

# DISCOVER MORE

## 30 DAY CHALLENGE



Downloadable Resource

|   |  |   |  |  |  |  |
|---|--|---|--|--|--|--|
| <p><b>Adopt a plant</b> <input type="checkbox"/></p> <p>Choose a plant in your garden. Give it a name and take it's picture. Now look after it, giving it water and noticing any changes. Does it grow? Change colour? Wilt in the sun? You could measure it, count it's flowers and speak to it.</p> | <p><b>Make a boat</b> <input type="checkbox"/></p> <p>Find some materials that are waterproof and can float. Can you make them boat shaped? Test it out in a bucket or paddling pool.</p>  | <p><b>Your town collage</b> <input type="checkbox"/></p> <p>This could include pictures, interesting facts, landmarks. What do you love about the place you live? Don't forget to share it with us.</p>   | <p><b>Try Yoga</b> <input type="checkbox"/></p> <p>Can you try all of these yoga moves on the poster? Try and hold each move for five breaths. Breathe slowly in through your nose and out through your mouth.</p> | <p><b>Try a new language</b> <input type="checkbox"/></p> <p><u>Duolingo</u> allows you to learn 19 different new languages for free. Why not try one of the other languages spoken in the United Kingdom? You could try Welsh, Scottish Gaelic or Irish. Send us a greeting in your new language.</p> | <p><b>Stargaze</b> <input type="checkbox"/></p> <p>Take in the night sky and learn even more about it with free apps like Skyview or Skysafari that will help you identify the constellations above you right now.</p> | <p><b>Try a new sport</b> <input type="checkbox"/></p> <p>Ever tried croquet? Archery? Paddle boarding Look at what sports you could try in your neighbourhood or try a garden sport like skittles with a ball and tin cans.</p> |
| <p><b>Random act of kindness</b> <input type="checkbox"/></p> <p>Being kind can make you and the recipient feel really good. Whether it's doing a job without being asked, or giving a small gift. Let us know what you did and how it made you feel.</p>   | <p><b>Learn a family recipe</b> <input type="checkbox"/></p> <p>Make some special food together and write down the recipe to keep in a safe place so you'll have it in years to come.</p>  | <p><b>Create a rainbow</b> <input type="checkbox"/></p> <p>Can you make a rainbow out of everyday things? Why not try using fruit and veg, flowers and leaves, Lego or pictures from magazines. Share your rainbow collage with us.</p>   | <p><b>Create a dance</b> <input type="checkbox"/></p> <p>Include your own signature move that's yours!</p>   | <p><b>Build a tower</b> <input type="checkbox"/></p> <p>How tall did you make it? Share your tower with us on social media #DiscoverMoreChallenge</p>  | <p><b>Try a new food</b> <input type="checkbox"/></p> <p>Ever eaten seaweed or a dragon fruit? Avocado or courgette? Test your taste buds with something exciting!</p>   | <p><b>Find a mini-beast</b> <input type="checkbox"/></p> <p>Don't forget to take it's photo and share with us.</p>   |
| <p><b>Design a room</b> <input type="checkbox"/></p> <p>This could be a bedroom, a den, a classroom. Let your imagination run wild. What fabulous things would your favourite room have?</p>  | <p><b>Birth year fact</b> <input type="checkbox"/></p> <p>What happened in the world at that time? Were there any new inventions? Big storms? What music was popular?</p>  | <p><b>Future self portrait</b> <input type="checkbox"/></p> <p>Ever wonder what you'll be like in 10 years time? We want you to imagine the person you'll be in 10 years and draw them. Use adjectives around your portrait to describe yourself.</p>   | <p><b>Create a challenge!</b> <input type="checkbox"/></p> <p>This one is in your hands. Set yourself a challenge to complete. Maybe it's something you've always wanted to try but have been scared to.</p>       | <p><b>Build a den</b> <input type="checkbox"/></p> <p>Indoors or outside create a place to shelter, sit, read or just watch the world going by.</p>  | <p><b>Design a sandwich</b> <input type="checkbox"/></p> <p>Go wild. Try a combination you've never had before. Use cookie cutters to make different shapes too.</p>   | <p><b>Neighbour fact</b> <input type="checkbox"/></p> <p>What would you like to know about the people living next to you? What are their jobs, hobbies, favourite foods? Go be a neighbourhood detective.</p>                    |
| <p><b>Make an instrument</b> <input type="checkbox"/></p> <p>So many things can make music. Rice in a plastic bottle, a wooden spoon and a metal tub. Vegetables - it's true. Research 'The Vegetable Orchestra' online for more information</p>  | <p><b>Write an article</b> <input type="checkbox"/></p> <p>You could have your writing published in First News and win an amazing family day out. All you need to do is write a report entitled 'A Day of Discovery' of up-to 200 words. Download the guide for ideas and details of how to enter.</p> | <p><b>Archaeological dig</b> <input type="checkbox"/></p> <p>You can find all sorts of things in the ground. You will need a trowel or small spade. Ask an adult for somewhere you can dig in your garden or maybe go to the beach. What will you discover?</p>   | <p><b>Cloud gazing</b> <input type="checkbox"/></p> <p>Spend some time finding pictures in the sky? Can your family see them to or do they see something different?</p>  | <p><b>Make a sound map</b> <input type="checkbox"/></p> <p>Find a comfy spot and close your eyes. Listen to the sounds around you. On a piece write your name in the middle then write down all the sounds you hear and where they are around you. How do they make you feel?</p>                      | <p><b>Alphabet hunt</b> <input type="checkbox"/></p> <p>Today your challenge is to take a walk and find 26 objects. Each object has to start with a different letter of the alphabet. Have fun!</p>                    | <p><b>Stone painting</b> <input type="checkbox"/></p> <p>Let's revive pebble painting. Write kind messages on 5 different stones and then leave them around your neighbourhood for other people to find.</p>                     |
| <p><b>Design a mood board</b> <input type="checkbox"/></p> <p>Mood boards are a collection of images that tell us something about you. You can include pictures of your favourite things. Why not show it to your new teacher when you go back to school?</p>   | <p><b>Capture it</b> <input type="checkbox"/></p> <p>Complete your challenge with a family photo hunt. Remember to use your imagination and think outside the box.</p>   | <div data-bbox="698 1283 922 1468" data-label="Image"> </div> <p><b>COMPETITION TIME!</b></p> <p>You could have your writing published in First News and win an amazing family day out. All you need to do is write a 200-word report entitled 'A Day of Discovery'.</p> <p><a href="#">Download the guide for ideas and details of how to enter.</a></p> |  | <div data-bbox="1966 1305 2110 1442" data-label="Image"> </div>  |  |  |