Name .....

My Birthday .....

My Teachers .....

.....

.....

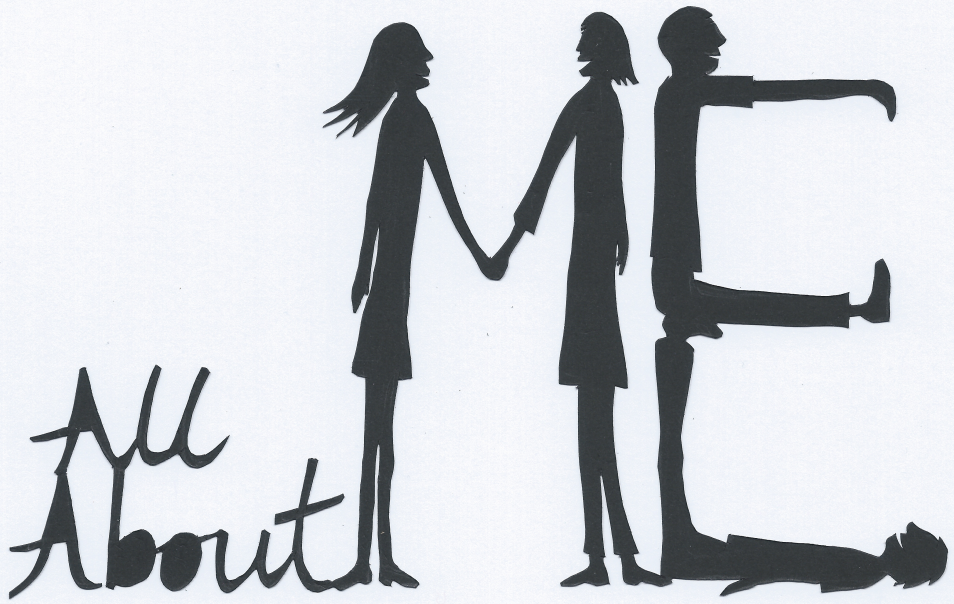
My best friends .....

.....

Things I enjoy doing ....

.....

.....



WET AND WILD

Paddle or Scramble in water outdoors.

Achieved

TOP TIP!

Roll up your trousers and get your toes wet!

Activity star rating!

POND DIPPING

Go Pond dipping and identify 7 plants or creatures you find.

Achieved

TOP TIP!

Look under rocks as creatures like to hide away and don't forget your magnifying glass!

Activity star rating!

NATURAL ART

Activity star rating!

Make a 3D sculpture or collage out of natural materials.

Achieved

TOP TIP!

Look at the work of Artist Andy Goldsworthy for inspiration.

NATURAL SHELTERS

Make a small shelter or den that you can sit under.

Achieved

TOP TIP!

You will need to collect lots of materials such as fallen branches to build a shelter outside.

Activity star rating!

HEALTH AND SAFETY

Know which side of the road to walk on if there is no pavement.

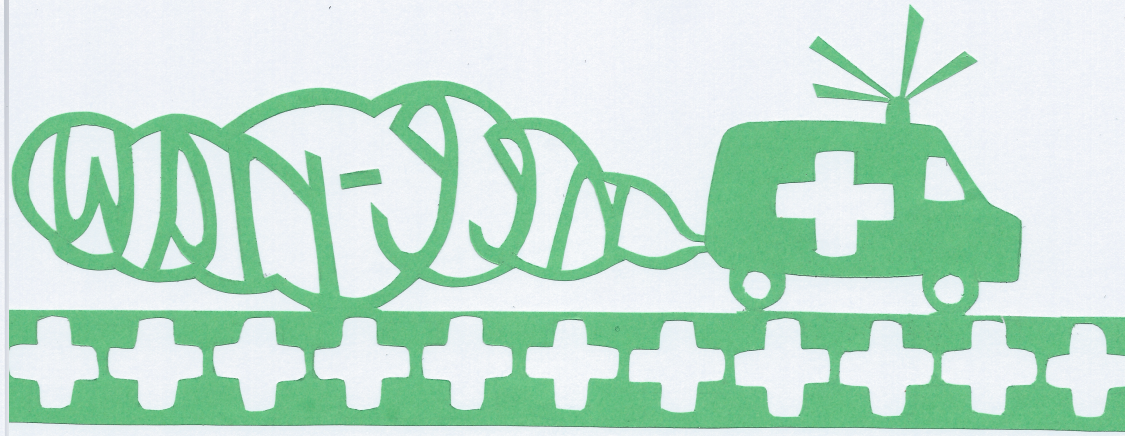
Achieved

Know how to act should a stranger approach you.

Achieved

☆ ☆ ☆ ☆ ☆

Activity star rating!



FIRST AID

Learn basic first aid.

