

With thanks to:

Parentkind

HOW
**ACTION FOR
CHILDREN**
WORKS



National Children's Bureau

Every
Child
Should...



Council for Learning Outside the Classroom

Proudly supporting youth social action



Get in touch

We'd love to hear what you think about this list. Share your experience using #MyActivityPassport or email: activity.passport@education.gov.uk



Department
for Education



My Activity Passport

Name

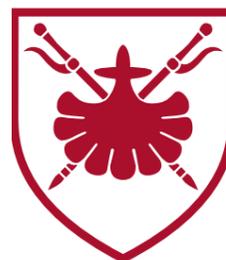
Start date

End date



Activity

	✓	Date:
1. Keep a diary for a week	<input type="checkbox"/>	<input type="text"/>
2. See the sun rise	<input type="checkbox"/>	<input type="text"/>
3. See the sun set	<input type="checkbox"/>	<input type="text"/>
4. Cook outdoors	<input type="checkbox"/>	<input type="text"/>
5. Organise tea for parents and carers	<input type="checkbox"/>	<input type="text"/>
6. Vote in a school election	<input type="checkbox"/>	<input type="text"/>
7. Plan a tour around your local area	<input type="checkbox"/>	<input type="text"/>
8. Interview someone	<input type="checkbox"/>	<input type="text"/>
9. Visit a local charity and find out how you can support them	<input type="checkbox"/>	<input type="text"/>
10. Learn how to access the news	<input type="checkbox"/>	<input type="text"/>
11. Design a product or business idea and pitch it to 'investors'	<input type="checkbox"/>	<input type="text"/>
12. Make a working model	<input type="checkbox"/>	<input type="text"/>
13. Write and record/broadcast a radio play	<input type="checkbox"/>	<input type="text"/>
14. Go on a picnic	<input type="checkbox"/>	<input type="text"/>
15. Make a dessert	<input type="checkbox"/>	<input type="text"/>
16. At home, sleep under canvas	<input type="checkbox"/>	<input type="text"/>
17. At home, write a speech	<input type="checkbox"/>	<input type="text"/>
18. At home, send an email	<input type="checkbox"/>	<input type="text"/>
19. At home, take a trip on a train	<input type="checkbox"/>	<input type="text"/>
20. At home, visit a new city	<input type="checkbox"/>	<input type="text"/>



'The Activity Passport' has been launched to encourage more family time and help build children's character and resilience.

Endorsed by organisations including the Scouts, Girlguiding and the National Trust – as well as the children's charity Action for Children - the list of activities is intended to support parents and schools in introducing children to a wide variety of experiences.

Every child is encouraged to take part in the tasks that will hopefully help them to build their personal skills and qualities during the school day and at home. The vision for every child is for them to have the opportunity to enjoy new and varied experiences, no matter their background - comprising of key areas: drive and tenacity; sticking at the task at hand; understanding how to work towards long term goals when reward might be a long way off in the future; and being able to pick yourself up and bounce back from life's challenges.

These activities will hopefully inspire children to problem-solve, provide opportunities to see or visit new places and develop wide interests in new subjects. The activities are designed to be accessible so that every child and family can get involved. Alongside this, children are asked to take part in 30 minutes of moderate to vigorous physical activity a day outside of school.

'The Activity Passport' will be kept in school and the activities for the year will be shared with families.

We hope that the children enjoy taking part.

Reception



Activity

	✓	Date:
1. Find tadpoles in a pond	<input type="checkbox"/>	<input type="text"/>
2. Paint a self portrait	<input type="checkbox"/>	<input type="text"/>
3. Plant some bulbs and watch them grow	<input type="checkbox"/>	<input type="text"/>
4. Go on an autumn walk	<input type="checkbox"/>	<input type="text"/>
5. Make leaf rubbings	<input type="checkbox"/>	<input type="text"/>
6. Make a treasure map	<input type="checkbox"/>	<input type="text"/>
7. Take a photograph	<input type="checkbox"/>	<input type="text"/>
8. Visit a place of worship	<input type="checkbox"/>	<input type="text"/>
9. Fly a kite	<input type="checkbox"/>	<input type="text"/>
10. Make a paper boat and see if it floats	<input type="checkbox"/>	<input type="text"/>
11. Perform a song	<input type="checkbox"/>	<input type="text"/>
12. Re-tell a poem to an audience	<input type="checkbox"/>	<input type="text"/>
13. Look up where you live on a map	<input type="checkbox"/>	<input type="text"/>
14. Dress up like a pirate	<input type="checkbox"/>	<input type="text"/>
15. Search for butterflies outdoors	<input type="checkbox"/>	<input type="text"/>
16. At home, post a letter	<input type="checkbox"/>	<input type="text"/>
17. At home, taste a new fruit	<input type="checkbox"/>	<input type="text"/>
18. At home, make a sandwich	<input type="checkbox"/>	<input type="text"/>
19. At home, meet a friend's pet	<input type="checkbox"/>	<input type="text"/>
20. At home, visit a farm	<input type="checkbox"/>	<input type="text"/>

