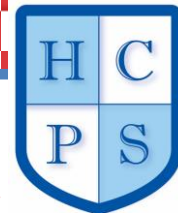




# #30 MENU Y5/6



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

Go for a walk with a family member	Help to cook a meal	Be a 'Bucket Filler'	Grow a plant
Make a healthy Breakfast	Try a new fruit or vegetable	Special of the Week Every day for a week, learn a new fact and amaze your friends.	Learn to tie your shoe laces or teach someone else how to
Special of the Week Have a technology-free day (E.g. no phone, tablet, xbox..)	Make a film on your phone or tablet	Learn a new song or dance routine	Create a board game
Design a menu for a healthy 3 course meal	Interview a family member about their childhood	Challenge your friends to find the biggest conker	Play bird-spotting bingo



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