Achieved

Be able to put someone in the recovery position, and perform CPR.

Achieved

TOP TIP!

Try to stay calm as this will help the person who you are assisting.

☆ ☆ ☆ ☆ ☆

Activity star rating!

TREE AND PLANT IDENTIFICATION

Identify 5 different types of trees.

Achieved

Identify 5 different types of plants.

Achieved

TOP TIP!

Leaves, buds, flowers and bark all help give you clues.

Activity star rating!

TOURNAMENT

Take part in a Tournament.

Name the sports

.....

.....

.....

.....

Achieved

TOP TIP!

It's fun taking part in a tornament. Enjoy the competition and cheer your friends on too!

Activity star rating!

OUTDOOR EQUIPMENT

Pack your bag for a residential trip and choose appropriate clothing for the activities.

Achieved

TOP TIP!

You wouldn't go on a hike in your best shoes, or play in the snow wearing your pyjamas now would you!

☆ ☆ ☆ ☆ ☆ Activity star rating!

BUILD WITH SNOW

Build a SNOWMAN with a friend.

Achieved

Create a SNOW SCULPTURE.

Achieved

TOP TIP!

Make sure the snow is firmly packed together to make it strong.

★ ★ ★ ★ ★ Activity star rating!

Let it Snow

sweet

RESIDENTIAL

Complete 2 nights away from home on a Residential.

Achieved

Complete 4 nights away from home on a Residential.

Achieved

TOP TIP!

What fun! Think of this as an adventure with your friends.

☆ ☆ ☆ ☆ ☆

Activity star rating!

HIKES

complete 3 hikes.

Where did you go, and how far?

.....

.....

.....

Achieved

☆ ☆ ☆ ☆ ☆

Activity star rating!

THIS WAY

TOP TIP!

wear a comfy pair of boots or shoes.

BIRD AND MAMMAL IDENTIFICATION

Identify 10 birds varieties found in Britain.

Achieved

Identify 15 Mammals found in Britain.

Achieved

TOP TIP!

Look at their colour, ears or tail shape for clues.

Activity star rating!

SWIMMING

Jump into the swimming pool.

Achieved

Swim 25 metres unaided.

Achieved

Tread water for 30 seconds independently or with a partner.

Achieved

Activity star rating!

TOP TIP!

Only ever swim outdoors if you have an adult with you who says it is safe!

GROWING AND GARDENING

Help to grow a crop of fruit or vegetables.
What could you cook with it?

Achieved

TOP TIP!

Keep the soil watered even before the shoots first appear.

Activity star rating!

EXPLORE A FALLEN TREE

Count how old the tree is, and make bark and leaf rubbings.

Achieved

TOP TIP!

Each ring in the trunk is a year in the life of a tree.

Activity star rating!

TRIPS

Visit these sites and fill in where you went and when -

Museum

.....

Place of Worship

.....

Nature or Wildlife

.....

TOP TIP!

Take some photographs or do some drawing to help remember your visit.

You could collect something or buy a small souvenir.

Local visit

.....

Historic Building

.....

Gallery

.....

Activity star rating!

BUILD A MODEL ROBOT

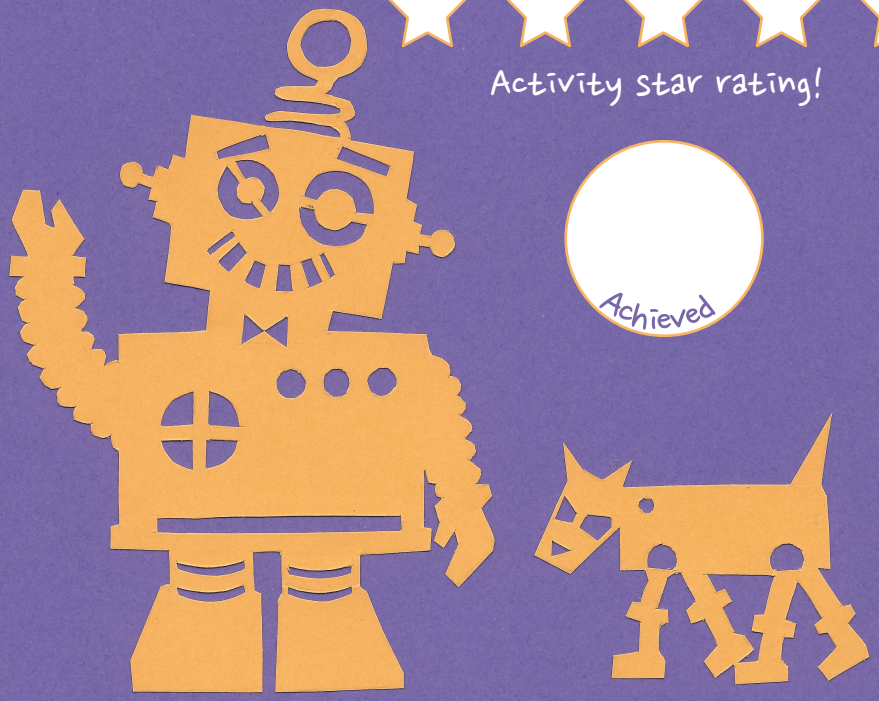
Using recycled materials, design and build a robot.

