

# 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
9. 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



# 1. Visit Smeaton's Tower

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 2. Paint a self-portrait

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



### 3. Plant some cress

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 4. Go on a nature walk

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 5. Make a leaf rubbing

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## 6. Make a healthy sandwich

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## 7. Taste a new fruit

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 8. Skip with a rope

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## 9. Fly a kite

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



10. Make a paper boat and see if it floats

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 11. Perform a song

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 12. Retell a story to an audience

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



### 13. Post a letter

Date: \_\_\_\_\_ Signed: \_\_\_\_\_





# 14. Search for butterflies outdoors

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 15. Take a photograph

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



16. Roll down a really big hill

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 17. Climb a tree

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 18. Have a teddy bears picnic

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



19. Go wandering in your welly boots

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 20. Make a mud creation

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 21. Master a Yoga pose

Date: \_\_\_\_\_ Signed: \_\_\_\_\_





## 22. Make a musical instrument

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 23. Paint with your feet

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 24. Make a den in your home

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 25. Take part in a race

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 26. Make friends with a bug

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## 27. Read the Gruffalo by Julia Donaldson

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 28. Paddle in the sea

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 29. Make a sandcastle

Date: \_\_\_\_\_ Signed: \_\_\_\_\_





### 30. Collect some conkers

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 31. Dance to your favourite song

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 32. Stargaze

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



### 33. Dig for worms

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



## 34. Kick some Autumn leaves

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



35. Go out when it's raining to jump in puddles

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36. Go to the local library and borrow a book

Date: \_\_\_\_\_ Signed: \_\_\_\_\_



# 37. Feed the ducks

Date: \_\_\_\_\_ Signed: \_\_\_\_\_





## 38. Play snakes and ladders

Date: \_\_\_\_\_ Signed: \_\_\_\_\_

