

This activity pack has been designed to continue to help you to develop a variety of skills and interests. Our hope is that you will feel inspired to continue to learn from all the activities you participate in as part of Children's University.

OWL-BERT WELCOMES YOU TO THE CHRISTMAS EDITION OF THE ATLP CU NEWSLETTER!

With the colder and shorter days that winter brings, here are some fun indoor ideas to help you make the most of this festive season. Complete the range of activities over the next few weeks or Christmas holidays, to gain up to 10 extra Children's University hours! The activities can be completed in any order, and may require adult supervision. Record evidence of your learning with each task - this could be a photo or reflection report on the activity/activities you completed, and don't forget to log your hours on your 'Passport to Learning'!



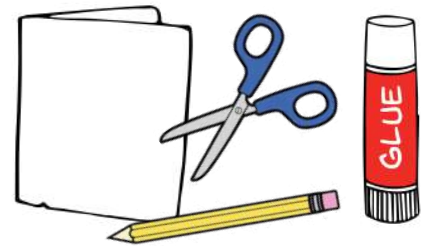
Owl-Bert is incredibly impressed by all the hours that have been collected so far - so keep going! You can see all the levels of achievement available on Page 12 - once you hit bronze you're on the way to your first certificate, silver graduations will be happening in June at your local ATLP secondary school, and why not go for gold to attend a graduation at the University of Birmingham! Remember, if you're taking part in any other activities over the holidays, why not write a reflection sheet (Page 11) on what you have done and learned to gain extra CU hours?



CREATIVITY

MAKE A CHRISTMAS CARD (1 HOUR)

Let's get into the Christmas spirit! Use the instructions provided on **Page 3** to create your own Christmas card. Show your CU lead your final creation before giving / sending it to someone you care about for Christmas.



COOK A MEAL (1 HOUR)

Why not cook a meal for somebody you live with? Look online or in cookbooks for a recipe you'd like to try, and ask a parent or guardian to supervise as you cook it. Make sure to take a photo of your meal before the lucky recipient eats it, and after your meal, complete the questions on **Page 4** and ask someone that you cooked for to sign it. Share your completed questions and meal photo with your CU lead.



SOCIAL, COMMUNITY
AND ENVIRONMENT



ACADEMIC

WRITE A SHORT STORY (2 HOURS + 1 HOUR)

Let your imagination run wild, and use the template on **Page 5** to write a one-page story. Plan your story before you start writing - think about an interesting title, the setting, characters and plot, and break it down into a start, middle and end. Take your story - complete with title and your name as author - for your CU lead to read. **You can earn 1 additional learning hour if you design a front cover for your story** - a template for which you will find on **Page 6** - show this to your CU lead too!



I'm very excited for this one!



MAKE A BIRD FEEDER (2 HOURS)

Follow the instructions on **Page 7** to make your bird feeder. Take a photo of your completed feeder and hang it up outside - somewhere you can see it from indoors. Use the diary template on **Page 8** to keep a note of all the birds that visit your feeder - using books or the internet to identify them.

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SOCIAL, COMMUNITY
AND ENVIRONMENT

DESIGN A FITNESS PROGRAMME (2 HOURS)

Have a think about the questions below:

- * Which types of exercise do you enjoy and why?
- * Why is exercise important? How do you feel after exercise?
- * What activity could you do to warm up and cool down?

Create a fitness programme for yourself or others - using the template on **Page 9**. You could use a variety of exercise types, how about: swimming, skipping, football or gymnastics? It could even be a brisk walk or gentle jog. Show your completed fitness programme to your CU lead.



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SPORTS AND
OUTDOORS



WRITE A FILM REVIEW (1 HOUR)

Choose a film - it could be one of your favourites, or one you've never watched before. Watch the film - making notes on the characters, plot and main themes as you go. Use the template on **Page 10** to write a one-page review, and show your completed report to your CU lead.

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ACADEMIC

We very much hope you enjoy completing the Christmas activity pack. If you would like any further clarification or information on any of the activities included in the pack or have any other questions, please email us at CU@ATLP.org.uk, and we will be happy to help.

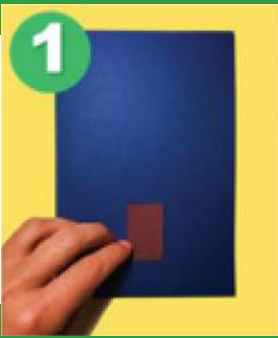
We look forward to receiving your completed activity pack soon.

GOOD LUCK!