Year 5



Activity

	✓	Date:
1. Take part in a debate	<input type="checkbox"/>	<input type="text"/>
2. Learn something new about your local area	<input type="checkbox"/>	<input type="text"/>
3. Learn a dance from another country	<input type="checkbox"/>	<input type="text"/>
4. Make and launch a parachute	<input type="checkbox"/>	<input type="text"/>
5. Use an OS map	<input type="checkbox"/>	<input type="text"/>
6. Go orienteering	<input type="checkbox"/>	<input type="text"/>
7. Visit a London Landmark	<input type="checkbox"/>	<input type="text"/>
8. Write a story for the Reception class	<input type="checkbox"/>	<input type="text"/>
9. Write in hieroglyphics	<input type="checkbox"/>	<input type="text"/>
10. Go on a residential trip	<input type="checkbox"/>	<input type="text"/>
11. Write a play	<input type="checkbox"/>	<input type="text"/>
12. Learn a song in a different language	<input type="checkbox"/>	<input type="text"/>
13. Put on a performance	<input type="checkbox"/>	<input type="text"/>
14. Make papier mache planets	<input type="checkbox"/>	<input type="text"/>
15. Pick litter in your local area	<input type="checkbox"/>	<input type="text"/>
16. At home, make an Easter Garden	<input type="checkbox"/>	<input type="text"/>
17. At home, do a blind folded taste test	<input type="checkbox"/>	<input type="text"/>
18. At home, climb something taller than you	<input type="checkbox"/>	<input type="text"/>
19. At home, plan and cook a meal	<input type="checkbox"/>	<input type="text"/>
20. At home, write to your MP	<input type="checkbox"/>	<input type="text"/>

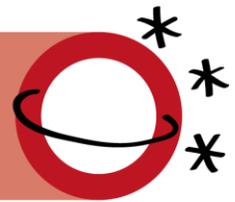
Year 4



Activity

	✓	Date:
1. Sleep over at school	<input type="checkbox"/>	<input type="text"/>
2. Make a torch	<input type="checkbox"/>	<input type="text"/>
3. Write and perform a poem	<input type="checkbox"/>	<input type="text"/>
4. Perform in a play	<input type="checkbox"/>	<input type="text"/>
5. Watch a play or a dance production	<input type="checkbox"/>	<input type="text"/>
6. Use a camera to document a performance	<input type="checkbox"/>	<input type="text"/>
7. Choreograph a dance	<input type="checkbox"/>	<input type="text"/>
8. Make a mosaic	<input type="checkbox"/>	<input type="text"/>
9. Create a habitat for an animal	<input type="checkbox"/>	<input type="text"/>
10. Learn to sew on a button	<input type="checkbox"/>	<input type="text"/>
11. Walk through a forest	<input type="checkbox"/>	<input type="text"/>
12. Learn about a new religion and visit a new place of worship	<input type="checkbox"/>	<input type="text"/>
13. Make up your own game and teach it to someone	<input type="checkbox"/>	<input type="text"/>
14. Visit a city centre	<input type="checkbox"/>	<input type="text"/>
15. Visit a place of historical importance	<input type="checkbox"/>	<input type="text"/>
16. At home, skim stones	<input type="checkbox"/>	<input type="text"/>
17. At home, make up your own game and teach it to someone	<input type="checkbox"/>	<input type="text"/>
18. At home, learn about a charity of your chose	<input type="checkbox"/>	<input type="text"/>
19. At home, create a display for show and tell	<input type="checkbox"/>	<input type="text"/>
20. At home, make some Roman Food	<input type="checkbox"/>	<input type="text"/>

