

With thanks to:

Parentkind

HOW
**ACTION FOR
CHILDREN**
WORKS



Every
Child
Should...



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 Avenue Activity Passport

Start date

Summer 2020

Name

End date



My Avenue Activity Passport



To nurture a love of learning in everyone and prepare them for the future they choose.

To encourage children to get outdoors and experience new things, we have created the Avenue Activity Passport with the help of the Department for Education.

Over the years, technology has changed virtually every aspect of society. One of the differences that have been most noticeable is the change in the way that children play and interact with each other from previous generations.

Although technology does provide many positive benefits for learning, it also can have several negative effects on child development and quality of life.

Children need to explore, take risks, question, experiment, discover, sing, dance, and imagine. Activities outdoors or new experiences support children developing these skills and their development both physically and mentally.

My Avenue Activity Passport includes a range of activities for children from Nursery to Year 6. Most activities will require some adult supervision.



wherever you go,

**NO MATTER
THE WEATHER,**

ALWAYS BRING YOUR OWN

sunshine ☀️

Nursery



Activity

	✓	Date:
1. Visit a farm	<input type="checkbox"/>	<input type="text"/>
2. Paint a picture of something you can see outside	<input type="checkbox"/>	<input type="text"/>
3. Water some plants and watch them grow	<input type="checkbox"/>	<input type="text"/>
4. Go on an woodland walk	<input type="checkbox"/>	<input type="text"/>
5. Make leaf rubbings	<input type="checkbox"/>	<input type="text"/>
6. Spread butter or your choice of topping on toast	<input type="checkbox"/>	<input type="text"/>
7. Taste a new food	<input type="checkbox"/>	<input type="text"/>
8. Search for mini beasts in a garden or park	<input type="checkbox"/>	<input type="text"/>
9. Throw and catch or kick a ball	<input type="checkbox"/>	<input type="text"/>
10. Go on a sound walk, what noises can you hear?	<input type="checkbox"/>	<input type="text"/>
11. Sing a song	<input type="checkbox"/>	<input type="text"/>
12. Use puppets or toys to tell a story	<input type="checkbox"/>	<input type="text"/>
13. Post a letter	<input type="checkbox"/>	<input type="text"/>
14. Meet a friend's pet	<input type="checkbox"/>	<input type="text"/>
15. Go on a summer walk- how many different coloured flowers can you see?	<input type="checkbox"/>	<input type="text"/>
16. Take a photograph	<input type="checkbox"/>	<input type="text"/>
17. Make a treasure map	<input type="checkbox"/>	<input type="text"/>
18. Wear dressing up clothes	<input type="checkbox"/>	<input type="text"/>
19. Dance to music	<input type="checkbox"/>	<input type="text"/>
20. Have a picnic with your teddy	<input type="checkbox"/>	<input type="text"/>

Reception



Activity

	✓	Date:
1. Visit a farm	<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 woodland walk	<input type="checkbox"/>	<input type="text"/>
5. Make leaf rubbings	<input type="checkbox"/>	<input type="text"/>
6. Make a sandwich	<input type="checkbox"/>	<input type="text"/>
7. Taste a new fruit	<input type="checkbox"/>	<input type="text"/>
8. Search for mini beasts in a garden or park	<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 story to an audience	<input type="checkbox"/>	<input type="text"/>
13. Post a letter	<input type="checkbox"/>	<input type="text"/>
14. Meet a friend's pet	<input type="checkbox"/>	<input type="text"/>
15. Search for butterflies outdoors	<input type="checkbox"/>	<input type="text"/>
16. Take a photograph	<input type="checkbox"/>	<input type="text"/>
17. Make a treasure map	<input type="checkbox"/>	<input type="text"/>
18. Dress up like a pirate	<input type="checkbox"/>	<input type="text"/>
19. Look up where you live on a map	<input type="checkbox"/>	<input type="text"/>
20. Have a teddy bears picnic	<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. Create a piece of art using natural materials	<input type="checkbox"/>	<input type="text"/>
4. Make a puppet	<input type="checkbox"/>	<input type="text"/>
5. Put on a shadow puppet show	<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 with an adult	<input type="checkbox"/>	<input type="text"/>
8. Create a piece of art	<input type="checkbox"/>	<input type="text"/>
9. Look up at the stars on a clear night	<input type="checkbox"/>	<input type="text"/>
10. Perform a dance	<input type="checkbox"/>	<input type="text"/>
11. Go on a hunt for some insects or small creatures	<input type="checkbox"/>	<input type="text"/>
12. Make a home for an insect or small creature	<input type="checkbox"/>	<input type="text"/>
13. Create a collage inspired by the outdoors	<input type="checkbox"/>	<input type="text"/>
14. Create a comic strip	<input type="checkbox"/>	<input type="text"/>
15. Play an outdoor sport	<input type="checkbox"/>	<input type="text"/>
16. Roll down a hill	<input type="checkbox"/>	<input type="text"/>
17. Make a daisy chain	<input type="checkbox"/>	<input type="text"/>
18. Join an extra-curricular club	<input type="checkbox"/>	<input type="text"/>
19. Build a den	<input type="checkbox"/>	<input type="text"/>
20. Visit a playground or park	<input type="checkbox"/>	<input type="text"/>

