



Name:

Activity



Date

1. Sleep in a tent or an indoor den.

2. Spend a day without technology.

3. Read a newspaper or watch the news.

4. Make a cup of tea without being asked.

5. Watch the sun set.

6. Visit a new town or city.

7. Support a charity.

8. Wash a car.

9. Make someone laugh with a great joke.

10. Eat something you've never had before.

Signed:

(parent / carer)