



Spring holiday Challenge 2025

Activity 1

Choose Healthy, Be Active!

April 7th is World Health Day. Make a poster about 'being healthy' then do one of these (or similar)

- Walk, scoot or cycle to a new park
- Complete a junior Park Run
- Do a Joe Wicks workout
- Have a Friday night disco
- Create an obstacle course

[Active Kids are Happy Kids - Encouraging Physical Activity | Active Teams](#)

Activity 2

Get Crafty!

During the holidays why not choose one of these craft ideas and keep yourself busy! Make your own paper plate wreaths, egg carton chicks or cardboard tube butterflies

[50 Fun and Easy Spring Crafts for Kids - Prudent Penny Pincher](#)

Don't forget to take a picture of your finished piece of work and send it to us!

Activity 3

Go outdoors!

14th April is National Gardening Day...so what a great excuse to spend some time outdoors in nature! Here are some great ideas for activities, from making a dinosaur garden to painted rocks and a spring scavenger hunt [Garden activities for kids: 60 fun things to do with kids at home - Growing Family](#)

Activity 4

Discover Science!

Become a scientist over the holidays. Complete one of the experiments in these links and tell us what you discovered!

[Spring Science Projects: 26 Science Experiments for Spring | Science Buddies Blog](#)
[13 Spring STEM Nature Activities for Kids | Treehouse Schoolhouse Blog | Home Education • Motherhood • Homemaking](#)

Activity 5

Become Arty!

15th April is World Art Day so why not use a famous artist as your inspiration and re-create a masterpiece of your own? There are lots of ideas here!

[Exploring Famous Artists for Kids - Fun Art Projects inspired by Artists - Messy Little Monster](#)

Perhaps you could have a family art competition and display your work like a gallery?

Activity 6

Get in the kitchen!

During the holidays, why not have a go at creating some of these easy Spring themed recipes? For tasty treats such as Fruity Bug Oat Cakes, Bunny Rabbit Salad, Easter nest crispy cakes and Easy Chick Cookies, take a look at the ideas here...and get creative in the kitchen!

[Spring Themed Food for Kids - Eats Amazing](#)

Activity 7

Photograph Spring!

Spring is a time of new growth. Everything is changing around us in our amazing world...so it is time to capture it in some photographs! Get out and about in the streets, park or garden and take 5 different photos relating to spring eg blossom, new green shoots, baby animals, ladybird, spring flowers, the weather, a shadow, berries, spider web etc – the list is endless!



Collect extra Children's University credits during the Spring holiday 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