

School Holiday Activity Pack




2024 **Summer** Edition 

Follow your curiosity, explore, and earn hours!





How to earn hours in your passport

 <h2>At school</h2> <p>Examples: Earn unlimited hours for activities outside of class time. Examples: lunchtime clubs, school sport teams, choir, volunteering in the library/canteen, etc.</p>	 <h2>Learning Destinations</h2> <p>Get your passport stamped each time you visit a CU Learning Destination listed on cuaportal.com. Examples: museums, zoos, libraries, botanical gardens, etc.</p>
 <h2>Outside school</h2> <p>Earn up to 10 hours for regular clubs or classes every year. Complete a 10-hour reflection form on cuaportal.com or with your School Coordinator. Examples: sports clubs, martial arts, drama or dance classes, orchestra, etc.</p>	 <h2>Portfolio of Learning</h2> <p>Reflect on new learning experiences not listed on cuaportal.com. Complete a reflection to earn 30 minutes in your passport. Examples: mowing the lawn, cooking a meal, building a cubby, grooming your pet, caring for injured wildlife, learning to knit or sew, babysitting, etc.</p>
 <h2>cuaportal.com</h2> <p>Discover hundreds of fun activities, covering topics like cooking, science, art, dance, nature, and animals.</p>	 <h2>Visit Diary</h2> <p>If you visit a place not listed as a CU Learning Destination, complete a Visit Diary form on cuaportal.com to earn hours.</p>
 <h2>Holiday activities</h2> <p>Children's University hosts on-campus days at the University of Tasmania during school holidays. Some Learning Destinations also have holiday activities you can attend.</p>	 <h2>Holiday activity packs</h2> <p>Children's University creates an activity pack for you to use each school holidays. You will receive it from your School Coordinator.</p>



Important things to remember

- Children's University is all about trying new things. To encourage that, we have the '1/3 Rule'. A maximum of 1/3 of your total hours for the year can be earned in any single activity. For example, if you earn 10 hours from playing soccer, you need 20 hours from at least two other activities to reach your first graduation milestone of 30 hours.
- Only Learning Destinations, School Coordinators, or the CU team can allocate hours and stamp your passport.
- Your hours are recorded in your passport and online, so there's no need for a separate list or log.
- Online **cuportal.com** activities are written in your passport by your School Coordinator, so you don't have to do it yourself.

Graduation

To graduate for the first time, you need to earn at least 30 hours. When you qualify to graduate, you and your family will be invited to a special University of Tasmania ceremony. You will wear a graduation cap and gown and go up on stage to receive your award. Afterwards, there will be a celebration with food and refreshments.

CU Award Levels

Undergraduate Level	Bronze	Silver	Gold
Awards	30	65	100
Certificates	130	65	200
Diplomas	230	265	300
Degrees	330	365	400
Postgraduate Level			
Awards	430	465	500
Certificates	530	656	600
Diplomas	630	665	700
Masters Degrees	730	765	800
Doctorate Level			
Doctorates	830	865	900
Fellowships	930	965	1000

If you have any questions, please speak to your School Coordinator, or contact your Children's University Regional Lead.

Contact us

Email: cu.tasmania@utas.edu.au | Web: utas.edu.au/childrens-university

Facebook: [facebook.com/ChildrensUniversityTasmania](https://www.facebook.com/ChildrensUniversityTasmania)



Summer is here! The sun shines bright, the days are long, and the holidays begin!

Summer occurs between December and February.

The summer solstice, or 'midsummer' is on December 21 in Australia. It's the longest day of the year (with up to 14 hours of sunlight) and the shortest night.

Summer is important for plants, because the sunlight is vital for photosynthesis. This is where plants convert sunlight, water and carbon dioxide into glucose (a type of sugar) and oxygen. In summer, with plenty of sunlight, plants can grow quickly and produce lots of food. Fruits and vegetables are ripening, and the flowers are in full bloom.

For animals, summer provides a rich food source, as they rely on plants for nutrition.

Next time you see go outside and see beautiful flowers, remember what role the sun plays.

Summer is a great time to go outside and try new things. Have a swim, enjoy a nice cold drink and have lots of fun.





