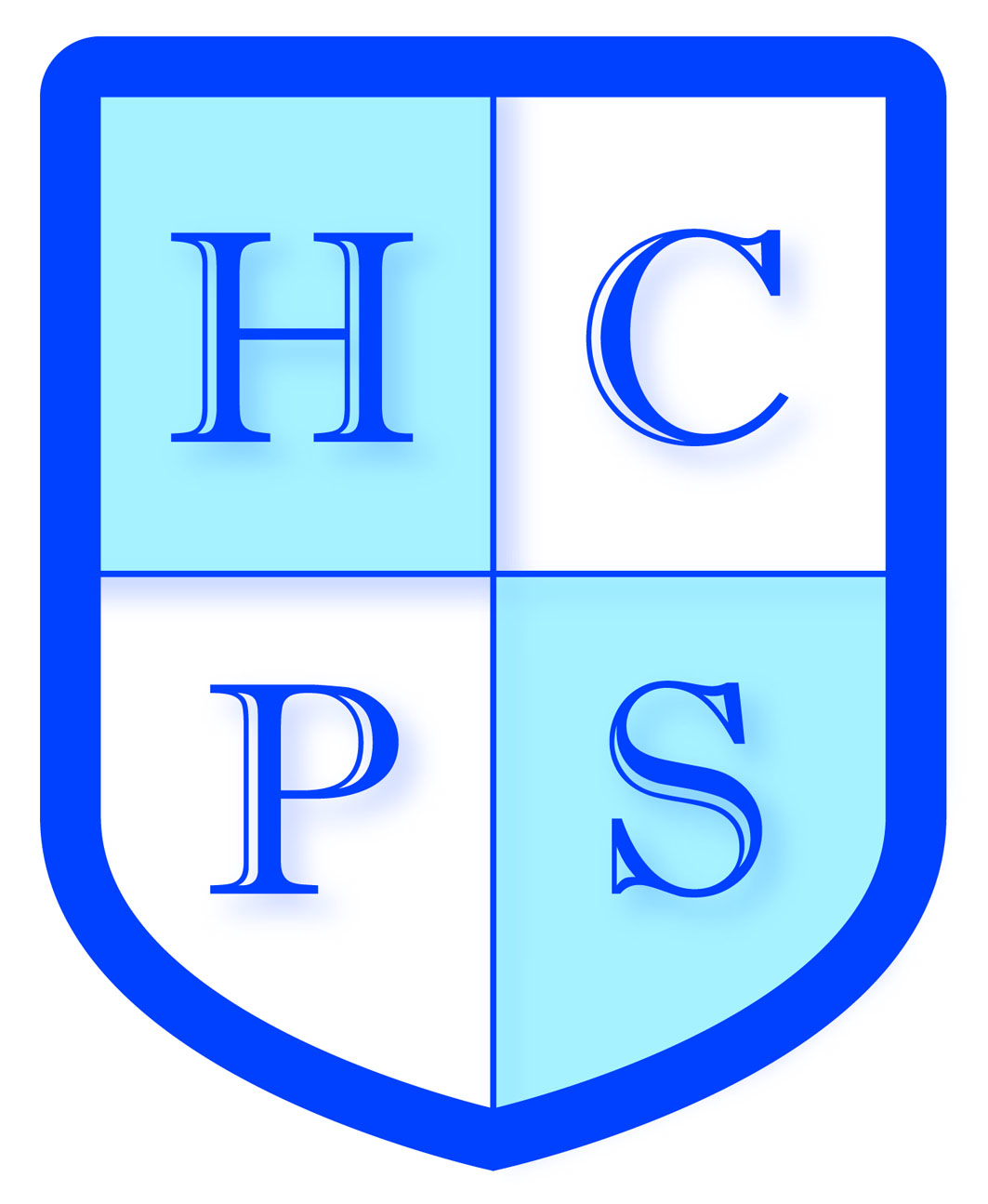
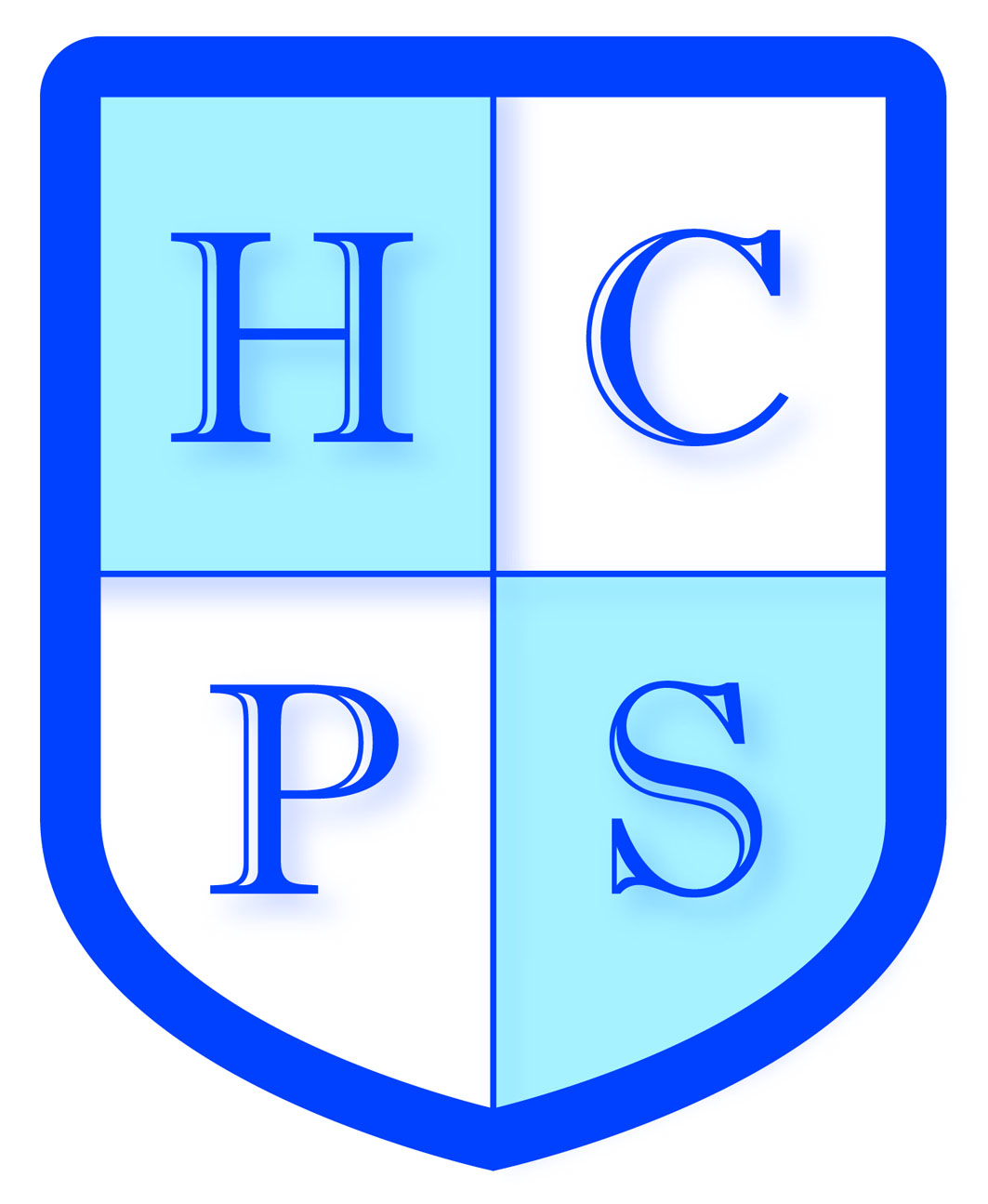
|  |  |  |  |
| --- | --- | --- | --- |
| Talk to someone older than 50 and learn 3 facts about their life as a child. | Learn to tie my own shoe laces independently. | Help make a fruit salad. | Learn a joke and tell your teacher and parents. |
| Change and make your own bed. | Read a book to a younger child. | Collect some food that you can donate to school when it is Harvest Festival week. | Help vacuum a room in your house. |
| Create a thank-you card for someone and give it to them. | Give a daily compliment to a friend or family for 5 days. | Try a new physical activity. | Learn to say hello in 3 new languages. |
| Lay down in your garden and look at the sky; what can you see? | Keep a food diary for 5 days. | Fly a kite. | Skim a stone in water. |

****

**#30things**

**Years 3/4: Autumn 2016**