MAKE A CHRISTMAS CARD

Here's a simple Christmas tree card that students of any age can make! Please be careful when using scissors, and for the littlest learners, ask your parent/guardian to you cut pieces of paper for you so you can focus on sticking them down!



STEP 1

Fold a piece of construction paper in half to serve as your card, and cut a rectangle out of brown construction paper. This is the tree trunk. Glue it near the bottom of the card cover.



STEP 2

Cut about 16 thin rectangles out of green construction paper to serve as the tree branches. (You might also choose unconventional colours like red, purple, blue, or orange to make the tree - it's up to you!). Glue one of the "tree branches" over the top of the tree trunk, as if you are creating a triangle.



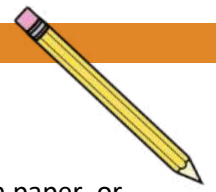
STEP 3

Now take another tree branch, and glue it on the other side of the tree trunk, completing the triangle top. Continue placing the "tree branches," one on top of the other in this triangular fashion, until you've used all the "tree branches" and you have what looks like a full Christmas tree.



STEP 4

Top the tree with a star cut out of yellow construction paper, or create a tree topper of your choice. Write "Merry Christmas!" (or an alternative message of your choice) on the inside using crayons or markers. Add a message for the person receiving the card.



COOK A MEAL - REVIEW QUESTIONS



WHAT DID YOU COOK:

WHY DID YOU CHOOSE TO COOK THAT PARTICULAR MEAL?

WHAT DID THE PEOPLE WHO ATE IT THINK? GIVE A FEW QUOTES.

WHAT HAVE YOU LEARNED FROM COOKING YOUR MEAL?

WHAT MIGHT YOU DO DIFFERENTLY NEXT TIME?

I can confirm that this activity has been supervised.

SIGNED:

PARENT / GUARDIAN



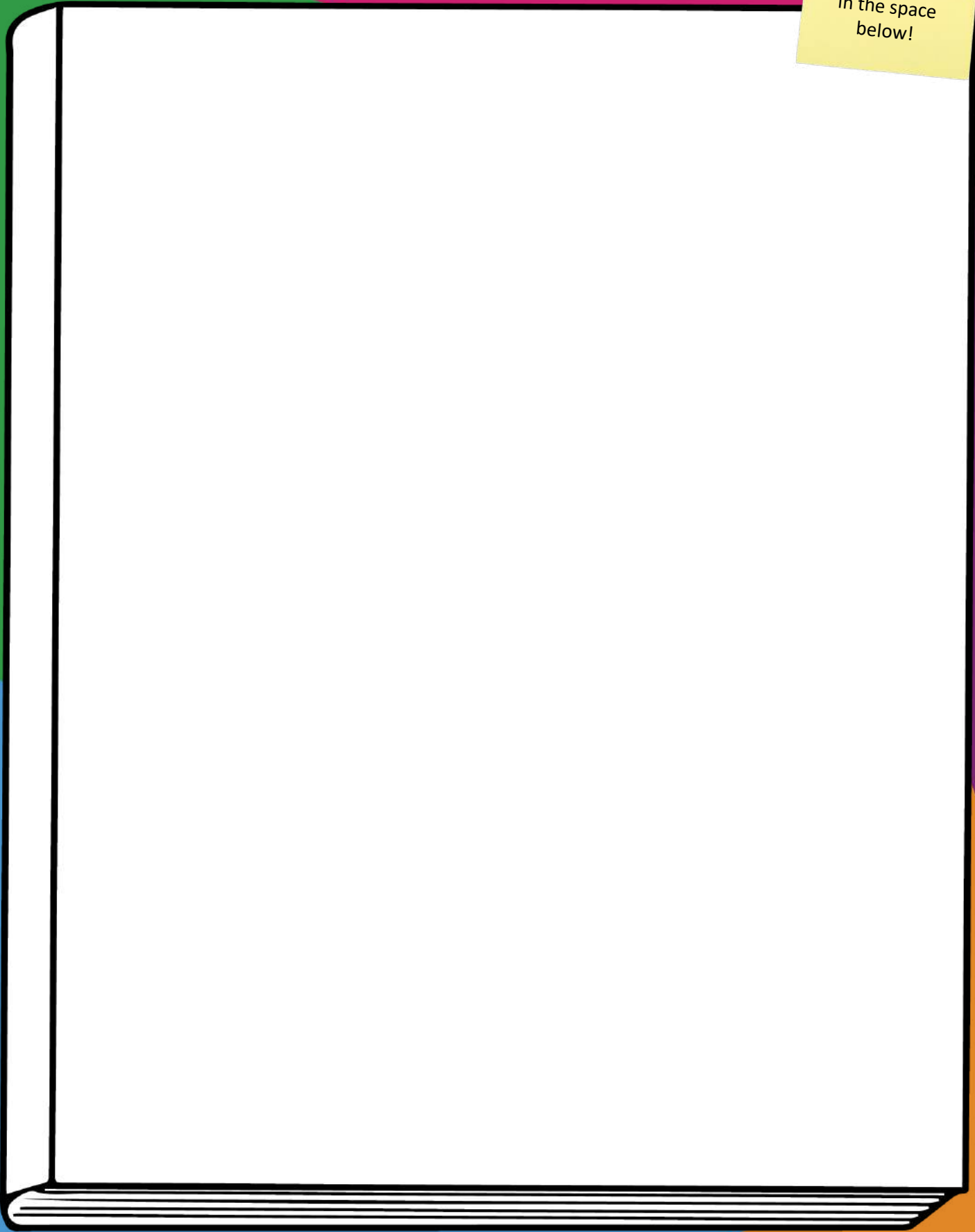
WRITE A SHORT STORY

Use the space below to write your story!



DESIGN YOUR COVER

Design your
book cover
in the space
below!



MAKE YOUR OWN BIRD FEEDER - INSTRUCTIONS

Follow the instructions below to create your very own bird feeder! Please ask your parent/guardian to help with any of the steps that require the use of a sharp object.

YOU WILL NEED...

- * A LARGE ORANGE
- * A SPOON
- * BIRD SEED OR NUTS
- * STRING
- * A SHARP OBJECT TO PUNCTURE HOLES
- * AN ADULT'S HELP

STEP 1

Ask an adult to cut your orange in half. Scrape out the orange with a spoon so you are left with just the tough skin



STEP 2

Ask an adult to pierce two holes in the orange. Thread the string through the two holes to make a loop, and tie a knot so you can hang the orange up



STEP 3

Fill the orange with bird seed



STEP 4

Hang it outside - perhaps from a tree or fence post



MAKE YOUR OWN BIRD FEEDER - REPORT

WHICH BIRDS VISITED YOUR FEEDER?



WHAT HAVE YOU LEARNED FROM THIS ACTIVITY?



DESIGN A FITNESS PROGRAMME

Use the template below to plan your programme across 2 weeks - try your best to complete one form of exercise a day!

DAY	WHAT DID YOU DO?	FOR HOW LONG?	ALONE, OR WITH WHO?
MON			
TUES			
WEDS			
THURS			
FRI			
SAT			
SUN			

DAY	WHAT DID YOU DO?	FOR HOW LONG?	ALONE, OR WITH WHO?
MON			
TUES			
WEDS			
THURS			
FRI			
SAT			
SUN			



WRITE A FILM REVIEW

FILM TITLE:

STAR RATING:



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.

CHILDREN'S UNIVERSITY ACTIVITY REFLECTION SHEET



If you've taken part in an activity that hasn't previously been validated by Children's University, you can complete this reflection sheet and tell us all about what you did. You can then send this to CU@ATLP.org.uk and we will send you a stamp code for your passport.

NAME:

PARENT/GUARDIAN EMAIL:

SCHOOL:

LOCAL CHILDREN'S UNIVERSITY:

WHAT ACTIVITY DID YOU DO?

Describe what you did and where you did it. If it was online, please try and tell us the URL (web address).

WHAT DID YOU LEARN?

Tell us what you learned from doing this activity. What do you know now that you didn't before you did this?

WHAT DID YOU LIKE OR DISLIKE ABOUT IT?

What were the best parts of this activity and what did you not enjoy as much?

WOULD YOU RECOMMEND THIS ACTIVITY TO A FRIEND?

Tell us why.



By submitting this reflection sheet to Children's University Trust, you are giving permission to Children's University and local partners to contact you with a Children's University stamp code. If you have an account set up on Children's University Online, you'll be sent a stamp code that can be submitted online. If you don't have an online account, this code can be entered into your Passport to Learning as evidence of your participation in this activity.

CHILDREN'S UNIVERSITY LEVELS OF ACHIEVEMENT

There are a whopping **30 levels** of award available to achieve through Children's University. The image below shows the number of hours you need to collect to achieve bronze, silver and gold awards across each level of achievement. As you gain the relevant number of hours, you will receive a certificate and a pin badge in school assembly or at a graduation ceremony, depending on the bronze, silver or gold status of the level achieved.