Strawberry icy poles

PASSPORT
Earn up to 1 hour
in your passport!



Prep time: 10 minutes
Total time: 4 hours and 10 minutes
Makes: 6 servings

You will need

- 1½ cups plain Greek yogurt
- 2 cups diced strawberries (fresh or frozen)
- ¼ cup honey or maple syrup
- 2 tablespoons lemon juice
- 1 teaspoon vanilla

Equipment:

- Blender or food processor
- Icy pole moulds or plastic cups

Instructions (with an adult supervising)

1. Put all the ingredients in a food processor and blend until well combined (about 10 seconds). Stop to scrape down the sides of the bowl as necessary. Taste and adjust sweetness if needed.
2. Divide the mixture evenly among the icy pole moulds.
3. Freeze for at least 4 hours or overnight. To serve, briefly run the icy pole moulds under warm water to help loosen.
4. Store any remaining icy poles in a freezer bag with as much air removed as possible for up to 3 months.

*To make by hand, dice the berries, stir everything together and add to icy pole moulds. Freeze as directed.

✓ Earn your passport stamp!

- Show your School Coordinator a photo or drawing of your icy poles.
- Tell your School Coordinator about your experience and thoughts, e.g. How did the recipe work? Did you make any changes to the recipe? How did it taste? What would you do differently next time? Would you make it again?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)

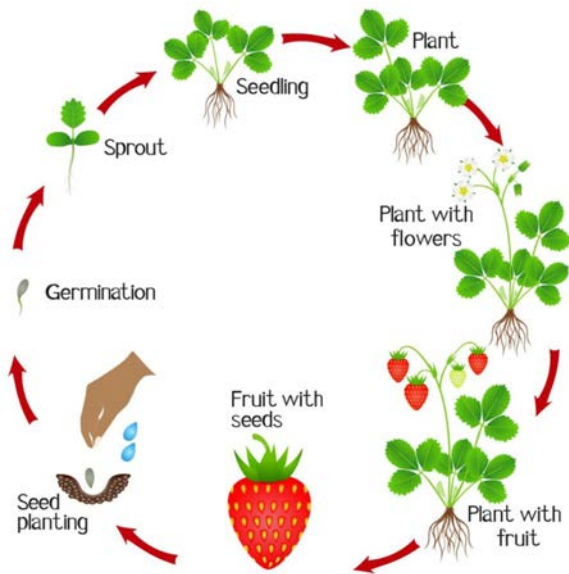


Life cycle of a strawberry

PASSPORT
Earn up to 1 hour in your passport!

Did you know that strawberries come from flowers?

Choose a fruit or vegetable and create a lifecycle drawing, e.g. watermelon, passionfruit, lemon, cherry, tomato, zucchini, cucumber, corn, etc.



✓ Earn your passport stamp!

Show your School Coordinator.

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Summer scavenger hunt

PASSPORT
Earn up to 1 hour
in your passport!

ladybug



hammock



picnic basket



ball



flowers



butterfly



bee



ice cream



something blue



dandelions



bubbles



something green



✓ Earn your passport stamp!

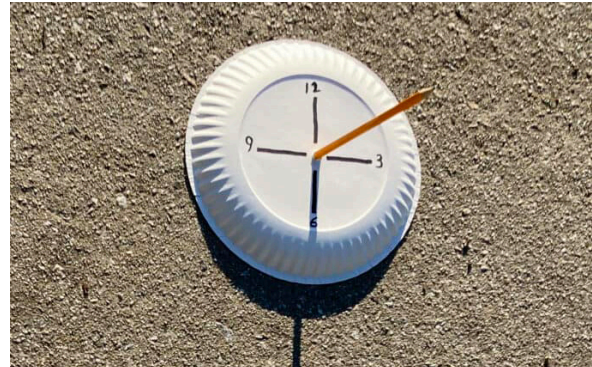
- Show your School Coordinator.
- To earn an additional 30 minutes, make your own summer scavenger hunt list and show your School Coordinator.
- Tell your School Coordinator about your experience and thoughts, e.g. Did you find all the scavenger hunt items? If no, which ones couldn't you find? Where do you think you might have been able to find them? If yes, can you list the items in order of easiest to hardest to find?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Make a sundial

PASSPORT
Earn up to 2 hours
in your passport!



