

## Spring Challenge 2022

### Our Latest Learning Destinations: National & Local (Essex and Suffolk) Learning Destinations

We continue to add to our list of recognised Learning Destinations. In recent weeks the following activities have been registered with us and all details can be found on the Learning Destination pages of each of our websites.

The Pony Club  
 What3Words  
 Peace of Me – Meditation and Mindfulness  
 Clip and Climb - Ipswich  
 Fast Progress Tuition Ltd – Canvey Island  
 Goju Kai Karate – Hamstel Junior School

Stanway Rovers Youth FC  
 Deanswood Equestrian Centre  
 Felixstowe & Walton FC Under 10's  
 Junior Parkrun – Essex  
 5Elements Martial Arts – Felixstowe  
 Felixstowe Leisure Centre – Swimming Lessons  
 Hamilton School of Dance Ballet

Does your child attend a local learning activity which isn't yet registered with us?

Please encourage them to get in touch with us.

#### Get all of the latest learning destinations news direct to you inbox!

It is impossible for me to share all of the great learning destination activities with you in just one newsletter.

If you'd like to be kept up to date with the very latest news please email me:

[admin@essexchildrensuniversity.co.uk](mailto:admin@essexchildrensuniversity.co.uk)

[manager@suffolkchildrensuniversity.co.uk](mailto:manager@suffolkchildrensuniversity.co.uk)

and ask to be added to the mailing list.

#### **Essex and Suffolk Learning Destinations**

Have you visited our website to take a look at the local Learning Destinations who have registered their activities with us?

#### Challenges from across the UK

My fellow CU Managers across the UK also create learning challenges.

Find a Children's University Challenge from a different Children's University and take part, sending your evidence to them. They will issue your learning stamp.

#### Poo Clues and Tracking Challenge

Take a walk in your local park/country park.

We can't always see the animals that live in the park, but they leave clues behind to tell us who makes their home there.

See how many you can spot on your walk!

You can find the poo clues information on our [website here](#)

The tracking [challenge is here](#)

#### Skillsbuilder Home Zone

Skillsbuilder have created [Home Zone](#). Ideas and challenges you can take part in as a family at home and of course eligible for learning stamps too.

With

Paperclips

Bird feeders

Star in your own family movie

...and more there's something for everyone!



**Suffolk Libraries** across the County, offer a great range of learning experiences, which are eligible for learning stamps with the Children's University.

I would encourage you to take a look at their [Free lending, activities, eBooks and audiobooks | Suffolk Libraries](#)

**Secret Mission:** Throughout the day make it your “secret” mission to show the people around you that you are really listening to them. Think about how you can use eye contact and your body language to show you are paying full attention to what they are saying. What questions can you ask to show you have understood what they have said or that you wish to find out more?



At the end of the day, talk with them about your mission. Did they notice you were listening carefully to them? How did your careful listening make them feel? Share your thoughts about what you noticed too.

**1 Learning Stamp**



### Countryside Savvy

The Countryside Code. The Countryside Code was written to protect the countryside and explains that is it important to plan-ahead, stay safe, keep your dog under control and many other things.



Do some research on The Countryside Code and share your findings with some of your friends. You might design a poster, write an article for a magazine. Any articles you write we will share with the Essex Book Festival who are creating a Manifesto for Essex with environment at its heart.

**1 Learning Stamp**

### Every Drop Counts

The United Nations says that the minimum amount of water a person needs every day is 4 litres.

**BUT!**

How much water DO WE USE in a normal day?

Your challenge is to measure ALL the water you use in a single day (including drinks, washing up, washing hands, brushing teeth, preparing food).

Before you start.

How much water do you think you will use.

After 24 hours, work out the total amount of water you did use?

How does it compare with your estimate?

SO: What can you do at home to make sure water isn't wasted?



### Frame It!

Can you make a 3D frame with natural materials?

Gather and clean some natural materials from the garden, beach, or park.

How about leaves, twigs, shells, or flowers?

Now it's time to get creative and make your 3D frame.

Twigs or recycled cardboard make a great base to start.

Tip: You can sketch your design before you start building. Think about any other material you might need before you start (for example scissors, string, tape). Once your frame is complete, don't forget to fill it with something.

### A Bug's Life!

Head outside on a bug hunt and create a pictogram or bar chart to show the different types of insects you find.

This could be on a walk or by exploring an outside space at home.

Why are bugs so important?

Can you think of ways we could make our outside spaces more bug friendly?

### Coal Mine Detectives

Visit the National Mining Museum of Scotland! Visit [The Lady Victoria Colliery](#). Find out about life as a Victoria Miner and become a mine detective!