

Summer 2025

CHILDREN'S UNIVERSITY SUMMER CHALLENGES

What an incredible milestone; over the last six weeks we have seen nearly 1,500 of you step up on stage and graduate! We're so proud of each and every one of you for your hard work, creativity, and determination. Across 14 graduations we watched majorettes, karate, gymnastics, traditional indian dancing, sumba, singing, readings and more. It really was a true celebration of a wide range of talents. Well done, everyone.

As you step into summer, we want to keep that spark of curiosity alive with our Summer Challenge. Over the next six weeks, you'll explore weekly themes all designed to develop your 'growth mindset' and keep your brain curious.

You can complete the challenges at your own pace, and there is even a bonus 'Bingo' round at the end for some extra CU hours!

We'd love to see your summer in action! Share your photos, videos, and challenge moments with us at ChildrensUni@unityspe.co.uk.

Here's to a summer full of discovery, joy, and growth and building up your hours for your next graduation!



SCAN ME

Help us to keep improving by giving your feedback here



Growth Mindset



Welcome to Your Growth Mindset Adventure!

Did you know your brain is like a muscle? The more you use it, the stronger it gets! That's what a growth mindset is all about, believing that you can get better at things with practice, effort, and learning from mistakes.



Sometimes things feel tricky, like learning a new game, solving a puzzle, or trying something for the first time. But with a growth mindset, we say things like:

"I can't do it... yet!"

"Mistakes help me learn."

"I'll keep trying!"

These adventure will help you grow your confidence, try new things, and celebrate your progress, no matter where you start. And the best part? You can do it at your own pace, with friends, family, or even on your own.

6-Week Growth Mindset Challenge

Each week has an activity to help you build your brain and your bravery:



Week 1: My Superpower Brain

🎨 Draw your brain as a superhero! What powers does it have when you try your best?

Week 2: The Power of "Yet"

🧠 Make a "Yet" poster. Write down 3 things you can't do yet, and what you'll do to get better.

Week 3: Mistake Masterpiece

💡 Think of a time you made a mistake and learned from it. Draw or act it out like a story!

Week 4: Try Something New

🧩 Pick something you've never done before like try a new food, game, or skill. How did it feel to try?

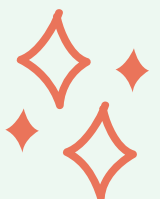
Week 5: Kind Words Jar

💬 Collect kind words you say to yourself or others when things are hard. Add one each day!

Week 6: Celebrate Your Growth!

🎉 Make a "Look How I've Grown" poster with pictures, drawings, or words showing what you've learned.

This journey is for everyone, no matter where you come from or what you've done before. You are brave, you are learning, and you are growing, every single day.



Week One- Family

News night! Interview a family member:

Choose a member of your family (this could be a parent, grandparent, uncle, aunt or even an older cousin!) and interview them by asking five questions about their life. What stories do they tell? What advice do they have?

Step 1: Choose your interviewee.

Step 2: Plan your questions.

Step 3: Do the interview.

Step 4. Record the answers they give or take notes.



My Family Superpowers:

·Write a screenplay where each of your family members has a super power! A screen play is like a storybook that tells everyone what to do when making a film or a show.

It has:

- Who is in the story, like a princess, a dragon, or a superhero
- What they say, like “Let’s go on an adventure!”
- What they do, like running, jumping, or flying!
- Where they are, like in a castle, a jungle, or outer space.

It’s like a magic map that helps the actors, camera people, and everyone else know what happens next! Once you’ve written your screen play see if you can get your family to act out your film and record it.



Family Recipe Book:

·Ask someone in your family to help you write down a favourite recipe. Add photos or drawings and write a short memory connected to the dish.



Week Two - Wellbeing



Mindfulness Alphabet:

Create an A-Z of things that make you feel good or calm.

Example:

A – Animals

B – Baking

C – Cuddling a pet

You can write, draw, or find pictures of each thing. Then see if you can practise one a day this week.



Ha Ha! Very funny. Write your own joke book

Start by writing your jokes, then decide how to present them:

Booklet Style: Fold paper into a mini-book, decorate the cover, and illustrate each joke.

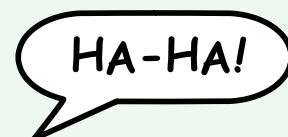
Joke Jar: Write jokes on slips of paper and pop them into a decorated jar.

Accordion Fold: Tape pages together in a zigzag fold, with a joke and drawing on each panel.

Digital Version: Use a tablet or computer to type jokes and add picture.

Toilet Roll: Write a joke on every other sheet of paper (but make sure you roll it back up!).

At the end of your joke book add a “Meet the Comedian” page or a laugh-o-meter to rate the jokes. Share it with friends and family and see who laughs the hardest!



Week Three - Art

Photography Art:

Take a series of 3 – 5 photos that capture a day in your life or show something special. This could be your favourite place at home, things that make your smile, signs or nature in your garden or even what you spot on a walk with your family. Experiment with different camera angles and zooming in and out. Tell someone what is happening in the photo, why you chose to take it the way you did and how it makes you feel.



Masterpiece?

Work with someone at home to create a masterpiece. Both people start a drawing, painting or colouring, without seeing what the other person is drawing, then swap pages every 45 seconds (set a timer). See what the final pieces look like after 5 minutes!

Describe Your Artwork: write or record a description of it. What materials did you use? What inspired it?

Let's get this straight.

Did you know it is possible to draw a curve with only straight lines?

