

Activity Passport



Know and explore yourself



Be creative



Be healthy



Be adventurous

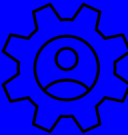




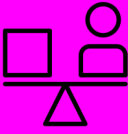


Help yourself and others



Learn skills for the future

Name: _____ Class: _____

Year 3 - In school						Year 3 - At home						
Know Yourself 	Understand how I learn best and how I can be supported in my learning	Participate in a yoga session	Reflect on my time at Cleves and see how far I have come	To recognize the way I feel and name my emotions	I approach change in a positive way	Keep a diary	Create a project about something new that interests you	Keep a 'Do Something Kind' calendar	Learn about and recognise at least 3 constellations	Go stargazing	Learn my address and parents' mobile numbers	Keep a screen time diary
Be Creative 	Create a self portrait	Learn how to play the violin	Create a story or poem about nature	Create nature art	Create an object out of clay	Learn to play a musical instrument	Create a piece of art based on a subject of my choice	Learn to knit or crochet	Learn Origami	Create a self portrait that represents my character or things that are important to me	Learn a magic or Yo-Yo trick	Write a song, poem or a short story
Be Healthy 	Understand which foods give me energy be healthy and active	Improve my skills and fitness with Active 30/30 challenges	Try a new sports/active club at school	Choose healthy break time snacks	Learn and practice mindfulness techniques	Plant it, Grow it, Eat it!	Keep an exercise/ physical activity diary	Try an activity from the Change4Life website	Try new healthy foods	Create and make a healthy salad	Try eating 5 a day	Learn to cook a healthy meal
Be Adventurous 	Try something new that is outside my comfort zone	Learn how to create fire	Hold a mini beast	Try mountain biking	Discover what is in a pond	Build a snowman or a sandcastle	Learn how to play frisbee or a cartwheel or roller skate/skateboard	Try camping	Climb a tree (with an adult)	Catch a fish in a net and then let it go	Learn how to skim a stone	Go for a walk in the woods and observe types of wildlife
Help Yourself and Others 	Represent Cleves	Take on a role of responsibility in my class/ in the school	Make a bird feeder	Work with my peers to help their learning	Offer to do a job for an adult	Do a chore for a family member or friend	Learn some sign language	Help my local environment be more nature friendly (e.g make a wildlife habitat)	Donate unwanted or unused items (toys or books) to charity	Raise money for charity	Keep my bedroom clean and tidy	Sort and recycle effectively at home
Learn Skills For The Future 	Learn about road safety	Learn 2 different sewing stitches	Understand what it takes to be a responsible digital citizen	Learn how to use kitchen utensils safely e.g knives,	Organise my equipment and belongings	Make a bed including putting a duvet cover on	Learn how to thread a needle and sew on a button	Learn how to tie a survival knot (Figure Eight, Bowline, Clove Hitch, Sheet Bend, Taut-Line Hitch)	Learn to say 'Hello' in a new language	Learn how to do the washing up	Recognise and understand common road signs	Swim 25 meters