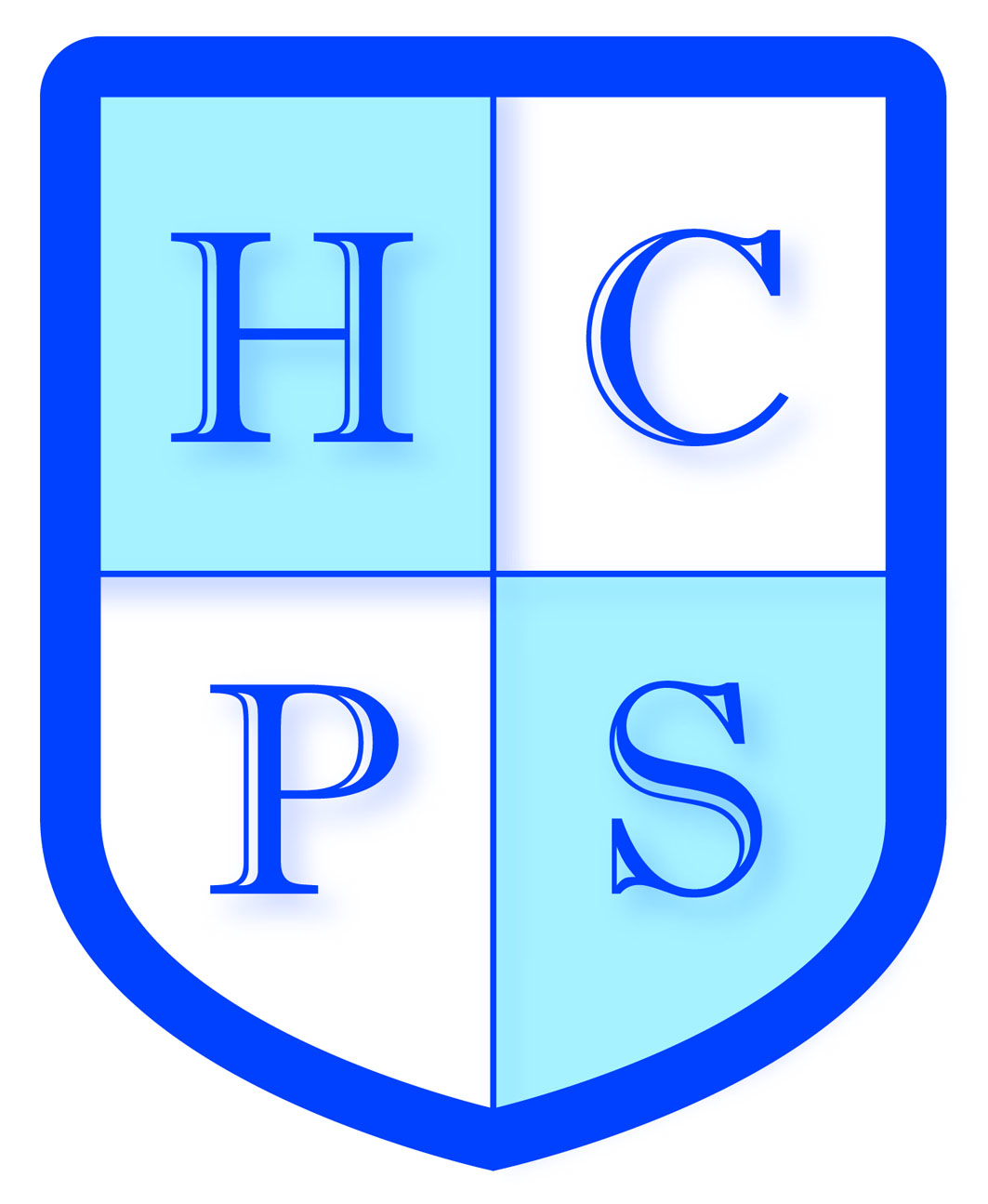
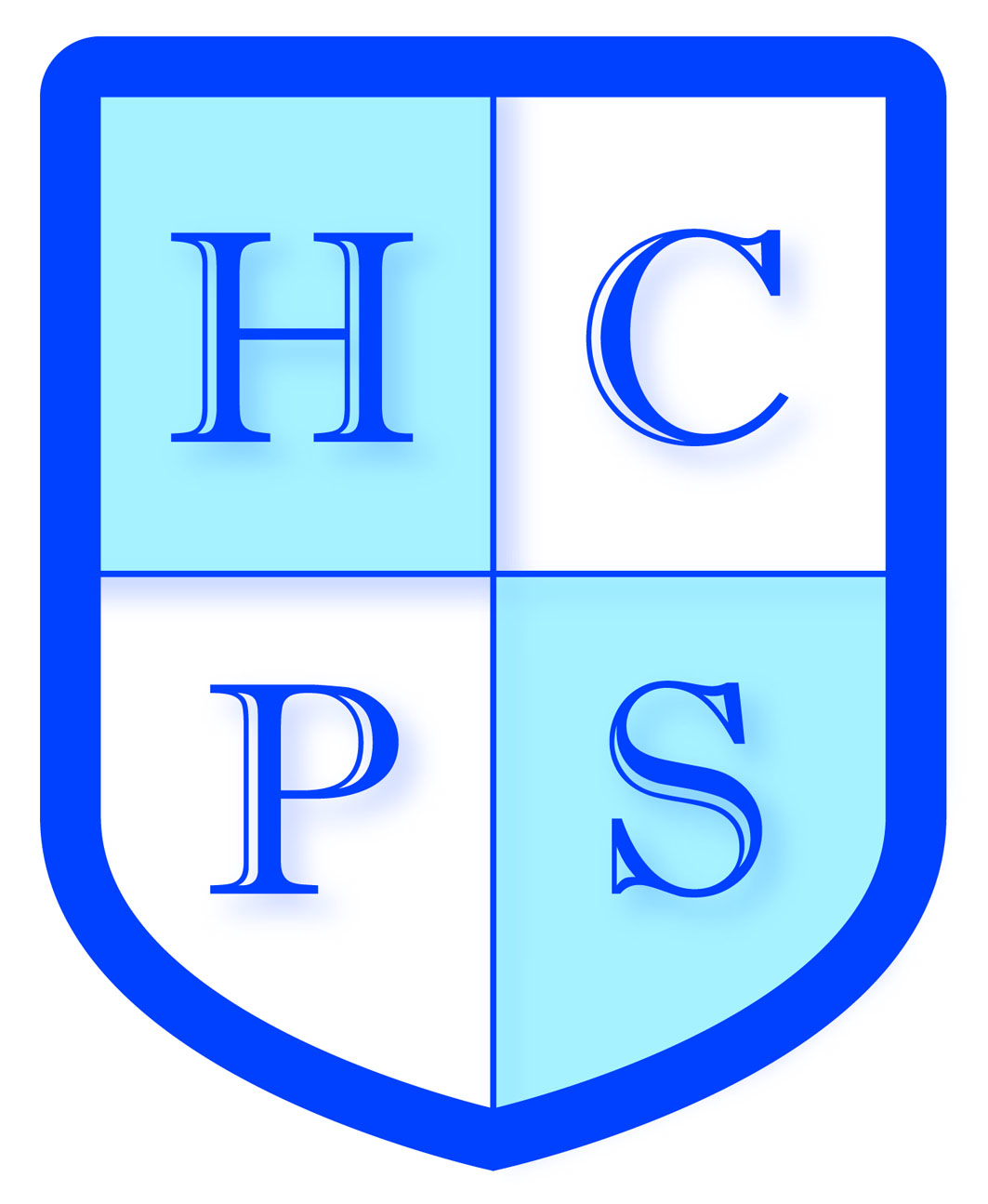
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| --- | --- | --- | --- |
| Try a new fruit. | Create a thank-you card for someone and give it to them. | Try balancing against a wall while you are upside down | Travel on a bus with an adult. |
| Help write a shopping list with your family. | Make a treasure map. | Build a den. | Create a poster for brushing your teeth. |
| Give a daily compliment to a friend or family member for 5 days. | Help wash up after dinner at least 3 times in a week. | Dress up and pretend to be characters from your favourite film | Read a story to someone. |
| Make ***and eat*** your own sandwich. | Visit the park and play on the swings | Paint a picture of your pet or your favourite type of animal | Collect some food that you can donate to school when it is Harvest Festival week. |

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**#30things**

**Years 1/2: Autumn 2019**