

DISCOVER MORE

30 DAY CHALLENGE



Downloadable Resource

<p>Adopt a plant <input type="checkbox"/></p> <p>Choose a plant in your garden. Give it a name and take it's picture. Now look after it, giving it water and noticing any changes. Does it grow? Change colour? Wilt in the sun? You could measure it, count it's flowers and speak to it.</p>	<p>Make a boat <input type="checkbox"/></p> <p>Find some materials that are waterproof and can float. Can you make them boat shaped? Test it out in a bucket or paddling pool.</p>	<p>Your town collage <input type="checkbox"/></p> <p>This could include pictures, interesting facts, landmarks. What do you love about the place you live? Don't forget to share it with us.</p>	<p>Try Yoga <input type="checkbox"/></p> <p>Can you try all of these yoga moves on the poster? Try and hold each move for five breaths. Breathe slowly in through your nose and out through your mouth.</p>	<p>Try a new language <input type="checkbox"/></p> <p><u>Duolingo</u> allows you to learn 19 different new languages for free. Why not try one of the other languages spoken in the United Kingdom? You could try Welsh, Scottish Gaelic or Irish. Send us a greeting in your new language.</p>	<p>Stargaze <input type="checkbox"/></p> <p>Take in the night sky and learn even more about it with free apps like Skyview or Skysafari that will help you identify the constellations above you right now.</p>	<p>Try a new sport <input type="checkbox"/></p> <p>Ever tried croquet? Archery? Paddle boarding Look at what sports you could try in your neighbourhood or try a garden sport like skittles with a ball and tin cans.</p>
<p>Random act of kindness <input type="checkbox"/></p> <p>Being kind can make you and the recipient feel really good. Whether it's doing a job without being asked, or giving a small gift. Let us know what you did and how it made you feel.</p>	<p>Learn a family recipe <input type="checkbox"/></p> <p>Make some special food together and write down the recipe to keep in a safe place so you'll have it in years to come.</p>	<p>Create a rainbow <input type="checkbox"/></p> <p>Can you make a rainbow out of everyday things? Why not try using fruit and veg, flowers and leaves, Lego or pictures from magazines. Share your rainbow collage with us.</p>	<p>Create a dance <input type="checkbox"/></p> <p>Include your own signature move that's yours!</p>	<p>Build a tower <input type="checkbox"/></p> <p>How tall did you make it? Share your tower with us on social media #DiscoverMoreChallenge</p>	<p>Try a new food <input type="checkbox"/></p> <p>Ever eaten seaweed or a dragon fruit? Avocado or courgette? Test your taste buds with something exciting!</p>	<p>Find a mini-beast <input type="checkbox"/></p> <p>Don't forget to take it's photo and share with us.</p>
<p>Design a room <input type="checkbox"/></p> <p>This could be a bedroom, a den, a classroom. Let your imagination run wild. What fabulous things would your favourite room have?</p>	<p>Birth year fact <input type="checkbox"/></p> <p>What happened in the world at that time? Were there any new inventions? Big storms? What music was popular?</p>	<p>Future self portrait <input type="checkbox"/></p> <p>Ever wonder what you'll be like in 10 years time? We want you to imagine the person you'll be in 10 years and draw them. Use adjectives around your portrait to describe yourself.</p>	<p>Create a challenge! <input type="checkbox"/></p> <p>This one is in your hands. Set yourself a challenge to complete. Maybe it's something you've always wanted to try but have been scared to.</p>	<p>Build a den <input type="checkbox"/></p> <p>Indoors or outside create a place to shelter, sit, read or just watch the world going by.</p>	<p>Design a sandwich <input type="checkbox"/></p> <p>Go wild. Try a combination you've never had before. Use cookie cutters to make different shapes too.</p>	<p>Neighbour fact <input type="checkbox"/></p> <p>What would you like to know about the people living next to you? What are their jobs, hobbies, favourite foods? Go be a neighbourhood detective.</p>
<p>Make an instrument <input type="checkbox"/></p> <p>So many things can make music. Rice in a plastic bottle, a wooden spoon and a metal tub. Vegetables - it's true. Research 'The Vegetable Orchestra' online for more information</p>	<p>Write an article <input type="checkbox"/></p> <p>You could have your writing published in First News and win an amazing family day out. All you need to do is write a report entitled 'A Day of Discovery' of up-to 200 words. Download the guide for ideas and details of how to enter.</p>	<p>Archaeological dig <input type="checkbox"/></p> <p>You can find all sorts of things in the ground. You will need a trowel or small spade. Ask an adult for somewhere you can dig in your garden or maybe go to the beach. What will you discover?</p>	<p>Cloud gazing <input type="checkbox"/></p> <p>Spend some time finding pictures in the sky? Can your family see them to or do they see something different?</p>	<p>Make a sound map <input type="checkbox"/></p> <p>Find a comfy spot and close your eyes. Listen to the sounds around you. On a piece write your name in the middle then write down all the sounds you hear and where they are around you. How do they make you feel?</p>	<p>Alphabet hunt <input type="checkbox"/></p> <p>Today your challenge is to take a walk and find 26 objects. Each object has to start with a different letter of the alphabet. Have fun!</p>	<p>Stone painting <input type="checkbox"/></p> <p>Let's revive pebble painting. Write kind messages on 5 different stones and then leave them around your neighbourhood for other people to find.</p>
<p>Design a mood board <input type="checkbox"/></p> <p>Mood boards are a collection of images that tell us something about you. You can include pictures of your favourite things. Why not show it to your new teacher when you go back to school?</p>	<p>Capture it <input type="checkbox"/></p> <p>Complete your challenge with a family photo hunt. Remember to use your imagination and think outside the box.</p>	<p>COMPETITION TIME!</p> <p>You could have your writing published in First News and win an amazing family day out. All you need to do is write a 200-word report entitled 'A Day of Discovery'.</p> <p>Download the guide for ideas and details of how to enter.</p>				

