

You can use this page to draw/ jot/ record etc :-)

Bring this challenge booklet to school with you in September—make sure you've ticked off your challenges! Your teacher will collect them in or you can pop them into our special postbox in the triangle. Have fun!



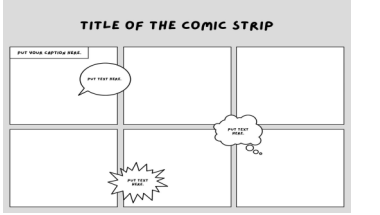
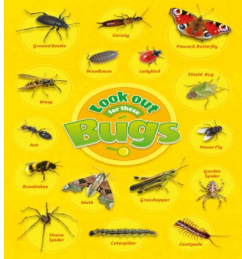
**Back to Basics
AND
'MOLE'
Summer Challenge!**



The summer holidays are here!
Instead of saying 'I'm bored', have a go at the challenges in this booklet!
They incorporate the 5 ways of Wellbeing to help us be mentally and physically well.
Sign off at least half of them and earn yourself a special WAM voucher when you come back to school! :-)

Name: _____

Class: _____ (Class in September)

Connect with friends or family—why not write a letter, call, meet up or zoom! 	A day without any screen time 	Spend time in nature—what can you hear? Try different times of day! 	Proud Cloud! Draw a cloud and fill it with things you are proud of! 	Write a diary entry / create a comic strip about a day out: what you did/ where you went/ the best bit... 
Helping Hand - what can you do to help someone today? 	Read (at least) one book! (Perhaps join the free library summer read scheme!) 	Exercise routine—can you make up your own routine? Draw the routine with 'stick' people to help you remember it! 	Nature hunt—look for bugs, twigs, stones, flowers, wildlife etc. Record what you find! 	Make a den—inside or out! Be creative! 
Research something which interests you eg a footballer/ shells / cats / a country etc 	Cloud busting -lay down and watch the clouds making pictures in the sky 	Movie night - snuggle up and watch a favourite film 	Imagine that you are the main character in a book Can you write the blurb for it? 	Star gazing—enjoy the moment or learn about what you can see! 
Dance routine—make up or learn a dance to your favourite music! Perhaps you can perform it or share it with friends! 	Create! Can you make something out of a cereal box or playdough or Lego? Let your imagination run wild! 	Mindful colouring - which colours will you use? What patterns will you create? 	Wildlife watching—count / identify butterflies or bugs or birds... 	Help to make a picnic and enjoy eating it outside—in the garden, at the park, in the forest, at the beach, round a friend's house.... 
Nature art —sketching / bark rubbing/ use twigs, leaves, petals, shells, seaweed, pebbles etc to create art work 	View from your window—can you draw the view from your window? Look carefully—what have you not noticed before? 	Star Qualities -You do so many amazing things! Draw a star and put yourself in the middle. In each point, write/draw what you are good at! 	Sort out your toys and give some to charity / friends / family 	Grateful Jar—Write on slips of paper things you are grateful for. Pop them into a jar and read them at the end of the holidays! 