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July 5, 2021

HOLIDAY

17 DAYS OF FUN

CHALLENGE

THE holidays are here, hooray!

Perhaps your family has a break away planned, or perhaps you will be having a break from school at home.

Either way there is sure to be some downtime during the next 17 days.

With this in mind the Peter Underwood Centre team has come up with 17 fun challenges to engage with.

Children's University Tasmania members can earn stamps in their passports for these challenges, at the discretion of their school coordinator.

1. CREATE A BOARD GAME:

Use items you can find around the house to design and construct your own board game. Every board game needs a set of rules of course - challenges and rewards for landing on certain squares, and a theme of some sort. Think about board games you have played before. You will need a large piece of paper to draw the board on, and some textas (or pencils). You will need to find or construct some game pieces. If you need dice for your game, you might be able to borrow some from another game you have at home, or you could come up with an alternative.

2. TENPIN BOWLING:

All you will need is some empty water bottles for your tenpins and a tennis ball, or you could even just use an old pair of socks. Have competitions with friends and family, and perhaps try creating a score card and

keeping score. A game consists of 10 frames, with each frame offering two attempts at knocking down the pins. If you knock down all 10 with your first attempt that is called a 'strike', and if you clean up any remaining pins with your second attempt that is a 'spare'. But this is where it gets tricky. A strike is worth 10 points plus the number of pins you

knock down in your next frame. While a spare is worth 10 points, plus the number of pins you knock down with the first attempt of your next frame. See the example below. A strike is marked with an "X" and a spare with a "/". Of course, you don't have to keep score to play this fun game.

X	7	2	6	/	7	1	X	3	5	8	/	6	2	X	9	/	X
19	28	45	55	73	81	97	105	125	145								



Picture: iStock/ cole matt

3. EGG AND SPOON RACE:

Organise an egg and spoon race with friends and family. You will need spoons of course. A table tennis ball is an alternative to wasting eggs, or you could (with an adult family member's help), boil eggs to avoid a sticky situation. How long does it take to boil an egg?

by colouring in the NAIDOC Week poster (supplied with today's edition of *The Wonder Weekly*) You can download your own copy of the poster and find out more about NAIDOC week here: www.naidoc.org.au

6. FOSSIL CRAFT:

Try making a dinosaur skeleton out of cotton buds. You will need scissors, sticky tape or a glue gun, and cotton buds, naturally.

7. LEARN TO JUGGLE:

Juggling is a tricky skill to learn, but like most things, if you practise you will improve. It is much easier if you use the right technique.

Beanbag balls are great to use if you have them. A past edition of *The Wonder Weekly* revealed how to make your own beanbag balls, and instructions to follow to learn how to juggle. You can read the edition here:

www.utas.edu.au/_data/assets/pdf_file/0006/1407840/The-Wonder-Weekly-October-19.pdf

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4. BLIND CONTOUR DRAWING:

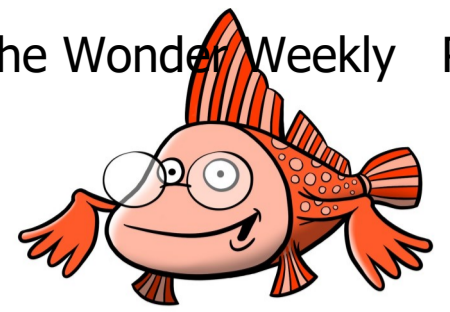
All you will need is pencil and paper. Draw the contour (outline) of your other hand without looking at the paper or lifting your pencil. Then add in all the lines and other details you can see.

5. NAIDOC POSTER:

It is NAIDOC Week from July 4-11, the time when Australia celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year's theme is "Heal Country". Organisers are encouraging children and young people to participate



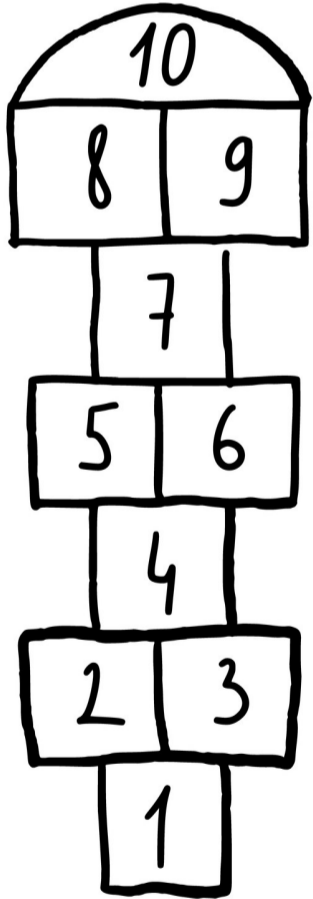
Holiday challenge



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8. HOPSCOTCH:

Hopscotch is a great game to play in small areas. Start by marking out a court, possibly with chalk on a concrete path. You could use a rope or brightly-coloured string for your court. The image below is an example, but you can come up with your own design. You will also need a "lucky", a small stone will do, which you toss into the squares. Any numbers of players can play hopscotch, and you can practice on your own. The first aim is to toss your lucky into square one (it must land and stay within the lines). You must then jump over that square into the next square (or squares). You must land in a single square on one leg, but where there are two squares next to each other, you can put both feet down. When you get to the end square, turn around and come back, picking up your lucky on the way. If you can return to the start without stepping on a line, you move on to square two. The winner is the player who completes every square first.



9. VISIT A NATIONAL PARK:

In Tasmania we are very fortunate to all live close to National Parks. The school holidays are a great time to visit one with your family.

10. SCAVENGER HUNT IN THE GREAT OUTDOORS:

If you do visit a National Park, or just head out on a bushwalk close to home, a nature scavenger hunt can be great fun. Make a list of what you might see on your walk. The list might include certain plants or animals



CONSTRUCT: You can create models buildings by recycling cardboard. Picture: iStock/ Maria Symchych-Navrotska

(insects, birds and fungi would be worth including). Perhaps you could take photos of what you see.

11. SCAVENGER HUNT IN YOUR BACKYARD:

It is also fun to create scavenger hunts at home, and challenge family and friends. All you need is a list of items to find and perhaps a time limit. Make a list of items - plants, pots, garden tools, rocks, toys, balls, anything that can be found around your yard - and tick boxes on a page. A clipboard is a good idea.

12. LEARN A NEW SKILL:

Do you have a favourite sport or regular activity? The holidays are a good opportunity to spend some time practising your skills. Challenge yourself by trying

something you haven't done before, or are not particularly good at yet. For example, if you play football you could practise kicking with your non-preferred foot, or handballing with your non-preferred hand. Perhaps you could ask an adult family member to film you. You could then watch the video and analyse your technique. A bit of sports science can't hurt. A few videos over a period of time will also show your improvement.

13. VISIT A MUSEUM:

Museums are great places to visit at any time and often have activities organised for the school holidays. Here are some sites to visit for more information:

- www.tmag.tas.gov.au
- mona.net.au

- www.maritimetas.org
- www.qvmag.tas.gov.au
- www.burniemag.net
- bassstraitmaritimecentre.com.au
- www.facebook.com/galleymuseum/
- wchczeehan.com.au

14. MODEL BUILDING:

Turn old hardboard boxes into model buildings. All you need is scissors, glue, tape and a plan for what you want to build. You might want to draw a design first. You could build a house, or go big and create a skyscraper. Cardboard rolls, egg cartons and cereal boxes are also useful resources, if they are no longer being used. You could even create the interior walls and furniture to match.

15 LET'S DANCE:

Dancing is great fun and good exercise. Have a go at coming up with your own dance steps and movements. All dances started somewhere. You might create the next dance craze. When you are happy with your dance, you might like to reveal it to a family member or friend and teach them how to do it.



