



30 Things



Year 5





Anything is Possible

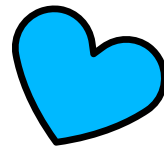
If you have a little **dream**, tucked inside your heart,
Take a step, try your best, you're ready to make a start.

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 5.

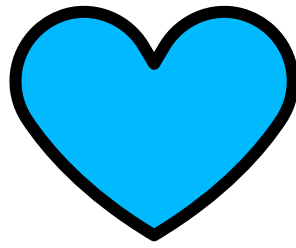
As you work through the activities, we'd love to see what you've been up to, so please send in lots of photos.



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 in our local community.



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



Send a letter to an inspirational person (add your address, you may get a reply!)

Take care of plants.

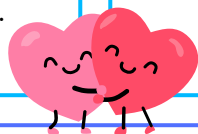


Donate something to a charity or charity shop.



Make someone you love a warm drink like a cup of tea.

Leave a little kindness at school. You could put something on a friend's desk.



Fundraise for, or raise awareness of, a charity.



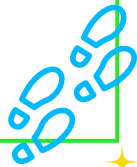
Show kindness by helping others without being asked.

Create one kindness challenge of your own!



You are curious

Go on a nature walk in the dark.



Design or even create a new invention.



Visit somewhere you have never been before!



Research an influential person that you look up to.



Look at the night sky and try to find the constellation 'The Plough'.



Watch the sunset.

Go swimming in the sea with family.



Visit Exeter library.



Interview someone in your family and learn more about them.



Create one curiosity challenge of your own!



You are determined

Stay away from home for a night (Y5 residential counts!)



Have a go at skimming stones!



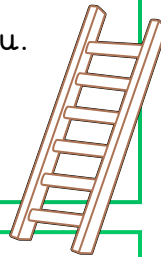
Perform something for your friends and family.



Try a food which you previously didn't like.



Climb something that is taller than you.



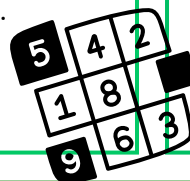
Have a go at origami.



Order something on your own in a restaurant or cafe.



Try completing logic puzzles e.g. sudoku.



Learn to swim 25 metres.



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