What is a sundial?

A sundial is an ancient clock. It's how people used to tell the time before clocks were invented.

You will need

- Paper plate (or cardboard circle)
- Pencil
- Marker

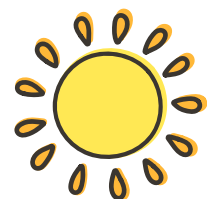
Instructions

- Using your pencil, mark the centre of your paper plate and then poke your pencil through it.
- Start your experiment at noon if possible.
- Place your plate and pencil sundial on the ground outside in sunlight. Place it somewhere you can leave it for several hours.
- Mark the shadow with the number 12 to begin.
- Set a timer and check on your sundial at different intervals during the day. Mark the time and placement of the pencil's shadow to tell what time it is. The more accurate you want to be, the more markings you will need.
- Now you can use your sundial to tell the time, on a different day in a similar position. Take it outside and test it out!

There are many types of sundials. Most contain a 'gnomon', a thin rod that casts a shadow onto a dial, and a flat plate. The first sundial was created more than 5,500 years ago.

The sun and shadow's movement across the sundial results from Earth's rotation on its axis. As our planet spins, the sun appears to move across the sky when we are the ones who are moving!

A sundial works because as the sun's position moves in the sky, the shadow it casts will align with lines marking each hour. Telling us the time of day.



✓ Earn your passport stamp!

Show your School Coordinator your dragon.

Rate your experience out of 5

☆☆☆☆☆ (colour in the stars)



Human sundial

Why do we have shadows?

A shadow appears when an object blocks a light source such as the sun.

Do you have a shadow inside? Why?

Yes, anywhere there is a source of light, you will cast a shadow.

If you are standing outside and the Sun is behind you, where will your shadow be?

Answer: In front of you. Shadows always point away from the source of light which causes them.

Instructions

1. In pairs find an empty part of the playground and mark the place where you stand with an 'X' in chalk.
2. Ask your partner to draw the outline of your shadow with chalk and write the time next to the shadow.
3. Write down the direction of your shadow in the table below. Your teacher can help you to find out which way is North.
4. Measure the length of your shadow with a metre ruler and write it in the table.
5. Repeat steps 2, 3 and 4 at different times in the day.

What do you think will happen to your shadow at different times of the day?



Time	Direction of Shadow	Length of Shadow (cm)
09:00		
10:00		
11:00		
12:00 (midday)		
13:00 (1:00 pm)		
14:00 (2:00 pm)		
15:00 (3:00 pm)		

Draw a line graph or bar chart below showing the length of your shadow at different times of the day. What happened to your shadow?





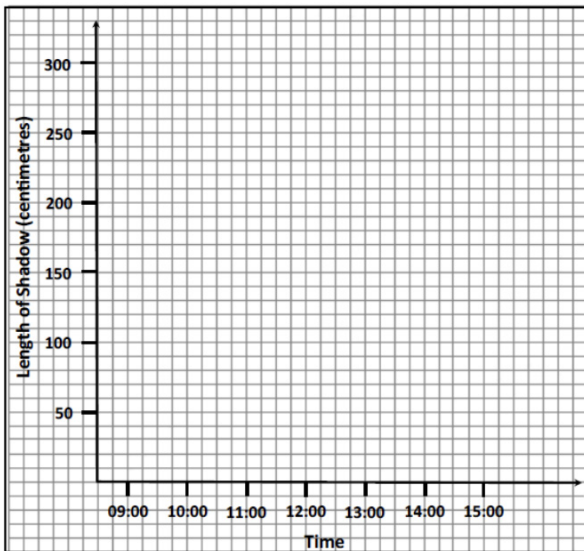
Human sundial

When is the sun highest in the sky? What happened to your shadow at this time?

Use your sundial to find out the time over the next few days. When will this clock not work?

Why do you think this happens?

When was your shadow shortest?



Why do you think the sun moves from east to west every day?

Reflection

What did your results show?

 **Earn your passport stamp!**

Show your School Coordinator your dragon.