TOP TIP!

Collect lots of different things that you would usually throw away to make your model really fun!

Activity star rating!

Achieved



CATAPULT

Make a catapult that can fire a small ball at least 8 metres.

Achieved

TOP TIP!

Catapults were invented for use in wars to attack an enemy wall. The missiles had to fly high in the air as well as a great distance!

Activity star rating!

CAMPFIRES

Help an adult build a campfire.
Help maintain it and put it out.

Achieved

Toast marshmallows over a fire.

Achieved

TOP TIP!

Never light a fire without an adult being present.

Activity star rating!

ORIENTEERING

Use a compass to follow an orienteering trail.

Achieved

TOP TIP!

First learn the compass points and then run fast but make sure it's in the right direction!

Activity star rating!

CYCLING

Learn to ride a bike.

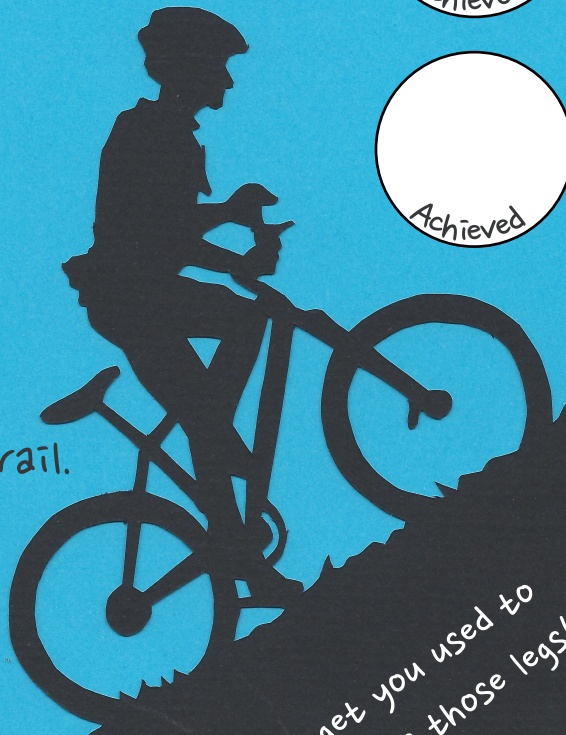
Achieved

complete 'Bikeability'.

Achieved

complete a mountain bike trail.

Achieved



TOP TIP!

Riding on grass is a great way to get you used to the 'off road' feel, and it strengthens those legs!

Activity star rating!

A STAR IS BORN

Take part in a class performance, or be part of the production team.

Achieved

TOP TIP!

By writing your lines out by hand, it helps you to memorise them.

Activity star rating!

KAYAKING

Learn to kayak or canoe.

Achieved

TOP TIP!

Always wear a life jacket and keep a good rhythm going with your paddle.

Activity star rating!

COMMUNICATE

I can sign my name.

Achieved

I can sign 3 greetings.

