

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.
Some will also help you to get 'Junior
School Ready!'
Sign them off and earn yourself a special
WAM voucher when you come back to
school! :-)**

Name: _____

Class: _____ (Class in September)

JUNIOR SCHOOL READY!

Can you change into your PE kit in 3minutes? Keep trying! :-)



JUNIOR SCHOOL READY!

Can you read a range of texts eg stories, facts, recipes, comics....



JUNIOR SCHOOL READY!

Can you dress yourself in your school uniform and do up your shoes?



JUNIOR SCHOOL READY!

Can you cut out different shapes and use scissors safely?



JUNIOR SCHOOL READY!

Can you carefully use a glue stick to stick something down neatly?



Helping Hand - what can you do to help someone today?



A day without any screen time



Learn and play an outdoor game...can you teach someone else too?



Nature hunt—look for bugs, twigs, stones, flowers, wildlife etc.

Record what you find!



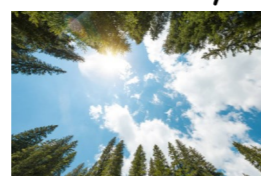
Make a den—inside or out! Be creative!



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!



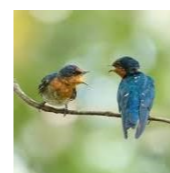
Connect with friends or family—why not write a letter, call, meet up or zoom!



Create! Can you make something out of a cereal box or playdough or Lego? Let your imagination run wild!



Spend time in nature—what can you hear? Try different times of day!



Mindful colouring—take a pen or pencil and let it move across the page, overlapping other lines. Then colour in the gaps/spaces with other colours.



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



Play a board game /card game with your family—can you take turns and follow the rules?



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— can you and your family write down things you are grateful for?



Pop them into a jar and read them at the end of the holidays!