Rate your experience out of 5

☆☆☆☆☆ (colour in the stars)



Maze

PASSPORT
Earn up to 30 mins
in your passport!



✓ Earn your passport stamp!

- Show your School Coordinator.
- To earn an additional 30 mins in your passport, make your own maze and show your School Coordinator. Make it as interesting as possible!

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Walking Rainbow



You will need

Paper towels

Water

Food colouring (red, blue, yellow)

Glasses or plastic cups

Instructions (with an adult supervising)

1. Place 7 cups in a row and pour water in the 1st, 3rd, 5th, and 7th cup. The fuller the better.
2. Add 5 drops of red food colouring to the 1st cup and the 7th cup.
3. Add 5 drops of yellow food colouring to the 3rd cup.
4. Add 5 drops of blue food colouring to the 5th cup.
5. Take a half sheet of paper towel and fold it in half lengthwise and in half again.
6. Trim off some of the length so that there isn't too much excess paper towel that will stick up in the air between each cup. This will make the water walk more quickly.
7. Place one half of a rolled paper towel in the 1st cup and place the other half in the cup next to it. Then another paper towel from 2nd cup and into the 3rd cup. This continues until you have placed the last paper towel that drapes over from the 6th cup to the 7th cup.
8. Stare at the cups and watch what starts happening. You should quickly be able to see the coloured water begin to crawl up the paper towel.



The science behind it

Walking water science is all about capillary action, which can also be seen in plants.

What is capillary action?

It is the ability of a liquid to flow upward against gravity in a narrow space, like a thin tube or a porous material. Capillary action can happen due to combining two main forces: cohesion and adhesion.

Cohesion is the attraction between molecules of the same substance. In the case of water, water molecules are strongly attracted to each other, creating a sort of "pull" that keeps the molecules together.

Adhesion is the attraction between molecules of different substances. Water molecules are also attracted to surfaces like glass, paper, and plants.





Word search

PASSPORT
Earn up to 30 mins in your passport!



Z N K B B S W D L F S U N E Z
 K Q D D O H L E M O N A D E W
 S J L W A E R U P N X T Z B P
 U V D T T L B P O B W X U E J
 N E G C U L K D P C T P I A T
 G A E W J T D C S P O O O C A
 L G Z Q A B B X I X G E W H N
 A Y F M D T Z Q C B W D N E P
 S U Z S Y H E R L J R M W L L
 S G N K S X V R E I J M W L Z
 E G T G O X U V B U O M W A Z
 S I C E C R E A M W Z W Y Q C
 P Q M R H B D T I Q A M E T K
 J X D G Q I L B U T R S V L K
 C O Y N W A N S W I M S U I T



BEACH	SWIMSUIT	BOAT	SHELL
POPSICLE	LEMONADE	SUNGLASSES	ICE CREAM
SUN	TAN	TOWEL	WATER



Earn your passport stamp!

- Show your School Coordinator.
- To earn an additional 30 mins in your passport, make your own word search and show your School Coordinator.

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Paper Towel Collage

✓ PASSPORT
Earn up to 1 hour in your passport!

**How is your summer going?
Make a collage about your summer.**

You will need

- Dyed paper towels (from walking rainbow activity)
- Sheet of paper
- Textas



Instructions

Use your dyed paper towels to make a collage.
Use Textas, pencils or anything you want to create your collage, showcasing your summer.
Be as creative as possible!



✓ Earn your passport stamp!

- Show your School Coordinator.
- Tell your School Coordinator all about your collage.

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Upcycled Jar Lanterns

PASSPORT
Earn up to 1.5 hours in your passport!

**How is your summer going?
Make a collage about your summer.**

You will need

- Jars
- Craft paper
- Scissors
- Liquid glue
- String
- Paintbrush

TIP
Put an LED tea light candle inside to illuminate your design



Instructions

1. Put glue on the outside of the jar.
2. Cover the jar in white craft paper.
3. Cut out stars or other shapes with the coloured paper, and glue the onto the jar.
4. With the string, measure the top of the jar and mark two opposite ends around the circle. Cut out a piece of string to make the handle and tie the end where you put the marks.
5. Now tie the sting around the top of the jar, and viola you're done!

✓ Earn your passport stamp!

