

Family Cooking Challenge

Getting children involved in cooking and preparing food provides practical experience in this essential life skill, as well as helping them practise skills such as reading, following directions, and measuring out ingredients.



Have a look through our range of fun, simple and delicious recipes on our Padlet and see what you can cook up in the kitchen! Maybe you have a family favourite of your own that you would like to show your children how to make.

Challenge your family to make some recipes.

Then send us some photos and the recipes letting us know what you made and how they went, and you will receive our fantastic Family Learning Cooking Award!



Family Crafts Challenge

It's time to get crafty! Fancy getting involved in some fantastic and fun craft activities with the children?

Not only will they have the chance to come up with some brilliant creations of their own, they will learn about expressing themselves through art, thinking critically, and improve their fine motor skills.



You could try your hand at sculpting using papier-mâché, make cards to send to friends and relatives, make a robot from items in your recycling bin... the possibilities are endless! Have a look at our Padlet for some more ideas and inspiration.

Send us photos and a description of different craft activities you have tried out together, and we will send your Craft Challenge Award!



Family Learning Challenge Booklet

Lifelong Learning Service



Contact Us

Email adult.learning@dumgal.gov.uk

Facebook <https://www.facebook.com/lifelonglearningDGC/>

Twitter [@DgcLearning](https://twitter.com/DgcLearning)



We can't wait to see what you get up to.

Get in touch today to let us know you are starting a family challenge.



Adult.learning@dumgal.gov.uk

Who We Are

Dumfries and Galloway Council's Lifelong Learning Team offer a wide range of courses for adults and families delivered by our dedicated and experienced staff.



In addition to our courses we now also offer Family Learning Challenges linked to Hi5 Awards. Hi5 Awards are nationally recognized awards that the whole family can participate in. In this booklet you will find a wide range of activity ideas to take part in with your family. You can also look at our Padlet, which is an interactive online notice board for sharing ideas. Our Facebook page also has activity ideas as well as information about the courses we offer.

Can you challenge yourselves to complete six activities in any of the categories? You will receive a certificate and one of our collectable Family Learning awards as well as a Hi5 Award.

Family Challenge Support

Support is available from our team of friendly staff who are looking forward to helping you with your challenges!

When you get in touch with us, we will contact you directly and give you all the help and guidance you need to start working towards our awards.

We would love you to tell us about the activities you are doing, so please keep us posted!

You can get in touch via email:

Adult.learning@dumgal.gov.uk

or find us on Facebook

<https://www.facebook.com/lifelonglearningDGC/>



Our Facebook page is regularly updated with fun and family friendly activity ideas, so be sure to like and follow our page!



Have a look at Padlet, our interactive noticeboard. It is jam packed full of exciting activities to try!

Visit

<https://padlet.com/annmcschane/kvlzrs9elyrww72z>

Family STEM Challenge

STEM stands for Science, Technology, Engineering and Maths.



STEM activities are great for children as they give them opportunities to develop and practice many different skills, such as communication skills, team working, perseverance, and problem solving.

Why not have fun exploring the possibilities of this versatile subject area by completing our Family STEM Challenge?

STEM activities could include making an erupting volcano using common household materials, growing something in the garden, exploring natural habitats on a nature walk, or learning to code using Lego.

There are some fantastic STEM ideas on our Padlet!

Have a go at some STEM activities, tell us a little bit about what you did and what you learned, and we will send you your Family Learning STEM award.



Family Reading Challenge

Children develop their reading skills by reading, reading and more reading!



Children who read often develop a broad vocabulary, increased general knowledge and empathy for other people and cultures. Enjoy finding out about the world with our Reading Challenge!

Find different things to read – it could be books (or chapters of a book if it is a long book!), newspapers, magazines, comics, online articles, poems, or nursery rhymes.



Tell us a little about what you read. You could write a book review, or a description of your favourite character. You could tell us what you found out in an online news article. You could draw a picture of one of the storybook characters.

Let us know and we will send you your Family Learning Reading award.



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