Year 1



Activity

	✓	Date:
1. Record different sounds and ask others to guess what they are	<input type="checkbox"/>	<input type="text"/>
2. Make some biscuits	<input type="checkbox"/>	<input type="text"/>
3. Build a den	<input type="checkbox"/>	<input type="text"/>
4. Make a puppet	<input type="checkbox"/>	<input type="text"/>
5. Visit Forest School	<input type="checkbox"/>	<input type="text"/>
6. Borrow a book from a library	<input type="checkbox"/>	<input type="text"/>
7. Discover what is in a pond	<input type="checkbox"/>	<input type="text"/>
8. Create a piece of art for an exhibition	<input type="checkbox"/>	<input type="text"/>
9. Make a daisy chain	<input type="checkbox"/>	<input type="text"/>
10. Perform a dance	<input type="checkbox"/>	<input type="text"/>
11. Perform in front of your class	<input type="checkbox"/>	<input type="text"/>
12. Take part in a play day	<input type="checkbox"/>	<input type="text"/>
13. Create a class collage	<input type="checkbox"/>	<input type="text"/>
14. Create a comic strip	<input type="checkbox"/>	<input type="text"/>
15. Go on a hunt for different plants	<input type="checkbox"/>	<input type="text"/>
16. At home, roll down a hill	<input type="checkbox"/>	<input type="text"/>
17. At home, make a bug hotel	<input type="checkbox"/>	<input type="text"/>
18. At home, look up at the stars on a clear night	<input type="checkbox"/>	<input type="text"/>
19. At home, put on a shadow puppet show	<input type="checkbox"/>	<input type="text"/>
20. At home, make and taste chapattis	<input type="checkbox"/>	<input type="text"/>

Year 2



Activity

	✓	Date:
1. Walk to a local landmark	<input type="checkbox"/>	<input type="text"/>
2. Play a board game	<input type="checkbox"/>	<input type="text"/>
3. Learn a poem off by heart	<input type="checkbox"/>	<input type="text"/>
4. Start a collection and share it with your class	<input type="checkbox"/>	<input type="text"/>
5. Bake a cake	<input type="checkbox"/>	<input type="text"/>
6. Buy something and check your change	<input type="checkbox"/>	<input type="text"/>
7. Write a weather report for your class	<input type="checkbox"/>	<input type="text"/>
8. Build a bridge and test its strength	<input type="checkbox"/>	<input type="text"/>
9. Become a nature detective	<input type="checkbox"/>	<input type="text"/>
10. Dress up as a superhero	<input type="checkbox"/>	<input type="text"/>
11. Make a collage	<input type="checkbox"/>	<input type="text"/>
12. Work on a vegetable patch	<input type="checkbox"/>	<input type="text"/>
13. Pick blackberries	<input type="checkbox"/>	<input type="text"/>
14. Learn a French song	<input type="checkbox"/>	<input type="text"/>
15. Go bird watching	<input type="checkbox"/>	<input type="text"/>
16. At home, get soaking wet in the rain	<input type="checkbox"/>	<input type="text"/>
17. At home, walk barefoot on the sand	<input type="checkbox"/>	<input type="text"/>
18. At home, make a film	<input type="checkbox"/>	<input type="text"/>
19. At home, take a trip to the seaside or walk alongside a river	<input type="checkbox"/>	<input type="text"/>
20. At home, plan a party	<input type="checkbox"/>	<input type="text"/>

Year 3



Activity

	✓	Date:
1. Create a presentation to show the class	<input type="checkbox"/>	<input type="text"/>
2. Write and perform a poem	<input type="checkbox"/>	<input type="text"/>
3. Perform in a play	<input type="checkbox"/>	<input type="text"/>
4. Use a camera to document an event	<input type="checkbox"/>	<input type="text"/>
5. Choreograph a dance	<input type="checkbox"/>	<input type="text"/>
6. Make a sculpture	<input type="checkbox"/>	<input type="text"/>
7. Try yoga	<input type="checkbox"/>	<input type="text"/>
8. Walk through a forest	<input type="checkbox"/>	<input type="text"/>
9. Learn about a new religion	<input type="checkbox"/>	<input type="text"/>
10. Make up a game and teach it to someone	<input type="checkbox"/>	<input type="text"/>
11. Visit an art gallery	<input type="checkbox"/>	<input type="text"/>
12. Make something out of wood	<input type="checkbox"/>	<input type="text"/>
13. Take part in a treasure hunt	<input type="checkbox"/>	<input type="text"/>
14. Produce rubbings of fossils	<input type="checkbox"/>	<input type="text"/>
15. Eat something that you have grown	<input type="checkbox"/>	<input type="text"/>
16. At home, learn how to knit	<input type="checkbox"/>	<input type="text"/>
17. At home, eat something that you have not tried before	<input type="checkbox"/>	<input type="text"/>
18. At home, visit a castle	<input type="checkbox"/>	<input type="text"/>
19. At home, climb a tree	<input type="checkbox"/>	<input type="text"/>
20. At home, make some chocolate	<input type="checkbox"/>	<input type="text"/>