- Show your School Coordinator your lantern.
- Tell your School Coordinator about your experience and thoughts, e.g. How did you decorate your lantern? Were you pleased with what you made? What did you do with your lantern?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Ice painting

PASSPORT
Earn up to 1 hour
in your passport!

**How is your summer going?
Make a collage about your
summer.**

You will need

- Ice tray
- Water
- Food colouring
- Large tray
- White card or cardboard
- Plastic Spoon
- Craft sticks (optional to freeze one into each cube as a handle)

TIP
Use your ice painting as a background for a drawing



Instructions

1. First, make the ice block paint. Pour water into the ice cube tray. Do not overfill, or the colours may run into other sections. Then, add 1-2 drops of food colouring to each section and mix well. Place the ice tray in the freezer and freeze the ice completely.
2. Once the paint is ready, place the card on a large tray and empty the ice cubes onto it.
3. Use a spoon to spread the ice around. The ice will start to melt and leave colours on the poster board.
4. Colour the whole poster with your ice paints until no white space is left.
5. When finished, pour the melted ice water into the sink.
6. Hang your ice cube art up to dry.

✓ Earn your passport stamp!

- Show your School Coordinator your artwork.
- Tell your School Coordinator about your experience and thoughts, e.g. Which colours worked the best? Did you make more than one artwork?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Ice cream in a bag

PASSPORT
Earn up to 1 hour in your passport!

Prep time: 5 minutes
Total time: 15 minutes
Makes: 1 serving

You will need

- ½ cup milk
- ½ cup cream
- 2 tablespoons granulated sugar
- ½ teaspoon vanilla
- 3 cups ice
- ⅓ cup salt
- Toppings of your choice
- 1 small resealable bag
- 1 large resealable bag



Instructions

1. In a small resealable plastic bag, combine milk, cream, sugar, and vanilla. Push out excess air and seal the bag.
2. Into a large resealable plastic bag, combine ice and salt. Place the small bag inside the large bag and shake vigorously for 7 to 10 minutes, until the mixture has turned into ice cream.

3. Remove from the bag and enjoy with your favourite ice cream toppings.
4. Hang your ice cube art up to dry.



✓ Earn your passport stamp!

- Show your School Coordinator a photo or drawing of your ice cream.
- Tell your School Coordinator about your experience and thoughts, e.g. How long did it take for the mixture to turn into ice cream? What did it taste like? What toppings did you add? Would you make it again? Would you change the recipe?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Flower pressing

✓ PASSPORT
Earn up to 3 hours in your passport!

You will need

- Flowers and leaves
- Scissors
- Hardcover book
- Baking paper
- Paper towel
- Extra books for weight



Instructions

1. Collect the flowers you want to press.
You can press any flowers, but daisies and pansies tend to press the best. Also try pressing some leaves and stems with the flowers.
2. Fold a piece of baking paper in half and place it in the middle of a hardcover book.
3. Add a piece of paper towel inside the baking paper. The paper towel will absorb any moisture preventing the flowers from becoming mouldy.
4. Place the flowers on top of the paper towel. Cut off the very bottom of the stem so the flower can lay flat on the paper.
5. Close the book and add extra weight on top.
6. Let it dry for 1-2 weeks. Depending on the size and how wet the flowers are, they will take 1-2 weeks to dry. If after one week they are not fully dry, continue to leave for another week until dry.
7. Once your flowers are dry, store carefully as they will be very fragile and can easily break.
8. Your pressed flowers to make greeting cards, bookmarks, or put it in a picture frame as a display of art.



✓ Earn your passport stamp!



- Show your School Coordinator.
- Tell your School Coordinator about your experience and thoughts, e.g. What flowers did you use? Why? How long did they take to dry? What did you do with them?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Book review



Have you read or listened to a book lately? Tell us about it!

What book did you read/listen to?

Who is the author of the book?

List the main characters in the book:

Why did you choose to read/listen to this book?

What was your favourite part of the book? Why?

Who was your favourite character? Why?

If you could change one thing about the book, what would it be?



Book review

Draw your own cover for this book!

 **Earn your passport stamp!**

Show your School Coordinator your book review.

