

The Hive Children's University Summer Challenges 2025

Your Personal challenges

Categories: Mental health and well-being & Practical life skills

Skills: Staying Positive

Keep a Summer Holiday Journal

You could Start your journal by creating a happy list. Spend just 5 minutes writing down as many things as you can that make you smile and feel good when you think of them. This could be anything from your favourite food, music or place to visit, a special family member or pet, or watching your favourite footballer score a goal! Discuss your list with others in your household. What would they put on their happy list?



Here are a few ideas:



Learn a new skill and write about why and how you achieved it

Write a film review

Write a book review



Write about places you enjoyed visiting and send us a recommendation for it to become a CU Learning Provider

Keep a weather diary and make a weather chart.



Make some greetings cards for friends and family and write about what inspired you



Write about something you did that was nice for someone else today. It could be a simple thing like clearing the table after dinner, reading a younger sibling a story or offering to sort the recycling. How did this good deed make the other person feel? How did it make you feel?



1 credit per entry