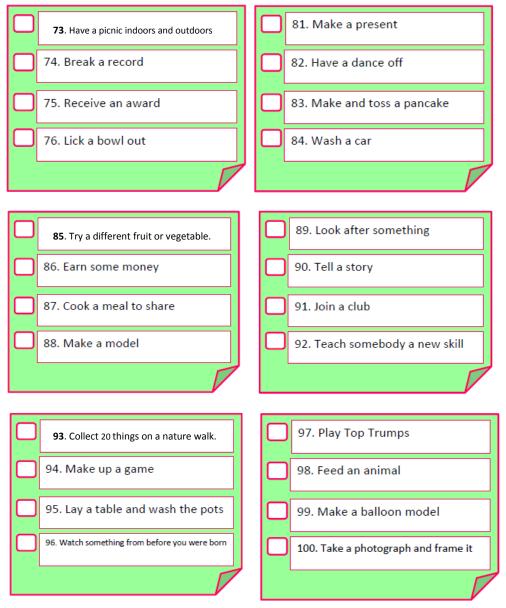
25. Climb with a harness	29. Make your footprint and handprint using paint	49. Make a fresh bed	53. Bounce on a trampoline
26. Ride a bike	30. Eat something you grew	50. Organise a treasure hunt	54. Use eight types of transport
27. Play a musical instrument	31. Build a mud pie	51. Visit a building older than school	55. Go on a ride at a fayre
28. Be in a show	32. Skim a stone	52. Try food from every continent	56. Complete a walk in the Peak District
33. Watch the sun wake up		57. Tell the time	
34. Toast a marshmallow around a campfire		58. Take part in a debate	
35. Go on a walk at night	37. Use a map to plan an expedition	59. Visit an art gallery	61. Make a film
36. Have a picnic indoors and outdoors	38. Visit an old person	60. Give a speech	62. Enter a race
	39. Tie three knots		63. Make a card
	40. Know the capitals of 20 countries		64. Be able to tell five jokes
41. Learn a magic trick	45. Record your voice	65. Go to a museum	69. Make and wear a costume
42. Use chopsticks	46. Be in charge	66. Communicate with somebody in another country	70. Plan a party
43. Play in a team	47. Be a mentor	67. Write a thank you letter	71. Blow bubbles
44. Play a board game with the family	48. Write a letter of protest	68. Pick fruit	72. Send an invitation



For our mental health and wellbeing, it is important that we are active or take time out to try new things. This passport is aimed at giving you lots of ideas to be creative, be sociable, be curious and thoughtful. Hopefully you will enjoy them and want to do as many as you can. When you complete an activity, tick it off and then come and share what you have done at your Wellbeing Lunch Club. Why not bring in what you have made, take a photo of your achievements or keep a diary.



This Wellbeing Passport belongs to:		
Summer Term 2018 ~ Wellbeing Lunch (lub	

1. Build a Den	5. Make an omelette			
2. Sew a button	6. Make a healthy packed lunch			
3. Go for a paddle in the sea	7. Bake bread			
4. Sleep in a tent	8. Create a cupcake			
9. Play 'Pooh sticks'	13. Make a puppet.			
10. Contribute to a blog	14. Share a collection			
11. Make a water balloon and throw it.	15. Go on a mini-beast hunt.			
12. Do ten things for charity	16. Fly a kite you've made			
17. Make a paper aeroplane that can fly 10m	21. Hear live music			
18. Go to the Theatre	22. Build a sandcastle with a moat			
19. Roll down a hill	23. Make a den and read a story in it.			
20. Explore a rock pool	24. Reach your goal in swimming.			