Rate book out of 5 ☆☆☆☆☆ (colour in the stars)





Movie/TV show review

PASSPORT
Earn 30 minutes
in your passport!

Have you watched a movie or TV show lately? Tell us about it!

What movie/TV show did you watch?

What is the movie/TV show genre (e.g. comedy, action, romance, etc)?

List the main characters in the movie/TV show:

Tell us about the plot of the movie/TV show:

Why did you choose to watch this movie/TV show?

Give three reasons you liked this movie/TV show:

Who was your favourite character? Why?

If you could change one thing about the movie/TV show, what would it be?



Movie/TV show review

Draw a picture of your favourite character!

 **Earn your passport stamp!**

Show your School Coordinator your movie/TV review.

Rate movie/TV show out of 5 ☆☆☆☆☆ (colour in the stars)

Please note: A maximum of 10 movie reviews per year can count towards your Passport hours.



Learning Visit Diary

Did you visit an organisation or place and have a great learning experience?

Tell us about it to earn 30 minutes in your passport.

I visited _____ (name of organisation or place)

in _____ (town, city, country)

on ___ / ___ / ___ (date) with _____ (name of person).

I arrived at _____ (time) and left at _____ (time).

While I was there, I learnt these three things:

1. _____

2. _____

3. _____

The best thing about this learning visit was:



Learning Visit Diary

One thing I would like to learn more about after the visit is:

Here is a drawing/photo of my favourite part of the visit:

One thing I would do to improve this visit would be:

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Portfolio of Learning

Reflection 1 (You must answer at least four of these questions)

- Why did you choose this learning activity?
- What was the most challenging part of this activity?
- Who would you recommend this activity to and why?
- What is the most interesting part of this activity?
- How would you improve this activity?
- Is this new learning, or is it similar to something you have learned or completed before?
- Why is this a successful learning activity for you?
- How could you change this activity to make it more challenging?

Reflection 2

Example:

I would recommend this activity to _____

with _____

The most interesting part of this activity was: _____



Portfolio of Learning

Reflection 3

Example:

This was successful learning for me because...

To make this activity more challenging, I would...

Reflection 4

Example:

I would improve this activity by...

This was new learning because...

This was similar to...



Easy chicken okonomiyaki

PASSPORT
Earn up to 1 hour
in your passport!

Prep time: 25 minutes
Cook time: 30 minutes
Makes: 4

You'll need

- 1 red capsicum, halved, deseeded
- 1 tsp sesame oil
- 250g Chicken mince
- 125g green beans, thinly sliced
- 2 garlic cloves, crushed
- 75g (½ cup) wholemeal plain or spelt flour
- 4 eggs
- 2 tbsp chilled water
- 200g packet fine cut coleslaw
- 1½ tablespoons oyster sauce
- 100g mixed salad leaves

Instructions (with an adult supervising)

1. Finely chop half the capsicum. Thinly slice the remaining half. Transfer to separate bowls.
2. Heat the oil in a large non-stick frying pan over high heat. Add the chicken and cook, using a wooden spoon to break up any lumps, for 5 minutes or until browned. Add the beans, garlic and chopped capsicum.



Cook, stirring, for 3 minutes or until softened. Set aside for 5 minutes to cool slightly.

3. Place the flour, eggs and water in a large bowl. Whisk until smooth and well combined. Season.
4. Add the coleslaw and chicken mixture to the flour mixture. Stir to combine. Wipe the pan clean. Spray with oil. Heat over medium-high heat. In batches, add ½ cup of the mixture to the pan. Use the back of a spoon to spread into 1cm-thick discs. Cook for 3 minutes each side or until golden. Repeat to make 8 pancakes in total.
5. Drizzle the oyster sauce over the pancakes. Serve with sliced capsicum and salad leaves on the side.

✓ Earn your passport stamp!

- Show your School Coordinator a photo or drawing of your cooking.
- Tell your School Coordinator about your experience and thoughts, e.g. How did the recipe work? Did you make any changes to the recipe? How did it taste? What would you do differently next time? Would you make it again?