Year 2



Activity

	✓	Date:
1. Read a book by a new author	<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. Take a trip to the seaside or walk alongside a river	<input type="checkbox"/>	<input type="text"/>
5. Bake a cake	<input type="checkbox"/>	<input type="text"/>
6. Practise mindful breathing techniques	<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 film	<input type="checkbox"/>	<input type="text"/>
12. Start a vegetable patch	<input type="checkbox"/>	<input type="text"/>
13. Pick blackberries	<input type="checkbox"/>	<input type="text"/>
14. Get soaking wet in the rain	<input type="checkbox"/>	<input type="text"/>
15. Go bird watching	<input type="checkbox"/>	<input type="text"/>
16. Learn a French song	<input type="checkbox"/>	<input type="text"/>
17. Walk barefoot on the sand or on a nature trail	<input type="checkbox"/>	<input type="text"/>
18. Start a collection and share it with your class	<input type="checkbox"/>	<input type="text"/>
19. Walk to a local landmark	<input type="checkbox"/>	<input type="text"/>
20. Make a mask	<input type="checkbox"/>	<input type="text"/>

Year 3



Activity

	✓	Date:
1. Compose a piece of music	<input type="checkbox"/>	<input type="text"/>
2. Learn a new song	<input type="checkbox"/>	<input type="text"/>
3. Eat something you've not tried before	<input type="checkbox"/>	<input type="text"/>
4. Create a mosaic	<input type="checkbox"/>	<input type="text"/>
5. Design and make a board game	<input type="checkbox"/>	<input type="text"/>
6. Climb a tree	<input type="checkbox"/>	<input type="text"/>
7. Create a soundtrack for a piece of film	<input type="checkbox"/>	<input type="text"/>
8. Make a pinhole camera	<input type="checkbox"/>	<input type="text"/>
9. Make a musical instrument	<input type="checkbox"/>	<input type="text"/>
10. Make a bird feeder or bird box	<input type="checkbox"/>	<input type="text"/>
11. Learn a new game	<input type="checkbox"/>	<input type="text"/>
12. Make something out of wood	<input type="checkbox"/>	<input type="text"/>
13. Cook outdoors	<input type="checkbox"/>	<input type="text"/>
14. Learn to play a game of cards	<input type="checkbox"/>	<input type="text"/>
15. Tell your class about your favourite character from a book	<input type="checkbox"/>	<input type="text"/>
16. Produce rubbings of fossils	<input type="checkbox"/>	<input type="text"/>
17. Try yoga	<input type="checkbox"/>	<input type="text"/>
18. Eat something you have grown	<input type="checkbox"/>	<input type="text"/>
19. Visit an art gallery	<input type="checkbox"/>	<input type="text"/>
20. Go on a sleepover or camp at home	<input type="checkbox"/>	<input type="text"/>

