LIFE SKILLS

- [ ] Decorate a biscuit
- [ ] Play a board game
- [ ] Taste a new fruit
- [ ] Make a sandwich
- [ ] Buy something with cash
- [ ] Light a candle
- [ ] Learn to tie your shoelaces
- [ ] Make your bed
- [ ] Crack open an egg in a recipe
- [ ] Learn to play a card game
- [ ] Bake a cake
- [ ] Learn how to wash up
- [ ] Make a paper aeroplace and test it
- [ ] Tell the time on an analogue clock
- [ ] Wrap a present neatly
- [ ] Put a plaster on cleanly
- [ ] Write and post a letter
- [ ] Stay away from home for a night
- [ ] Support a local charity
- [ ] Learn to skip with a skipping rope

ACTIVITY PASSPORT

There is a whole world waiting to be explored beyond a screen.

This passport is packed with exciting activities and challenges to help you discover new interests, learn useful skills, stay active and make wonderful memories with your family and friends.

Less Screen, More Wonder

Damers FIRST SCHOOL

Damers FIRST SCHOOL

ACTIVITY PASSPORT

Brave, Unique, Caring & Kind, All Learning Together

NAME:

_____

OUTDOOR

- [ ] Go cloud watching
- [ ] Climb a tree
- [ ] Make a leaf, fossil or bark rubbing
- [ ] Fly a kite
- [ ] Search for butterfies outdoors
- [ ] Splash about in puddles
- [ ] Look up at the stars on a clear night
- [ ] Roll down a hill
- [ ] Make a daisy chain
- [ ] Discover what is in a pond
- [ ] Go for a walk in a wood
- [ ] Go bird watching
- [ ] Walk barefoot on sand or on some grass
- [ ] Read outside
- [ ] Cook outdoors
- [ ] Visit the Jurassic Coast
- [ ] Design and build a den
- [ ] Plant some seeds
- [ ] Make some wild art
- [ ] Find your way with a map

CULTURE

- [ ] Paint a self-portrait
- [ ] Make a paper boat and see if it floats
- [ ] Re-tell a story to someone
- [ ] Build a bridge and test its strength
- [ ] Learn and perform a song
- [ ] Perform a dance
- [ ] Dress up in a costume
- [ ] Create a shadow puppet show
- [ ] Create a sculpture
- [ ] Play a musical instrument
- [ ] Perform a poem off by heart
- [ ] Visit a museum
- [ ] Look at a painting by a famous artist
- [ ] Borrow a book from a library
- [ ] Create a comic strip
- [ ] Learn a sewing stitch
- [ ] Learn a song in a new language
- [ ] Visit a historical landmark
- [ ] Visit a farm
- [ ] Watch a live performance

ACTIVE

- [ ] Ride a bike or scooter to school.
- [ ] Go swimming in a pool or the sea
- [ ] Try yoga
- [ ] Play a ball game in the park or garden
- [ ] Visit a playground
- [ ] Have a family dance party
- [ ] Create an obstacle course
- [ ] Walk to the top of a hill and enjoy the view
- [ ] Play Shadow Tag
- [ ] Run 2k
- [ ] Play a team game
- [ ] Take part in a fitness challenge
- [ ] Try a new sport
- [ ] Take part in a race
- [ ] Balance along a fallen log or low wall
- [ ] Play "What's the Time, Mr Wolf?"
- [ ] Slide down every slide at the park
- [ ] Complete a 50-metre sprint.
- [ ] Throw and catch a ball 50 times in a row
- [ ] Attend a local sports event