

- 25. Climb with a harness
- 26. Ride a bike
- 27. Play a musical instrument
- 28. Be in a show

- 29. Make your footprint and handprint using paint
- 30. Eat something you grew
- 31. Build a mud pie
- 32. Skim a stone

- 49. Make a fresh bed
- 50. Organise a treasure hunt
- 51. Visit a building older than school
- 52. Try food from every continent

- 53. Bounce on a trampoline
- 54. Use eight types of transport
- 55. Go on a ride at a fayre
- 56. Complete a walk in the Peak District

- 33. Watch the sun wake up
- 34. Toast a marshmallow around a campfire
- 35. Go on a walk at night
- 36. Have a picnic indoors and outdoors

- 37. Use a map to plan an expedition
- 38. Visit an old person
- 39. Tie three knots
- 40. Know the capitals of 20 countries

- 57. Tell the time
- 58. Take part in a debate
- 59. Visit an art gallery
- 60. Give a speech

- 61. Make a film
- 62. Enter a race
- 63. Make a card
- 64. Be able to tell five jokes

- 41. Learn a magic trick
- 42. Use chopsticks
- 43. Play in a team
- 44. Play a board game with the family

- 45. Record your voice
- 46. Be in charge
- 47. Be a mentor
- 48. Write a letter of protest

- 65. Go to a museum
- 66. Communicate with somebody in another country
- 67. Write a thank you letter
- 68. Pick fruit

- 69. Make and wear a costume
- 70. Plan a party
- 71. Blow bubbles
- 72. Send an invitation

This Wellbeing Passport belongs to: _____

Summer Term 2018 ~ Wellbeing Lunch Club

- 73. Have a picnic indoors and outdoors
- 74. Break a record
- 75. Receive an award
- 76. Lick a bowl out

- 81. Make a present
- 82. Have a dance off
- 83. Make and toss a pancake
- 84. Wash a car

- 85. Try a different fruit or vegetable.
- 86. Earn some money
- 87. Cook a meal to share
- 88. Make a model

- 89. Look after something
- 90. Tell a story
- 91. Join a club
- 92. Teach somebody a new skill

- 93. Collect 20 things on a nature walk.
- 94. Make up a game
- 95. Lay a table and wash the pots
- 96. Watch something from before you were born

- 97. Play Top Trumps
- 98. Feed an animal
- 99. Make a balloon model
- 100. Take a photograph and frame it

- 1. Build a Den
- 2. Sew a button
- 3. Go for a paddle in the sea
- 4. Sleep in a tent

- 5. Make an omelette
- 6. Make a healthy packed lunch
- 7. Bake bread
- 8. Create a cupcake

- 9. Play 'Pooh sticks'
- 10. Contribute to a blog
- 11. Make a water balloon and throw it.
- 12. Do ten things for charity

- 13. Make a puppet.
- 14. Share a collection
- 15. Go on a mini-beast hunt.
- 16. Fly a kite you've made

- 17. Make a paper aeroplane that can fly 10m
- 18. Go to the Theatre
- 19. Roll down a hill
- 20. Explore a rock pool

- 21. Hear live music
- 22. Build a sandcastle with a moat
- 23. Make a den and read a story in it.
- 24. Reach your goal in swimming.

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.