



#30 MENU Reception



Complete 10 of these activities this term - 1 of these must be the 'Special of the Week'.

Brush your teeth twice a day for 2 minutes	Get dressed for school on your own	Go on a nature walk with a family member	Use your knife and fork to eat your food
Have fun and jump in puddles	Try a new vegetable	Special of the Week Always say please and thankyou	Try a new fruit
Special of the Week Make a new friend	Put your shoes on the correct feet	Make a healthy smoothie or fruit salad with an adult	Swap juice for a glass of water
Share a story with your doll/teddy	Make a picture from items found on a nature walk	Do a family activity e.g. play board game, bake a cake	Go swimming



Name: _____ Class: _____



100 Challenge



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