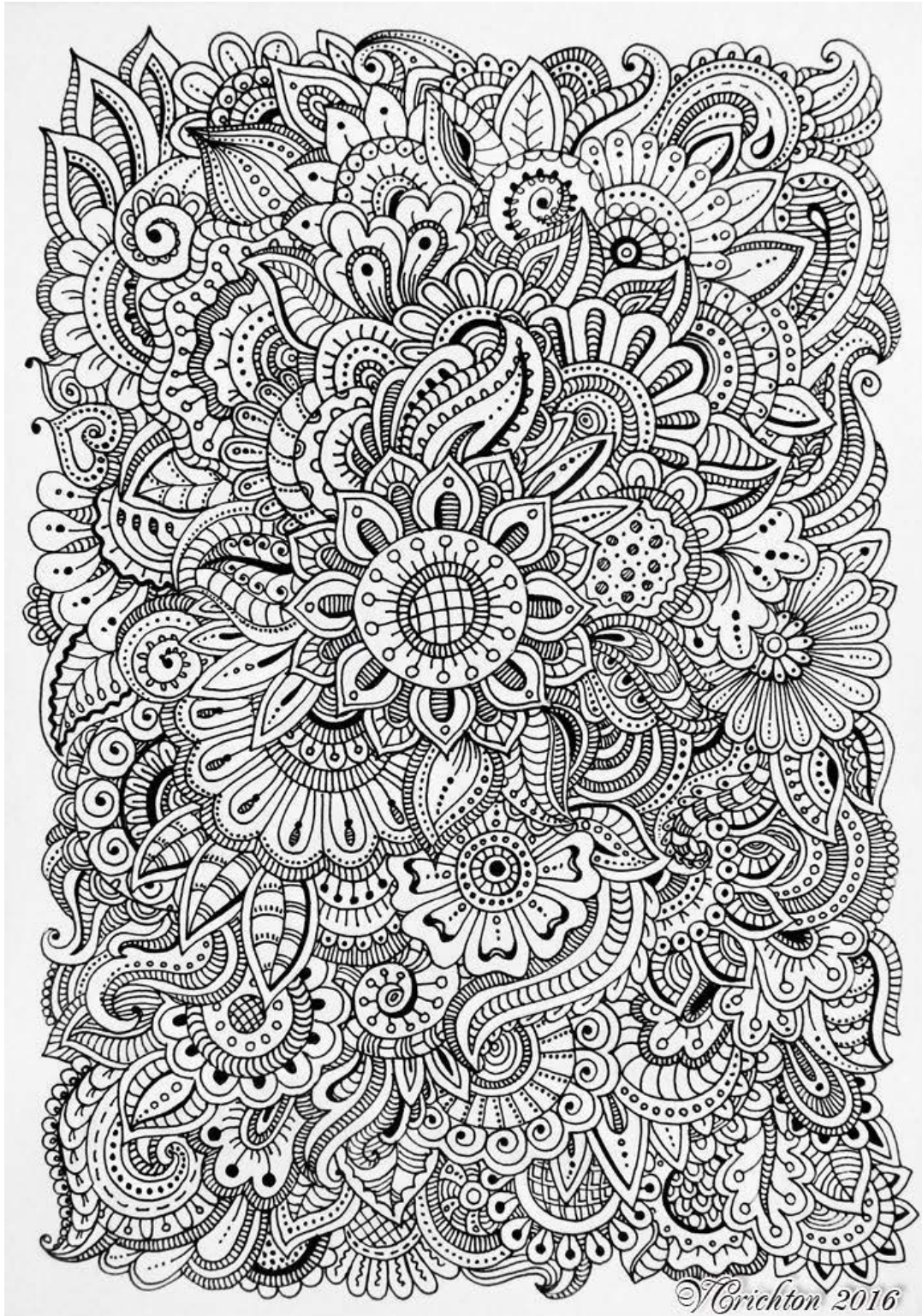
Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Summer mindfulness colouring-in

PASSPORT
Earn up to 30 mins
in your passport!

Take three deep breaths and take a moment to scan the colouring page. What do you notice? Let your mind relax as you colour it in. Keep your attention and thoughts in the present moment. Mindfulness colouring can help improve mood, concentration, focus and wellbeing.





Summer mindfulness colouring-in



✓ Earn your passport stamp!