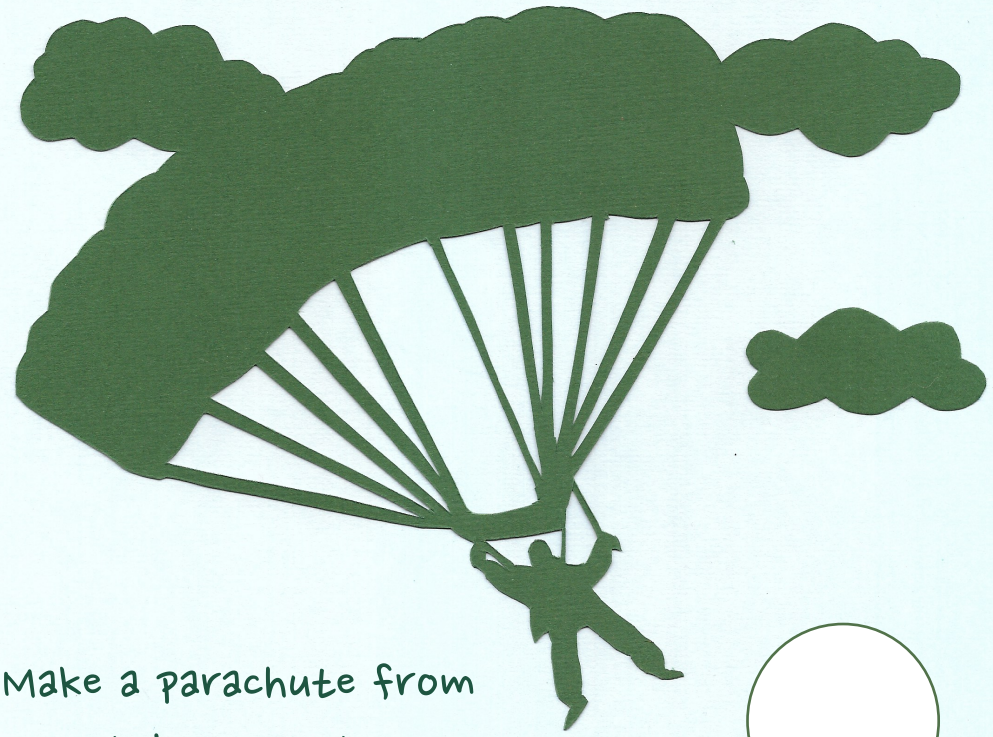
Achieved

TOP TIP!

Relax your hands, make your signs clear, and use your face to help express your feelings.

Activity star rating!

PARACHUTE



Make a parachute from recycled materials.

Achieved

TOP TIP!

You will need to collect materials that are light so the canopy can float on the way down.

Activity star rating!

WAY UP HIGH!

Complete a simple High Ropes course.

Achieved

TOP TIP!

Now you really get a chance to explore the tree tops and get a monkey's eye view!

Activity star rating!

ABSEILING

Using ropes, Abseil down a wall, cliff or mountain face.

Achieved

TOP TIP!

Lean back keeping your legs apart and holding the rope. Just don't look down - weeee.....!

Activity star rating!

BUILD A RUN

As a group, build a 8 metre run above the ground which can carry water or marbles for example.

TOP TIP!

Remember, water runs downhill!

Achieved

Activity star rating!

BUILD A TOWER

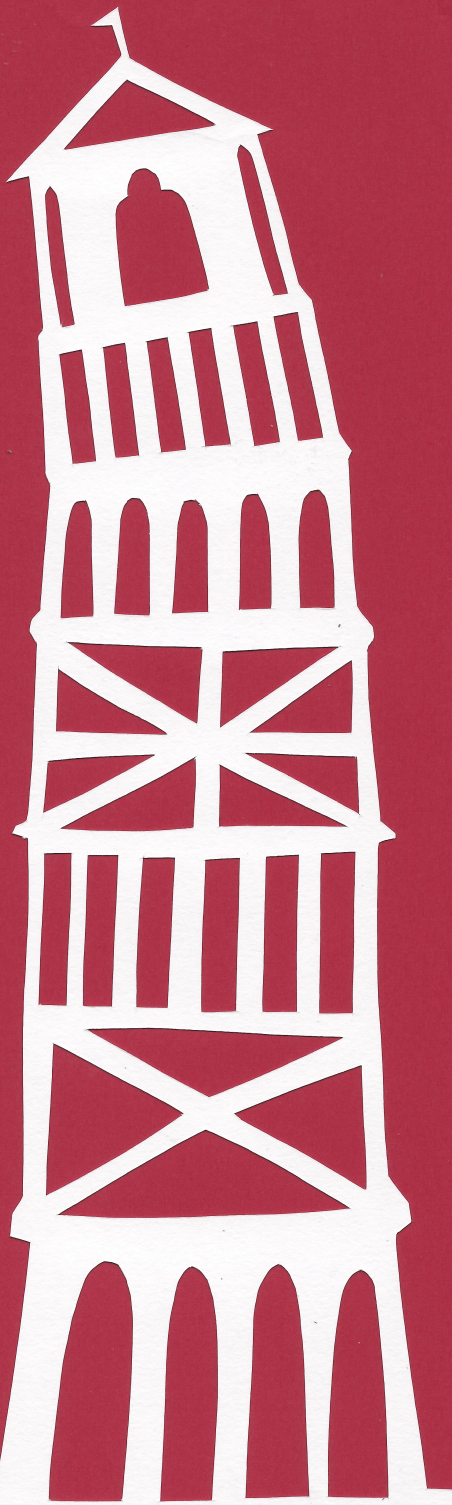
With a friend, build a tower that stands 4 ft tall, made only out of paper and tape.

Achieved

TOP TIP!

Make your paper stronger by folding, rolling or twisting it!

Activity star rating!



PHOTOS

Stick photos of your i-challenge adventures in here ...

TOP TIP!

Photographs can help us remember our achievements, friends and fun times! ...

YOUR JOURNEY'S JUST BEGUN...

Dreams for my future...

TOP TIP!

Aim high.... your future is in your hands!