



30 Things



Year 4





Anything is Possible

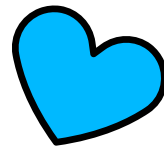
If you have a little **dream**, tucked inside your heart,
Take a step, try your best, you're ready to make a start.

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 4.

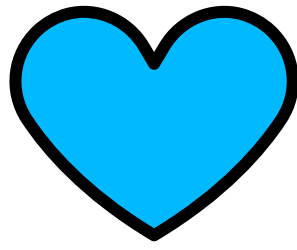
As you work through the activities, we'd love to see what you've been up to, so please send in lots of photos.



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

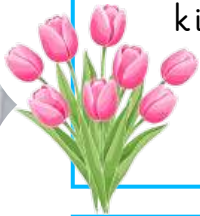
In July, we'll hold a special celebration assembly for everyone who completes all 30 Things!





You are kind

Show kindness to
someone who is
kind to you.



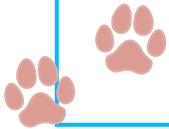
Help out at home,
taking on two
responsibilities to
help your family.



Write a card for
a friend listing
your favourite
things about
them.



Care for animals
(pets or any other
animal! E.g. leave
water outside on a
hot day!)



Donate something
to a charity or
charity shop.



Help to make
someone
breakfast in bed!



Leave a little
kindness... at
home. Hide a
lovely message for
someone to find.



Learn some basic
first aid.

Show kindness by
learning how to
sign 'how are
you?' in BSL.

Create one kindness challenge of your own!



You are curious

Walk up a hill
and admire the
view from the top.
What landmarks
can you see?



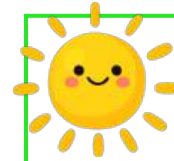
Visit somewhere
in Exeter and
draw what you
see.

Invent a new
recipe.



Try food from
another culture.

Try a new sport.



Watch the
sunrise.



Research a
country of your
choice.

Visit Exeter
library.



Interview
someone in your
family and learn
more about them.

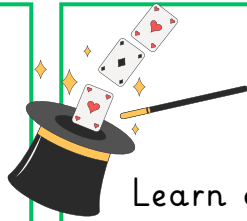


Create one curiosity challenge of your own!



You are determined

Make a tall tower out of anything you like.

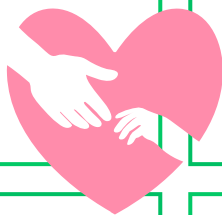


Learn a simple magic trick.

Perform something for your friends and family.



Teach a friend a new skill.



$$\begin{array}{r} 5 \times 1 = \\ 1 \quad 3 \quad 2 \\ 2 \end{array}$$

Confidently learn all of your times tables to 12 x 12.

Order something in a cafe or restaurant.



Learn to peel 3 different vegetables.



Write a short story.



Learn to tell the time on an analogue clock.



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