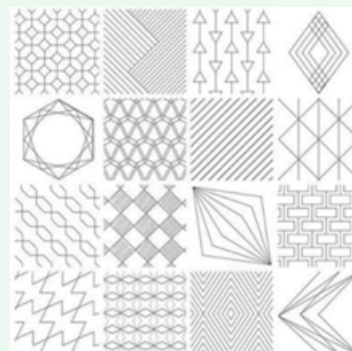
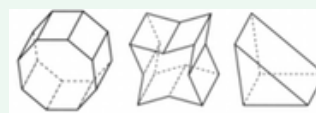
Did you know that you can make 2D images look 3D by only using straight lines?

Try it out! All you need is a ruler, a pencil and some paper. The rules are: straight lines only!

See what 3D shapes you can draw. Perhaps you can draw a city scene of houses and high-rise flats?

Perhaps you can draw optical illusions?

Perhaps you can even draw a curved shape through multiple straight lines?



Read it, Draw it, Make it.

Choose a book, film, or show you enjoy and create a piece of art inspired by the story. You could:

Draw or paint your favourite character.

Design the setting or world.

Illustrate your favourite scene.

Make a book cover for the story.

Create comic strip, retelling part of the story.

Act out the whole story in 5 minutes!



Week Four - Animals & the natural world

Book Bingo:

Visit your local library, or look through books you may have at home or round a friends house. See if you can fill in the grid. Try to get a line across, down, or diagonally, or go for a full house!

Take photos of the book or record the title and author.

Has an animal as a main character	A story where the animals talk	The author's name starts with 'J'
Is a non-fiction book about animals	Has more than 4 chapters	Contains a diagram of an animal
Has a happy ending for an animal	Has a fantasy creature	Has an animal on the front cover

News night! Pet Interview:

News night is back and this time we are interviewing a pet (real or toy!). Write answers in a funny or imaginative way using oracy skills.

Step 1: Choose your interviewee.

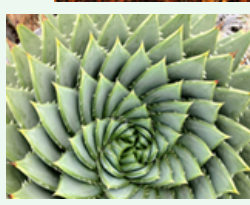
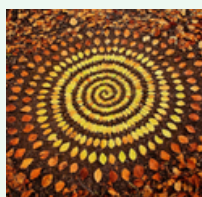
Step 2: Plan your questions.

Step 3: Do the interview.

Step 4: Record the answers they give or take notes.

Patterns:

Have you ever noticed the wonderful patterns all around us? It is amazing how nature replicates some mathematical patterns. Look at these:



Many artists try to replicate the mathematical patterns found in nature using materials around them. Have a go at making your own mathematical patterns.

Can anyone in your family continue the pattern? If you have a phone or tablet, take a photo of your pattern to share with others.

You could use items from the garden or park (leaves, sticks), from the beach (pebbles, shells) or everyday items from your home (bottle tops, Lego bricks).

Week Five - Movement

How many?

How good are your estimation skills? Here is the challenge to test them!

You will need a device to time yourself and a method to record your results (this could be a tablet, phone or pencil & paper).

How many can you do of each activity in 15 seconds? Start by recording your estimation and then record your actual result. Invite friends or family to record their estimations and results too, then you can compare to see whose estimation was most accurate!

Activity	Estimate	Actual
Star jumps		
Touching your toes and standing back up straight		
Hops on one foot		

Movement Alphabet Challenge:

Get ready to move your body and stretch your imagination with this fun alphabet activity. Can you think of a movement or action for each letter of the alphabet?

Example:

A – arch your back

B – bounce up and down

C – curl up your calves

a b c d e f g h i j k l m n o p q r s t u v w x y z

Moving mayhem:

How many different ways can you move through your house or garden? Walk, run, skip, crawl, spin, shuffle, cartwheel, on your hands, side-step? Create a list of all the different ways and rank them from strongest to .. and have fun!

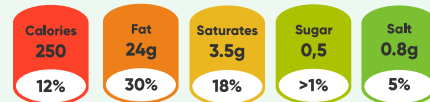


Week Six- Food



Food Facts:

With an adult's permission, look in your food cupboard at home. Read the ingredient labels and nutrition facts on the packaging. Can you compare the foods and put them in order based on a category of your choice eg, the highest in sugar to the lowest.



Food Packaging:

Find a box, like a cereal box, and undo it so that you have a flat net shape of the box.

What shape do you have?

Can you find a cardboard tube for example, from a kitchen roll?

What 3D shape is it? If you cut it lengthwise, what shape do you

think you will have?

Now cut it, are you surprised?

Can you find any unusual shaped boxes? What do you think the nets will look like for these? Try drawing them out.



Can you design a net which will make up to a 3D shape?

What would you need to change if you made a tiny net or a giant net?



Food Around the World Story:

Pick a dish from another country and write a short story set in that country featuring the food. Where will your taste buds travel?



Tasting Vocabulary Challenge:

Write 10 describing words (adjectives) for different types of food textures or flavours. Use them in silly sentences!

Do you love pizza, pancakes, pasta or pineapple? It's time to turn your favourite food into a poem! Create a poem about your favourite food. It could be silly, short, long or full of fun. Try to add as many of your describing words. It could be a haiku? A shape poem?

A rhyming couplet?



Bonus Bingo!



Are you ready for some outdoor fun? Bonus Bingo is your chance to explore nature, try new adventures, and collect exciting experiences, all while having fun!

Every activity on your bingo card is a chance to discover something amazing. You just need your curiosity and a sense of adventure!

Let's go exploring, your next outdoor surprise is just around the corner!



Visit a fire station



Visit your local library



Go pond dipping



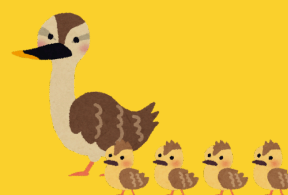
Have a picnic



Visit a free museum or gallery



Feed some ducks (try oats or peas)



Build a den in the woods



Visit an English Heritage site



Search for new playgrounds

