



## **Holy Cross Explorers**

**38 Things** to Do Before You Leave Foundation Little Explorers







Name:





# Our school Mission Statement plays an important part in our hope and expectations for the children. I can be the best I can be...

Welcome to your book of

38 Things to do Before You Leave Foundation - Little Explorers
In the book, you will find many different activities for you to complete
over the course of the year, all of which will help you to build your
resilience, confidence and independence.

They will also help you know how to keep physically and mentally healthy at each stage of your education. The activities include many different ways to do this, for example, through sport, creativity and volunteering. At the top of each page, you will find the activity that you need to complete. The rest of the page is for you to show your evidence of how and what you did. This may be photographs, drawings, letters or a piece of writing - how you choose to evidence it is up to you! When you have completed an activity, bring your book into school for your teacher to sign and date.

At the end of the year, if you have completed all of your activities you will receive an award that you can be very proud of. The award will be presented to you in a special assembly (your family will be invited too!) Remember, take pride in this book as it will show how hard you have worked to demonstrate what an independent, confident person you are becoming. Take your time but most of all...enjoy completing them.







#### **Contents**

- 1. Visit Smeaton's Tower
- 2. Paint a self-portrait
- 3. Plant some cress
- 4. Go on a nature walk
- 5. Make a leaf rubbing
- 6. Make a healthy sandwich
- 7. Taste a new fruit
- 8. Skip with a rope
- Fly a kite
- 10. Make a paper boat and see if it floats
- 11. Perform a song
- 12. Retell a story to an audience
- 13. Post a letter
- 14. Search for butterflies outdoors
- 15. Take a photograph
- 16. Roll down a really big hill
- 17. Climb a tree
- 18. Have a teddy bears picnic
- 19. Go wandering in your welly boots
- 20. Make a mud creation
- 21. Master a Yoga pose
- 22. Make a musical instrument
- 23. Paint with your feet
- 24. Make a den in your home
- 25. Take part in a race
- 26. Make friends with a bug
- 27. Read the Gruffalo by Julia Donaldson
- 28. Paddle in the sea
- 29. Make a sandcastle
- 30. Collect some conkers
- 31. Dance to your favourite song
- 32. Stargaze
- 33. Dig for worms
- 34. Kick some Autumn leaves
- 35. Go out when it's raining to jump in puddles
- 36. Go to the local library and borrow a book
- 37. Feed the ducks
- 38. Play snakes and ladders







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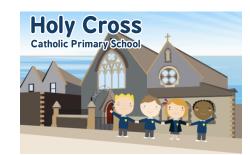
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