



30 Things



Year 1





Anything is Possible

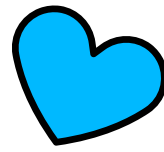
If you have a little **dream**, tucked inside your heart,
Take a step, try your best, you're ready to make a start.

Be **kind** in all you say and do, help others on their way,
A smile can make a cloudy sky turn bright on a rainy day.

Be **curious**, ask "why?" and "how?", keep learning as you go
The world is full of wonders with so much more to know!

Be **determined** when things feel tricky, don't give up or hide,
Hard work helps you grow with courage as your guide.

So dream big **dreams**, believe you can, no matter who you are,
With **kindness**, **curiosity** and **determination**, you'll shine just
like a star ★



My 30 Things Book

This booklet is filled with exciting challenges for you to enjoy and complete during Year 1.

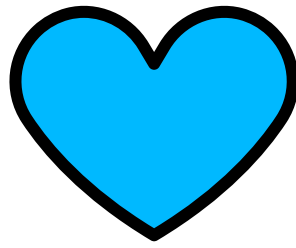
As you work through the activities, we'd love to see what you've been up to, so please send in lots of photos.



Each time you finish an activity, don't forget to tick it off and celebrate your achievement.

In July, we'll hold a special celebration assembly for everyone who completes all 30 Things!



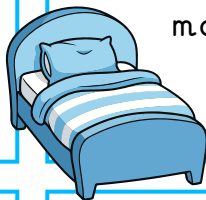


You are kind

Show kindness to a friend. You could draw them a picture.



Help out at home, making your own bed every morning.



Write a thank you card to someone who has helped you.



Help to recycle at home..



Donate something to a charity or charity shop.



Help your family make breakfast.



Leave a little kindness...in a shop. You could hide a kind note somewhere.



Learn how to put on a plaster.

Say 'Good Morning' as you arrive at school.



Create one kindness challenge of your own!



You are curious

Walk along a beach. Can you spot shells, pebbles, seaweed, a seagull?



Create some natural, wild art using anything natural.



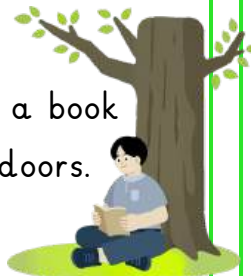
Make a little home for minibeasts. You could make a bug hotel!



Draw a picture of what you want to be when you grow up.



Read a book outdoors.



Make a treasure map!



Visit a museum.



Visit Exeter library.



Find out 10 facts about your favourite animal.

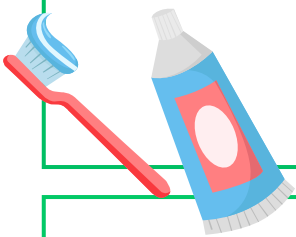


Create one curiosity challenge of your own!



You are determined

Brush your teeth independently.



Play a board game with family or friends.



Perform something for your friends and family.



Try a new vegetable.



Climb a little tree.



Go on an alphabet walk - find something for most of the letter of the alphabet.

Roll down a hill.



Paddle in the sea.



Read everyday!



Create one determination challenge of your own!



My Achievements

These are not part of 30 Things but give them a tick if you achieve them this year!

☐

Star Learner

☐

Super Star Learner

☐

50 dojos

☐

100 dojos

☐

150 dojos

☐

Attendance Bear

☐

Reach the Heights

