**Personal Development – Passport to Experience.**

**Remember:**

* This challenge is supposed to be a fun way to keep you busy and stress-free.
* Please do not worry if you are unable to find any of the materials needed/complete any of the tasks.
* Create as much evidence as you can so you have plenty to share with us when you arrive in September.

**Category 1: Getting Creative**

|  |  |  |  |
| --- | --- | --- | --- |
| **Challenge:** | **Tick when completed** | **Completed on (date):** | **Evidence (picture, blog, reflection?)** |
| **Create a completely original piece of artwork in ANY art form** |  |  |  |
| **Create a collage of your experiences since the school closure** |  |  |  |
| **Write a short story** |  |  |  |
| **Write a script of an original piece of Drama** |  |  |  |
| **Write and record a song** |  |  |  |
| **Write a children’s story book and Illustrate it** |  |  |  |
| **Bake and decorate a celebration cake or batch of cupcakes** |  |  |  |
| **Create a small flower garden at your home** |  |  |  |
| **Write a new national anthem** |  |  |  |
| **Create and design a new school newsletter** |  |  |  |
| **Write a poem about a topic of your choice** |  |  |  |
| **Create a home-learning lesson for a younger sibling and team them the lesson** |  |  |  |
| **Build a structure with materials of your choice e.g. Lego, cardboard, spaghetti, playing cards** |  |  |  |

**Category 2: Learning something new**

|  |  |  |  |
| --- | --- | --- | --- |
| **Challenge:** | **Tick when completed** | **Completed on (date):** | **Evidence (picture, blog, reflection?)** |
| **To learn how to cook a yummy meal with a parent/carer** |  |  |  |
| **Learn how to knit/crochet/sew** |  |  |  |
| **Learn to play a musical instrument** |  |  |  |
| **Learn a recipe for a traditional meal from a different country**  |  |  |  |
| **Learn how to write a Sonnet** |  |  |  |
| **Learn 10 phrases in 3 new languages** |  |  |  |
| **Learn how to make a pastry or a pie.** |  |  |  |
| **Learn how to iron your own clothes (safely and with supervision!)** |  |  |  |
| **Learn how to do face painting or a new make-up look** |  |  |  |
| **Learn how to read a map and use it to go somewhere new (ensure you’re social distancing!)** |  |  |  |
| **Learn some basic first aid** |  |  |  |

**Category 3: Contributing to your family/community life.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Challenge:** | **Tick when completed** | **Completed on (date):** | **Evidence (picture, blog, reflection?)** |
| **Read bedtime stories to your younger sibling(s) for 1 week** |  |  |  |
| **Safely cook a meal for your family** |  |  |  |
| **Hand write letters to 5 friends/family members and post them** |  |  |  |
| **Write a thank you email to your favourite teacher(s)** |  |  |  |
| **Safely drop off supplies for someone who is self-isolating** |  |  |  |
| **Make some cards and deliver them safely to the neighbours****Create some uplifting art-work and display it in your windows for the neighbours** |  |  |  |

**Category 4: Health and Wellbeing**

|  |  |  |  |
| --- | --- | --- | --- |
| **Challenge:** | **Tick when completed** | **Completed on (date):** | **Evidence (picture, blog, reflection?)** |
| **Start growing a fruit or vegetable in your garden/backyard** |  |  |  |
| **Download a meditation app and meditate for 3 days in a week** |  |  |  |
| **Complete at least 30 minutes of exercise for 5 days in the week.** |  |  |  |
| **Start a journal to reflect upon your thoughts, feelings, and experiences throughout the day. Complete this for a full week.** |  |  |  |
| **Complete some colouring in.** |  |  |  |
| **Eat at least 5 fruit or vegetables for 5 days in the week.** |  |  |  |
| **Take a social distanced walk and make a note of all of the wildlife that you spot** |  |  |  |
| **Go for a long, social distanced walk and collect 5 stones/pebbles and decorate them.** |  |  |  |
| **Call an elderly relative and talk to them for at least 15 minutes.** |  |  |  |
| **Call/video call a friend and discuss your passport progress.** |  |  |  |
| **Go to bed early for at least 2 nights this week.** |  |  |  |

**EXTRA CHALLENGING CHALLENGES!**

|  |  |  |  |
| --- | --- | --- | --- |
| **Challenge:** | **Tick when completed** | **Completed on (date):** | **Evidence (picture, blog, reflection?)** |
| **Research your family tree and draw it/record it in detail.** |  |  |  |
| **Become a journalist for a week and write a newspaper about all of the key world events.** |  |  |  |
| **Learn the periodic table.** |  |  |  |
| **Read a Shakespearean play.** |  |  |  |
| **Write letters for your local care-home and drop them of (adhere to social-distancing rules!)** |  |  |  |
| **Raise money for a local charity** |  |  |  |
| **Design your own challenges for your friends and family!** |  |  |  |