



February Half Term Challenge 2024

Activity 1

Saturday 10th February is Chinese New Year and 2024 is the year of the dragon! Have a go at making some Chinese New Year themed crafts and decorations. There are lots of ideas here [30 Chinese New Year Activities And Crafts For Kids 2023 - Netmums](#)

Activity 2

February is National Heart Month and is all about exercising for a healthy heart. Why not create a circuit made up of 10 different physical activities such as burpees, press ups, squats, star jumps. Take your pulse before you start and after you have finished (you may need help from an adult for this). Make a poster showing the exercises you have chosen and record your heart rate on this too!

Activity 3

Half term is student volunteer week and also includes 'Random acts of Kindness' day. To gain your credit we are asking you to volunteer an hour of your time to help a friend or family member. You could: Organise a litter pick, undertake odd jobs, Cook or bake a tasty treat, organise some dog walks (be generous and imaginative!) Write a short report of what you did, who for and how it made you feel.

Activity 4

Ask a grown up to help you make some pancakes. There are so many different types to try...ham and cheese, fruity, scotch, lemon and sugar – yum! Here are some recipe ideas [Kid's pancake recipes - BBC Food](#) Don't forget to take a few pictures before you eat them all!

Activity 5

We have had a lot of cold weather recently...but some animals live in very cold temperatures most of the time! Follow this link to see some of the animals and then choose one to find out more about. Write a report, including where they live, what they eat and how they keep warm.
[Top 10 Snow Animals and How They Survive the Cold | Discover Magazine](#)

Activity 6

14th February is Valentines day – Show a friend or family member how much you love them by making a card or gift – there are some great ideas here [75+ Easy Valentine Crafts for Kids - Happiness is Homemade](#) Or why not write them a poem? Get some inspiration here! [17 Valentine's Poems For Kids - Netmums](#)

Activity 7

If you like photography, then why not take up this challenge? Using a mixture of indoor and outdoor photos, take pictures of Something:

- | | |
|-------------|----------------|
| 1. Stripecy | 2. Tiny |
| 3. Fluffy | 4. Transparent |
| 5. Sparkly | 6. Tall |
| 7. Spikey | 8. Colourful |
| 9. Rusty | 10. Living |



Collect extra Children's University credits during the February half term by completing these challenges. Each activity is worth 1 credit (unless stated otherwise), when you send evidence to your local Children's University. This could be a photograph, video, a work sheet, or writing! Send it to SeftonCU@elevate-ebp.co.uk