Year 4



Activity

	✓	Date:
1. Make a smoothie or fruit salad	<input type="checkbox"/>	<input type="text"/>
2. Make a bird feeder	<input type="checkbox"/>	<input type="text"/>
3. Write and perform a poem	<input type="checkbox"/>	<input type="text"/>
4. Read a play	<input type="checkbox"/>	<input type="text"/>
5. Build a shelter in your garden	<input type="checkbox"/>	<input type="text"/>
6. Keep a photo diary of places you go	<input type="checkbox"/>	<input type="text"/>
7. Choreograph a dance	<input type="checkbox"/>	<input type="text"/>
8. Make a sculpture	<input type="checkbox"/>	<input type="text"/>
9. Create a sculpture trail	<input type="checkbox"/>	<input type="text"/>
10. Explore on a beach	<input type="checkbox"/>	<input type="text"/>
11. Walk through a forest	<input type="checkbox"/>	<input type="text"/>
12. Learn about a new place	<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 museum	<input type="checkbox"/>	<input type="text"/>
15. Skim stones in the sea or a lake	<input type="checkbox"/>	<input type="text"/>
16. Visit a castle	<input type="checkbox"/>	<input type="text"/>
17. Join an extra-curricular club	<input type="checkbox"/>	<input type="text"/>
18. Learn to sew on a button	<input type="checkbox"/>	<input type="text"/>
19. Go hiking	<input type="checkbox"/>	<input type="text"/>
20. Take part in a treasure hunt	<input type="checkbox"/>	<input type="text"/>

Year 5



Activity

	✓	Date:
1. Take part in a mindful walk	<input type="checkbox"/>	<input type="text"/>
2. Learn something new about your local area	<input type="checkbox"/>	<input type="text"/>
3. Build a sand castle	<input type="checkbox"/>	<input type="text"/>
4. Make and launch an air powered rocket	<input type="checkbox"/>	<input type="text"/>
5. Plant and tend to a seeds or bulbs	<input type="checkbox"/>	<input type="text"/>
6. Go orienteering	<input type="checkbox"/>	<input type="text"/>
7. Do a blind folded taste test	<input type="checkbox"/>	<input type="text"/>
8. Write a story for the Reception class	<input type="checkbox"/>	<input type="text"/>
9. Make a large scale model of something you like	<input type="checkbox"/>	<input type="text"/>
10. Visit a farm or zoo	<input type="checkbox"/>	<input type="text"/>
11. Write a play	<input type="checkbox"/>	<input type="text"/>
12. Identify the stars in the sky on a clear night	<input type="checkbox"/>	<input type="text"/>
13. Put on a performance	<input type="checkbox"/>	<input type="text"/>
14. Make papier mache animals	<input type="checkbox"/>	<input type="text"/>
15. Climb something that is taller than you	<input type="checkbox"/>	<input type="text"/>
16. Walk to the top of a hill	<input type="checkbox"/>	<input type="text"/>
17. Learn to play an instrument	<input type="checkbox"/>	<input type="text"/>
18. Pick litter in your local area (with protective clothing)	<input type="checkbox"/>	<input type="text"/>
19. Plan and cook a meal	<input type="checkbox"/>	<input type="text"/>
20. Design and make an electric model	<input type="checkbox"/>	<input type="text"/>

Year 6



Activity

	✓	Date:
1. Keep a diary for a week	<input type="checkbox"/>	<input type="text"/>
2. Eat something you've not tried before	<input type="checkbox"/>	<input type="text"/>
3. Try a new sport or outdoor activity	<input type="checkbox"/>	<input type="text"/>
4. Learn to knit, sew, weave or embroider	<input type="checkbox"/>	<input type="text"/>
5. Write a speech	<input type="checkbox"/>	<input type="text"/>
6. Visit a museum or art gallery	<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 monoprint	<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. Choose objects to put in a time capsule	<input type="checkbox"/>	<input type="text"/>
13. Write and record/broadcast a radio play	<input type="checkbox"/>	<input type="text"/>
14. Sleep under canvas	<input type="checkbox"/>	<input type="text"/>
15. Make a dessert	<input type="checkbox"/>	<input type="text"/>
16. Organise tea for parents and carers	<input type="checkbox"/>	<input type="text"/>
17. See the sun set	<input type="checkbox"/>	<input type="text"/>
18. See the sun rise	<input type="checkbox"/>	<input type="text"/>
19. Go on a picnic	<input type="checkbox"/>	<input type="text"/>
20. Create a den or shelter outdoors	<input type="checkbox"/>	<input type="text"/>

Colour me in!



Colour me in!