DISCOVER MORE FOR PARENTS

HOW TO EARN SCREEN TIME

Screen time - it's the challenge of our generation! How do we help our children balance the ever-increasing urge for screen time with time spent outdoors, getting exercise, reading a book or helping around the house?

After the year we've just had, this challenge is greater than ever. This summer let's discover more of the world beyond our screens, try new things and (dare I say it) even learn to cope with a bit of boredom! For a healthy, happy life we need to look after:

- Our bodies
- Our minds
- The people around us

Spending too much time in a 'screen bubble' can cause these three vital areas to be neglected.

THREE BEFORE SCREEN

Three before screen encourages children to do three things before they earn screen time (and you decide how much). They must do something for their body, their mind and for the people around them.

Each day choose three things from the list below or add some of your own. Spend 30 minutes on each activity to have a healthy, balanced start to the day before you pick up a screen.

	BODY	MIND	PEOPLE AROUND US
1	Go for a walk, run or cycle ride	Read a book	Make your bed
2	Play outside	Play, listen or sing along to music	Make everyone breakfast
3	Create an obstacle course	Try meditation	Empty the dishwasher or help Washing up
4	Visit the local park	Play a board game	Dust your bedroom
5	Do some yoga	Create a piece of art	Call an elderly relative and tell them about your day
6	Dance	Follow a recipe	Make everyone a drink
7	Take part in a sport	Write in a diary	Hoover the living room
8	Make a healthy snack	Make a plan for your day	Help with washing and putting away clothes
9	Create a target game e.g. try to throw a ball into a bucket	Watch nature note any birds, insects, animals that you see	Clean the worktops in the kitchen
10	COMPLETE THE DISCOVER MORE CHALLENGE		

DISCOVER MORE

Are **screens** good or bad for us?

Take or draw a picture to represent this debate

The amount of time that children under the age of two spend looking at screens on digital devices has more than doubled in the last 17 years.

There's been growing concern over the excessive amount of time some children spend on smart phones and tablets but now some experts are saying that screens can be a good tool to help children with their learning.

For everyone
but some may need help from a parent

ACTIVITY

MAKE A STATEMENT

Do you think these statements are for or against screens? Draw a line to match each statement to a tablet to cast your vote!



Children are spending more time looking at screens than playing outside.

It provides opportunities to easily discover information and learn new things.

They provide you with the opportunity to reach a wider community.

46% of children's screen time is spent before bed.



ACTIVITY

HAVE YOUR SAY

What do you think? Can you show your reader both sides of the argument?

Up for a challenge?

SCREEN TIME IS GOOD BECAUSE

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SCREEN TIME IS BAD BECAUSE

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THE POLL

Ask your friends and family what they think and record their vote in a

GOOD

BAD

DISCOVER MORE

For everyone
but some may need help from a parent

ACTIVITY

RECIPE MASTER

Share a recipe that you learned whilst cooking/ baking with your family!
Remember to include all of your measurements.

Name your recipe

INGREDIENTS

1.
2.
3.
4.
5.
6.
7.
8.

