



30 Things



Year 3





Anything is Possible

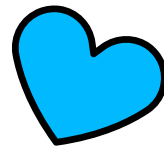
If you have a little **dream**, tucked inside your heart,
Take a step, try your best, you're ready to make a start.

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 3.

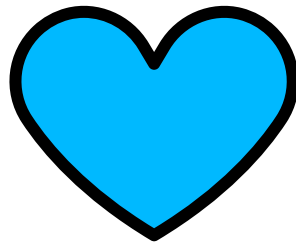
As you work through the activities, we'd love to see what you've been up to, so please send in lots of photos.



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

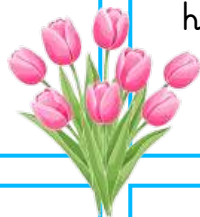
In July, we'll hold a special celebration assembly for everyone who completes all 30 Things!





You are kind

Show kindness to
a neighbour.



Help out at home,
taking on one
responsibility to
help your family.

Create a
handmade card
for someone.



Go litter picking
with your family.



Donate something
to a charity or
charity shop.



Help your family
to make supper.



Leave a little
kindness...in a
public place. You
could leave some
flowers on a park
bench.



Recommend a
book to a friend.

Show kindness by
asking others
how they are.



Create one kindness challenge of your own!



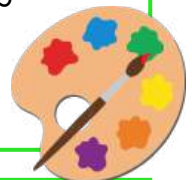
You are curious



Walk through the city centre. What can you see, hear and smell?

Look up at the night sky. Can you see any constellations?

Learn 10 colours in another language.



Watch something live
(music, sports, fireworks, Exeter parade etc)



LIVE

Hunt for beach treasure - shells, sea glass, even fossils!

Learn about beach safety. What do the flags mean?



Go somewhere you've never been before!

Visit Exeter library.



Plant something you can eat!



Create one curiosity challenge of your own!



You are determined

Try a new healthy food.



Make sure you can tie your own shoelaces.



Perform something for your friends and family.



Go for regular walks with your family.



Do something that makes you nervous.

Learn how to do a cartwheel.



Work hard on your handwriting.



Learn a new skill.



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