- Show your School Coordinator.
- Tell your School Coordinator about your experience doing mindfulness colouring in, e.g. How did you feel? Did the time go quickly or slowly? How did you keep your attention in the present moment? Would you try it again?

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Learning Destination

Big Summer Read



Read books and win prizes with the Big Summer Read at Libraries Tasmania.

By joining the Big Summer Read, you can:

- track the number of books you read
- write book reviews
- complete a range of reading related challenges
- win prizes!

Registrations are now open!

To earn 10 hours in your passport:

- Sign up for the Big Summer Read at libraries.tas.gov.au/big-summer-read
- Complete the Big Summer Read.
- Show your School Coordinator your reading log and book reviews or complete the 10 Hour Activity form at cuaportal.com/activities/2024-big-summer-read



Children's University wants to hear from you!



Tell us what you think about cuportal.com

- What do you like? What don't you like?
- Do you find the portal easy to use?
- Do you like the way the portal looks?
- What should we change?
- What should we keep the same?
- Share your thoughts and ideas!

Likes:

Dislikes:

Ideas:

First name (optional): _____

School (optional): _____

✓ Earn your passport stamp!

Write down your feedback and email it to Children's University or give it to your School Coordinator to send in.

Rate your experience out of 5 ☆☆☆☆☆ (colour in the stars)



Stay Connected











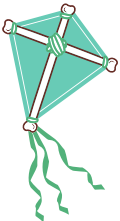






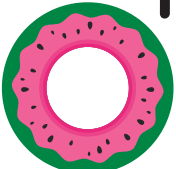








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Questions? Email: CU.Tasmania@utas.edu.au



Code breaker

PASSPORT
Earn up to 1 hour
in your passport!

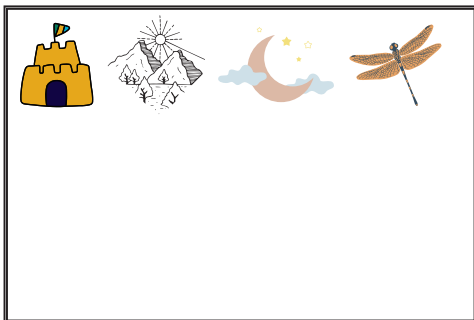
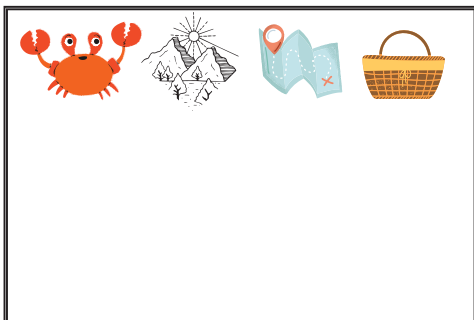
Use the code breaker to crack the codes and then draw a matching picture

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

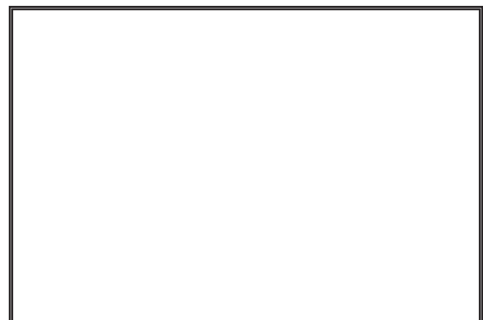


Code breaker

Crack the code



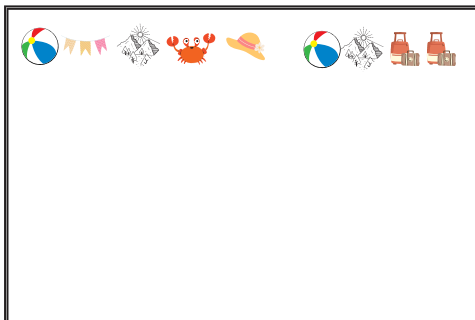
Draw it





Code breaker

Crack the code



Draw it





Code breaker

Cut and stick the pictures to create your own code for someone else to break



Earn your passport stamp!

Show your School Coordinator.

Rate your experience out of 5 (colour in the stars)