Draw or take a picture
of your recipe



STEP BY STEP INSTRUCTIONS

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DISCOVER MORE



WRITE AN ARTICLE

You could have your writing published in First News and win an amazing family day out. All you need to do is write a report entitled 'A Day of Discovery' up to 200-words. Use the planner below to start your article! Enter your story at [explorelearning.co.uk/discover-more](https://www.explorelearning.co.uk/discover-more)

ANSWER THE 5 WS TO HELP YOU PLAN YOUR ARTICLE.

Use your imagination to fill in the missing information.

WHO - Who has made the discovery?

WHAT - What discovery did they make?

WHY - Why did it happen?

WHERE - Where did it happen?

WHEN - When did it happen?

Create 3 potential headings for your newspaper article. Try to keep it short and snappy to grab the reader's and make them want to read more

TITLE 1:

TITLE 2:

TITLE 3:

Now write your answers to the 5Ws into full sentences below. Remember you are writing about something that has happened so you should use the past tense. Does the story make sense?

DISCOVER MORE



ALPHABET HUNT

Today your challenge is to take a walk and find 26 objects. Each object has to start with a different letter of the alphabet. Write down your objects below!

A

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B

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C

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D

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X

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Z

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DISCOVER MORE

ACTIVITY

KIDS YOGA

Can you try all of these yoga moves on the poster? Try and hold each move for five breaths. Breathe slowly in through your nose and out through your mouth.

BOAT POSE



WARRIOR POSE



TRIANGLE POSE



TREE POSE



DOWN DOG POSE



CAMEL POSE



PLOW POSE



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CAPTURE IT CHALLENGE

Go on an adventure with a phone or digital camera and capture all the items below. Cross them off as you go and remember you can share them with us [#discovermorechallenge](#)

- 1 A FLOWER
- 2 SOMETHING WITH FOUR LEGS
- 3 SOMETHING RED
- 4 AN ANT
- 5 SOMEONE JUMPING
- 6 A BIRD
- 7 A BUTTERFLY
- 8 SOMETHING YOU WOULD USE IN SPORT
- 9 SOMETHING WITH A REPEATING PATTERN
- 10 SOMETHING YELLOW
- 11 SOMETHING SYMMETRICAL
- 12 A LOCAL LANDMARK
- 13 WATER
- 14 SOMETHING WHITE
- 15 SOMEONE RUNNING
- 16 A BERRY
- 17 SOMETHING ORANGE
- 18 SOMETHING SOFT
- 19 SOMETHING THAT MAKES YOU FEEL HAPPY
- 20 SOMETHING THAT MAKES YOU FEEL SAD
- 21 SOMETHING WITH WHEELS
- 22 A BEE
- 23 SOMETHING SQUARE
- 24 SOMETHING TO DO WITH THE OLYMPICS
- 25 A SHADOW
- 26 SOMETHING WITH YOUR AGE ON IT
- 27 A CLOCK
- 28 SOMETHING VERY TALL
- 29 SOMETHING OVAL
- 30 TAKE A CRAZY SELFIE

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SOUND MAP

Find a comfy spot and close your eyes. Listen to the sounds around you. Use the diagram below and write your name in the middle then write down all the sounds you hear and where they are around you. How do they make you feel?

YOUR NAME

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FUTURE SELF PORTRAIT

Ever wonder what you'll be like in the future? We want you to imagine the person you'll be in 10 years and draw them. Use adjectives around your portrait to describe yourself.

YOUR NAME

HOW OLD WILL YOU BE IN 10 YEARS?

THREE THINGS THAT DESCRIBE
ME IN 10 YEARS ARE...

WHAT HAVE YOU ACHIEVED
IN 10 YEARS?

MY ONE PIECE OF ADVICE TO
MY FUTURE SELF IS...

DRAW YOUR PORTRAIT HERE

DISCOVER MORE



CREATE YOUR OWN MOOD BOARD

Mood boards are a collection of images that help tell us something about you. You might include pictures of all your favourite things. People, food, subjects, books, films etc. Why not show it to your new teacher when you go back to school?

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FINDING MINIBEASTS IN YOUR GARDEN

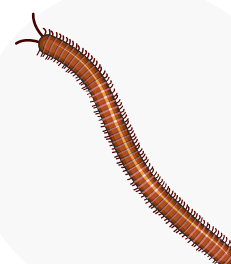
Can you find the most common minibeasts in your garden? Use the checklist below and tick them off once you find them. Take a picture so that you can show your family what you found and where!



