



## Healthy Me Passport Name \_\_\_\_\_

As part of our curriculum we aim to enrich the children’s experiences both inside and outside the classroom and as part of our homework we have set lots of challenges for the children to try and achieve. We have designed this passport to help you to have a chance to try things out, to get a taste of the world around you, to see and do things that you wouldn’t normally do, or go to places that you wouldn’t normally go and to meet people you wouldn’t normally meet. We think this passport will help you develop your character and support your wellbeing. You can develop your character from taking on challenges, pursuing your interests and talents and by doing things that are worth doing even when they are difficult and might not give us an immediate reward. We have also put in some ideas from the National Trust’s ‘50 things to do by the time you are 11 and ¾’ so if you enjoy completing our challenges you will find lots of other ideas on their website. Some of the challenges we will complete in school too.

	Intent	Challenge	S	H	Date
1	Spiritual	Listen carefully to the birds singing/rain dripping etc.			
2	Moral (law/trust)	Make a new friend.			
3	Social	Put laundry in the laundry basket.			
4	Cultural (tolerance)	Go on night walk to see the Christmas lights.			
5	Healthy cooking	Bake some bread with a grown up.			
6	Healthy foods	Try a new food.			
7	Healthy activity	Use your knife and fork to cut up your dinner.			
8	Healthy activity	Do 20 Jumping Jacks.			
9	Healthy activity	Play hopscotch.			
10	Reading	Learn and perform some nursery rhymes.			
11	Art	Paint a self-portrait.			
12	ICT	Take a photograph.			
13	Music	Listen to some classical music.			
14	Money	Count out enough coins to pay for some sweeties.			
15	Community	Perform a song/dance in front of some of your family			
16	Geography	Splash in rainy day puddles.			
17	History	Talk to grandparents about when they were little.			
18	Science	Go on a mini beast hunt.			
19	Visit	Visit a farm.			
20	Social action	Post a letter to someone to make them smile.			

At the end of the year children will be awarded a certificate for completing their challenges.

Emerald – up to 10 challenges met

Sapphire – up to 19 challenges met

Gold – all challenges met

Good luck on your Healthy Passport Quest!