brunei, it is an ivory bookmark which was made in India. It has been embellished with a geometrical pattern made by piercing holes into the ivory, this bookmark is dating from the 16th century.

If you are part of KCU, you will **1.5 Learning Credits** for creating at least 10 bookmarks of positivity. Evidence could be your designs, photographs of the bookmarks and messages from the people you gave them to.



What is Kent Children's University™?

Kent Children's University is part of an international charity that provides 5 to 14 year olds with access to exciting and innovative Learning Activities and experiences outside of the normal school day.

Raising children's aspirations is important to us. We celebrate achievement and reward participation through the award of Children's University certificates.

Any child aged 5 to 14 years can join us and, when issued with a Passport To Learning, is able to take part in Validated Learning activities and experiences at national Learning Destinations.

Each hour of Children's University Validated learning they complete brings the child closer to a Graduation ceremony held at a Kent University.

How can we get involved?

Check with your child's school to see if they are running or planning to run Kent Children's University. If not, or you are EHE, we have a Family Membership model that you can look at and subscribe to via www.kcuchallenges.co.uk





For more information about Kent Children's University please visit www.kentchildrensuniversity.co.uk or email kcu@theeducationpeople.org