



30 Things



Reception





Anything is Possible

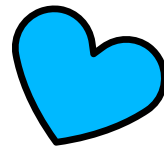
If you have a little **dream**, tucked inside your heart,
Take a step, try your best, you're ready to make a start.

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 Reception.

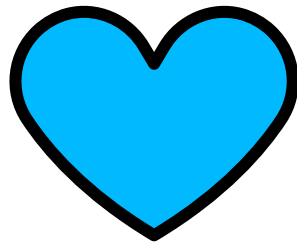
As you work through the activities, we'd love to see what you've been up to, so please send in lots of photos.



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 family member. You could bake them a cake or draw them a picture.



Help out at home, tidying away your toys.



Send a drawing to a local charity.



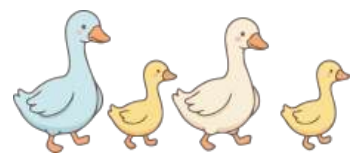
Help an adult to pick up any litter.



Donate something to a charity or charity shop.



Feed the ducks.



Leave a little kindness...in a cafe. You could leave a drawing on the table.

Have a family picnic outdoors and remember to tidy away at the end.



Show kindness by saying 'please' and 'thank you'.

Create one kindness challenge of your own!



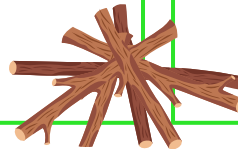
You are curious



Go for a rainy walk in your wellies.



Find a stream and play pooh sticks.

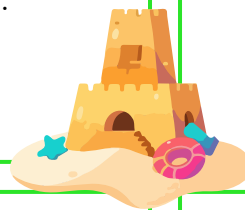


Learn how to say hello in a different language.

Collect some conkers.

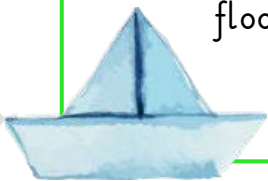


Build a sandcastle at the beach.



Play in the park.

Make a paper boat and see if it floats.



Visit Exeter Library.



Go on a mini beast hunt.



Create one curiosity challenge of your own!



You are determined

Climb a big hill



Build a den -
this could be
outdoors or at
home.



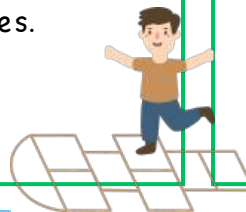
Perform
something for
your friends and
family.



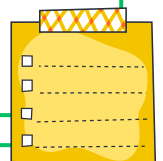
Dress
independently.



Learn how to hop
on each foot 10
times.



Use phonics and
pictures to help
to write a
shopping list.



Try a new fruit.



Walk barefoot on
sand.



Enjoy a story at
home every day.



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