WOODLOUSE



ANT



MILLIPEDE



SLUG



CENTIPEDE



EARWIG



LADYBIRD



EARTHWORM



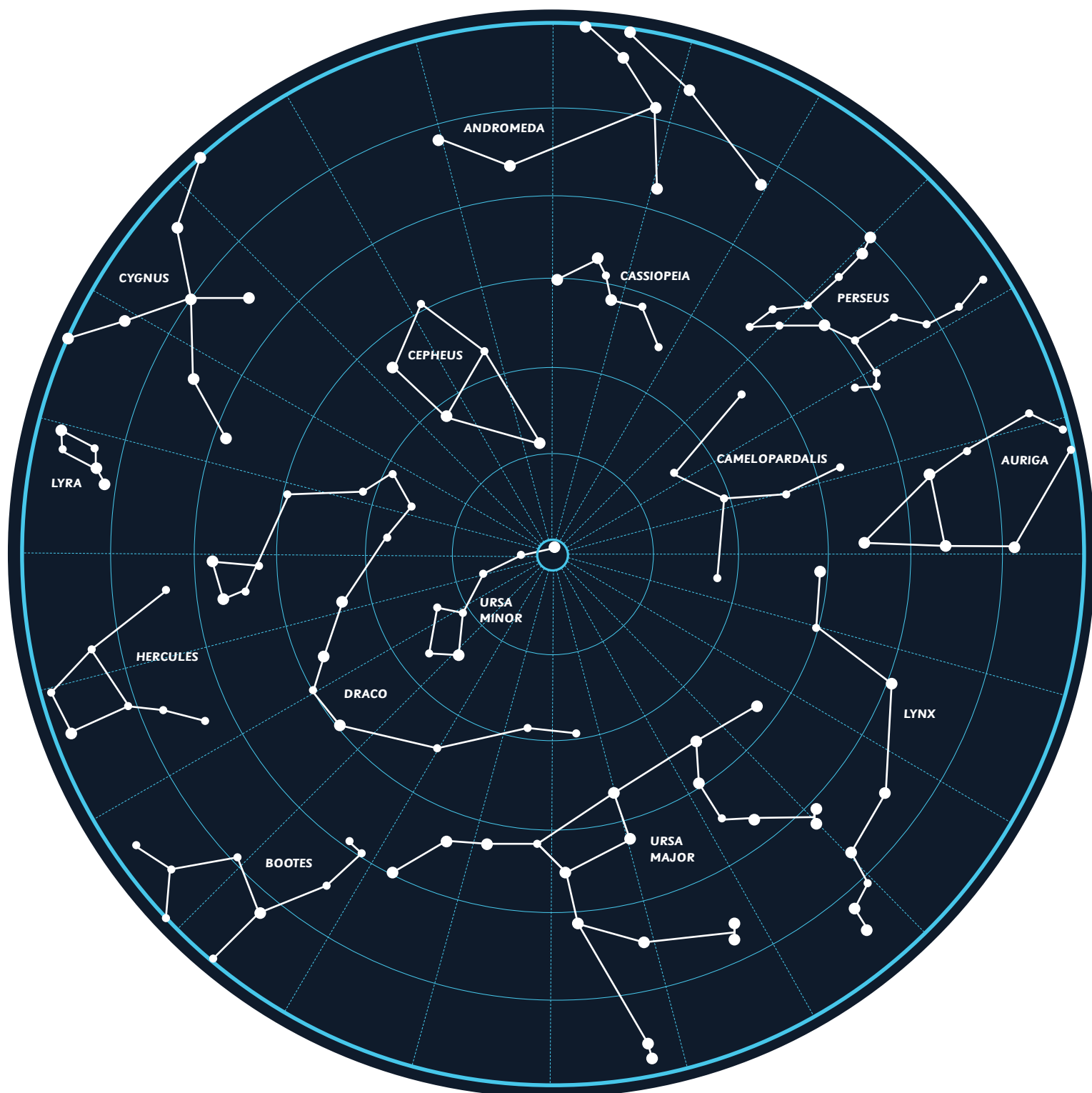
GARDEN SPIDER

DISCOVER MORE

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STARGAZING

Take in the night sky and see if you can find any of the below constellations! If you see any do some research and find out what they mean.





DISCOVER MORE

MY 30 DAY CHALLENGE PHOTOBOOK

Name:



CONGRATULATIONS

ON COMPLETING THE 30 DAY SUMMER CHALLENGE

Name

Parent signature

Date: / / 2021

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