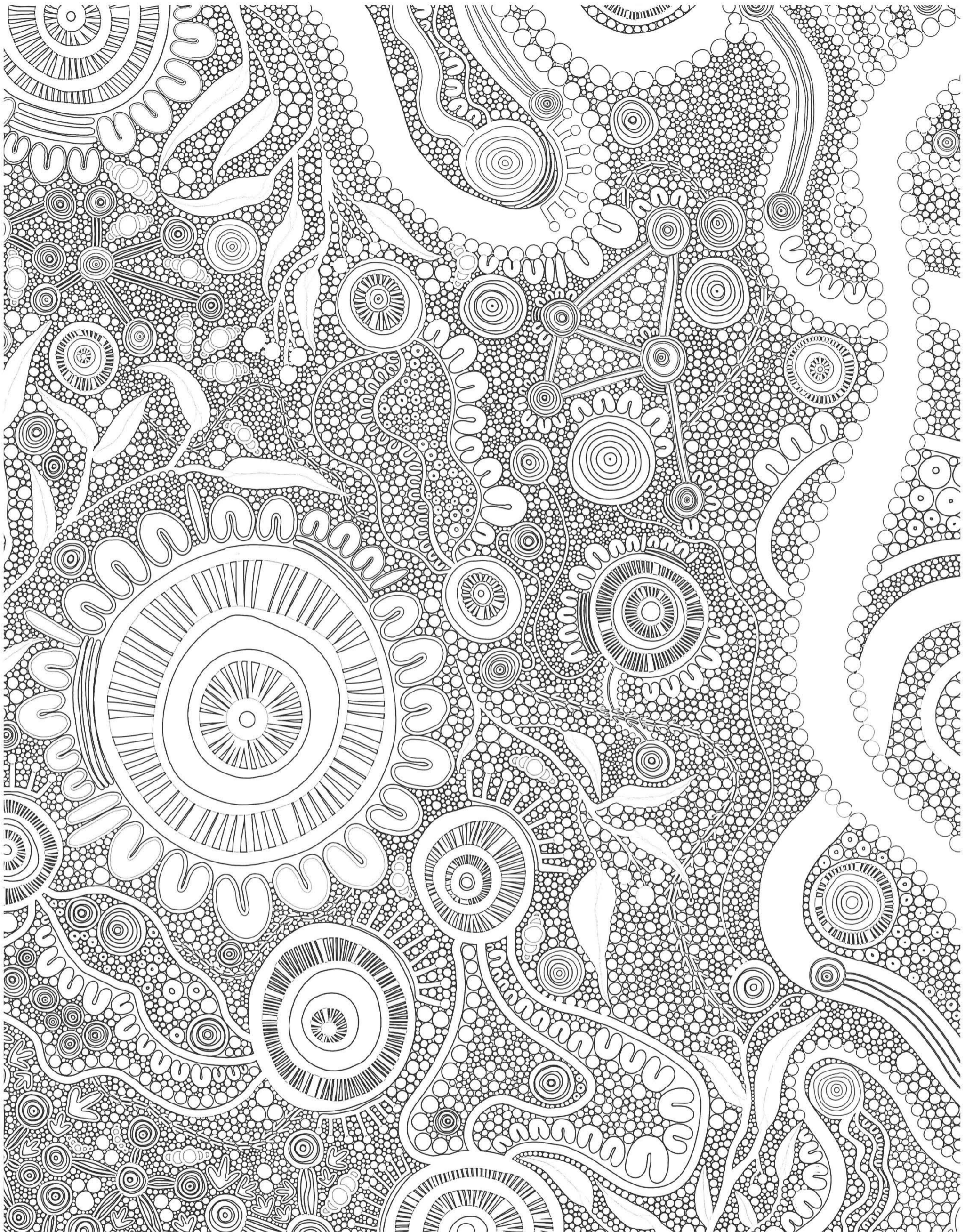
16. WRITE A REVIEW:

If you read a book in the holidays, or watch a new movie or television show, or even play a new game, you could write a review about it. In fact it doesn't need to be new, it could just be one of your favourites. Consider questions such as:

- What did you like about it?
- What didn't you like about it?
- How would you change it?
- Perhaps you might even like to write a new storyline or plot?

17. DRAW A CARTOON:

A cartoon is a drawing, or a series of drawings, often intended to make us laugh. The characters are drawn in a non-realistic or semi-realistic style, and often certain characteristics are exaggerated. The images are usually combined with text, which can appear in speech bubbles or captions. It is fun to create cartoons of your own. Perhaps you might prefer to spend your time drawing a great caricature, like Professor Finn the red handfish, who is the mascot for *The Wonder Weekly*. Speaking of which, have you seen the Professor lately?



Artwork: *Care For Country* by Maggie-Jean Douglas (Gubbi Gubbi)

When creating 'Care for Country' I kept in mind that this meant spiritually, physically, emotionally, socially and culturally - I chose to create a bright and vibrant artwork that included the different colours of the land but showed how they come together in our beautiful country and to make people feel hopeful for the future. I've included communities/people, animals and bush medicines spread over different landscapes of red dirt, green grass, bush land and coastal areas to tell the story of the many ways country can and has healed us throughout our lives and journeys.

NAIDOC Week

4-11 JULY 2021

#NAIDOC2021 #HealCountry



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