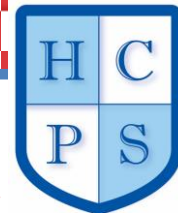




# #30 MENU Y1/2



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

Colour a picture in	Carve a pumpkin with an adult	Do something nice for a friend	Make a friendship Go to bed when asked at bedtime
Make a sandwich	Do something kind for a family member	<i>Special of the Week</i> Brush your teeth for 2 minutes, twice a day for a week	Make your bed everyday for a week
<i>Special of the Week</i> Tie shoelaces	Exercise 10 minutes a day for a week	Go to the park with an adult	Change a glass of fizzy pop to water
Learn a new skill e.g. skipping	Collect leaves on an Autumn Walk with an adult	Try a new piece of fruit	Listen to a bedtime story



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

