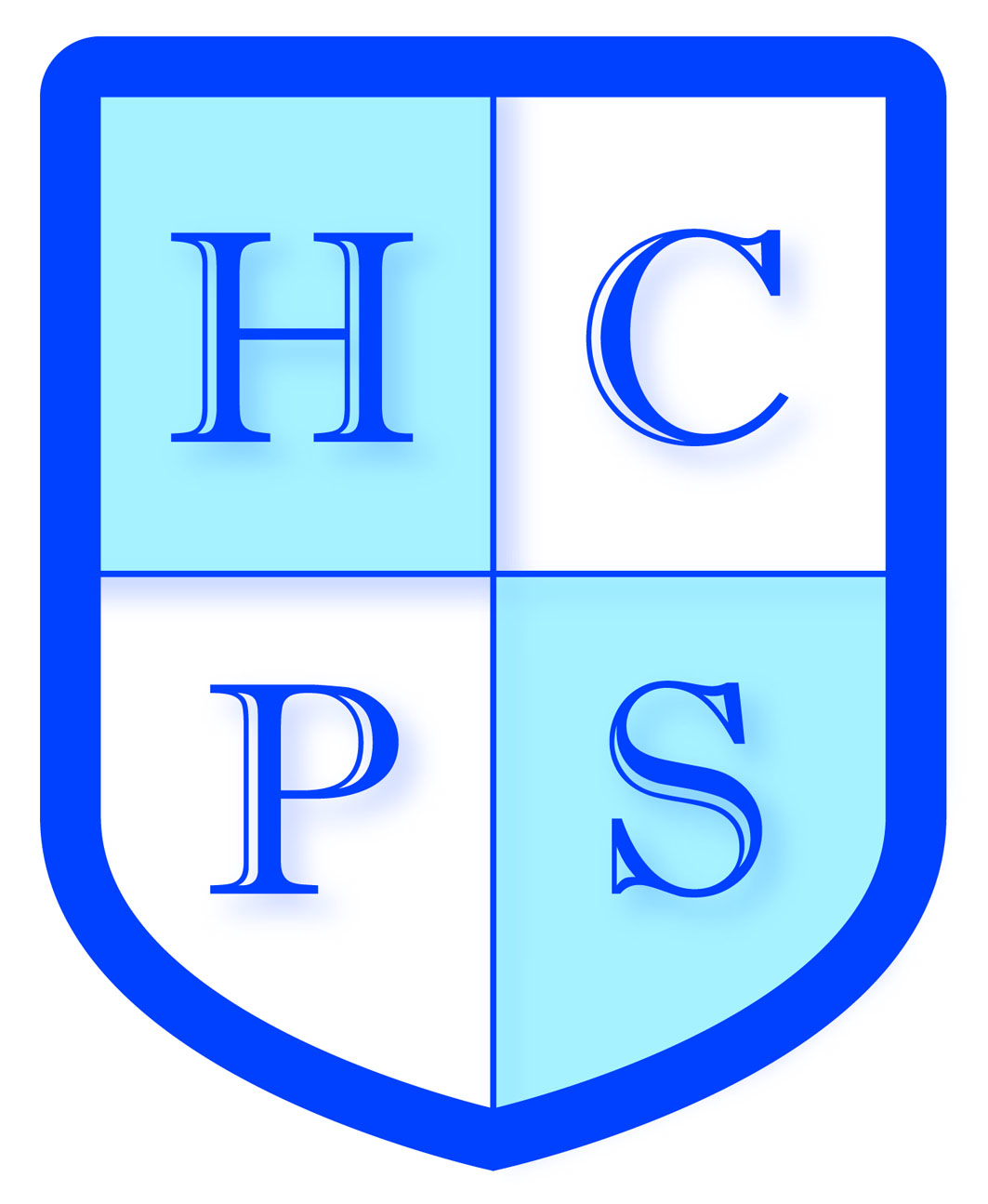
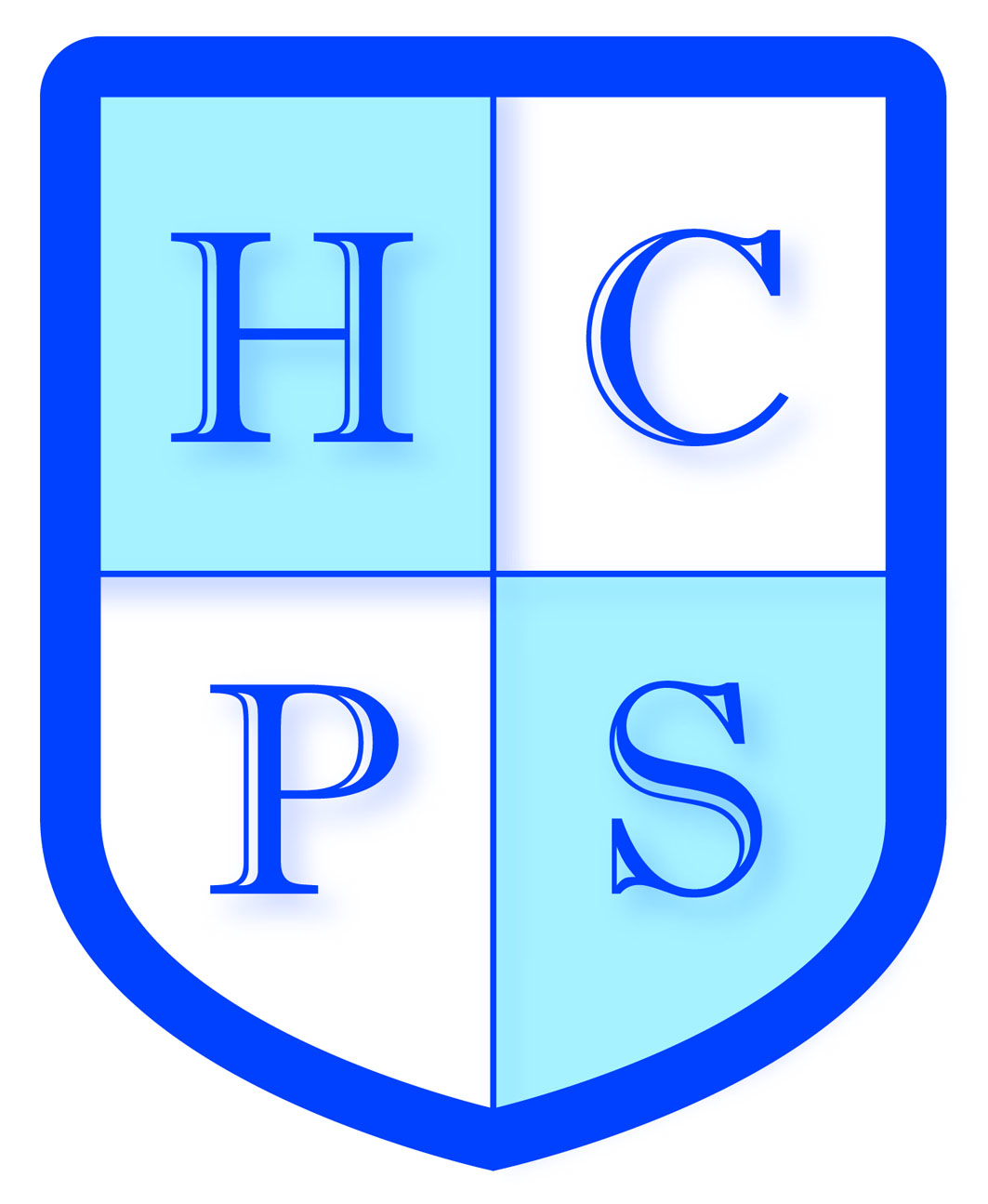
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| --- | --- | --- | --- |
| Help create a weekly shopping list. | Help make breakfast in bed for a member of your family. | Research and create a fact file on a career/job. | Sew a button onto a piece of clothing. |
| Have one night where you do not use your phone, computer or console. | Explore your local area and sketch a building that interests you. | Watch the news and write about the most interesting thing you heard in your journal. | Give a daily compliment to a friend or family for 5 days. |
| Create a thank you card for someone and give it to them. | Try a new food and record your thoughts in your journal. | Choose 3 places in the world and find out which will be the hottest place that day. | Learn how to make 2 different types of knot and know their name e.g. overhand knot. |
| Have a technology-free day. | Help with a food shop, including handing over the money and receiving change. | Collect some food that you can donate to school when it is Harvest Festival week. | Go swimming at The John Charles Centre. |

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**#30things**

**Years 5/6: Autumn 2019**