

With thanks to:

Parentikind

HOW
**ACTION FOR
CHILDREN**
WORKS



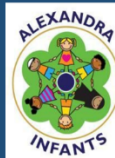
National Children's Bureau

Every Child Should...



Council for Learning Outside the Classroom

Proudly supporting youth social action



The Alexandra Promise

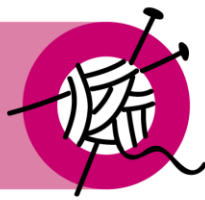


My Activity Passport

Start date

Name

End date



Activity

	✓	Date:
1. Keep a diary for a week	<input type="checkbox"/>	
2. Take a trip on a train	<input type="checkbox"/>	
3. Send an email	<input type="checkbox"/>	
4. Write a speech	<input type="checkbox"/>	
5. Plan a tour around your local area	<input type="checkbox"/>	
6. Interview someone	<input type="checkbox"/>	
7. Visit a local charity and find out how you can support them	<input type="checkbox"/>	
8. Make something with wood	<input type="checkbox"/>	
9. Design a product or business idea and pitch it to 'investors'	<input type="checkbox"/>	
10. Choose objects to put in a time capsule	<input type="checkbox"/>	
11. Write and record/broadcast a radio play	<input type="checkbox"/>	
12. Make a dessert	<input type="checkbox"/>	
13. Organise tea for parents and carers	<input type="checkbox"/>	
14. Make a pinhole camera	<input type="checkbox"/>	
15. Design and make an electric model	<input type="checkbox"/>	
16. Make a film	<input type="checkbox"/>	
17. Try yoga	<input type="checkbox"/>	
18. Stay away for the night	<input type="checkbox"/>	

Growing up – it is about finding out who you are by figuring out what is out there and how to fit in with the world around you before you can make your move, the move that makes you stand out and that leaves your mark forever. Many roads have to be travelled and many encounters made along the way before you reach your destiny. Many hours have to be spent in preparation to hone your skills and shape your mind. That's what education is all about: from being lead and guided on your path through life to becoming independent and to becoming yourself.

All the experiences, the opportunities for exploration, self-expression, engagement with others entailed in your promise are designed to help you to get to know yourself and embrace who you are so that you can choose how to be awesome, to excel, to stand out.



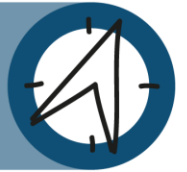
Reception



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 autumn walk and make leaf rubbings	<input type="checkbox"/>	<input type="text"/>
5. Make a sandwich	<input type="checkbox"/>	<input type="text"/>
6. Visit a place of worship	<input type="checkbox"/>	<input type="text"/>
7. Fly a kite	<input type="checkbox"/>	<input type="text"/>
8. Make a paper boat and see if it floats	<input type="checkbox"/>	<input type="text"/>
9. Perform a song	<input type="checkbox"/>	<input type="text"/>
10. Re-tell a story to an audience	<input type="checkbox"/>	<input type="text"/>
11. Post a letter	<input type="checkbox"/>	<input type="text"/>
12. Hunt for a minibeast	<input type="checkbox"/>	<input type="text"/>
13. Take a photograph	<input type="checkbox"/>	<input type="text"/>
14. Dress up like a pirate and make a treasure map	<input type="checkbox"/>	<input type="text"/>
15. Look up where you live on a map	<input type="checkbox"/>	<input type="text"/>
16. Have a teddy bears picnic and taste new fruit	<input type="checkbox"/>	<input type="text"/>
17. Visit a library	<input type="checkbox"/>	<input type="text"/>
18. Play in the snow	<input type="checkbox"/>	<input type="text"/>
19. Hatch a chick	<input type="checkbox"/>	<input type="text"/>
20. Dress up as a super hero	<input type="checkbox"/>	<input type="text"/>

Year 5



Activity

	✓	Date:
1. Take part in a debate	<input type="checkbox"/>	<input type="text"/>
2. Learn something new about your local area	<input type="checkbox"/>	<input type="text"/>
3. Learn to moon walk	<input type="checkbox"/>	<input type="text"/>
4. Make and launch an air powered rocket	<input type="checkbox"/>	<input type="text"/>
5. Use an OS map	<input type="checkbox"/>	<input type="text"/>
6. Learn how to access the news	<input type="checkbox"/>	<input type="text"/>
7. Do a blindfold taste test	<input type="checkbox"/>	<input type="text"/>
8. Write a story for the reception class	<input type="checkbox"/>	<input type="text"/>
9. Visit a science laboratory	<input type="checkbox"/>	<input type="text"/>
10. Put on a performance	<input type="checkbox"/>	<input type="text"/>
11. Make a paper mache volcano	<input type="checkbox"/>	<input type="text"/>
12. Climb something that is taller than you	<input type="checkbox"/>	<input type="text"/>
13. Pick litter in your local area	<input type="checkbox"/>	<input type="text"/>
14. Cook outdoors	<input type="checkbox"/>	<input type="text"/>
15. Stay away from home for the night	<input type="checkbox"/>	<input type="text"/>
16. Sleep under canvas	<input type="checkbox"/>	<input type="text"/>
17. Make chocolate	<input type="checkbox"/>	<input type="text"/>
18. See the sun set	<input type="checkbox"/>	<input type="text"/>
19. See the sun rise	<input type="checkbox"/>	<input type="text"/>
20. Make a sculpture	<input type="checkbox"/>	<input type="text"/>

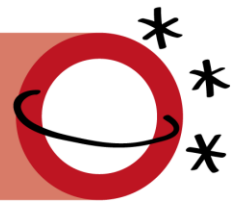
Year 4



Activity

	✓	Date:
1. Make a music instrument	<input type="checkbox"/>	<input type="text"/>
2. Write and perform a poem	<input type="checkbox"/>	<input type="text"/>
3. Perform in a front of an audience	<input type="checkbox"/>	<input type="text"/>
4. Watch a play or dance production	<input type="checkbox"/>	<input type="text"/>
5. Use a camera to document a performance	<input type="checkbox"/>	<input type="text"/>
6. Choreograph a dance	<input type="checkbox"/>	<input type="text"/>
7. Walk through a forest	<input type="checkbox"/>	<input type="text"/>
8. Learn about a new religion	<input type="checkbox"/>	<input type="text"/>
9. Visit a new place of worship	<input type="checkbox"/>	<input type="text"/>
10. Make up your own game and teach it to someone	<input type="checkbox"/>	<input type="text"/>
11. Visit a museum or art gallery	<input type="checkbox"/>	<input type="text"/>
12. Visit a castle	<input type="checkbox"/>	<input type="text"/>
13. Learn to sew on a button	<input type="checkbox"/>	<input type="text"/>
14. Go hiking	<input type="checkbox"/>	<input type="text"/>
15. Take part in a treasure hunt	<input type="checkbox"/>	<input type="text"/>
16. Make a large scale model	<input type="checkbox"/>	<input type="text"/>
17. Take part in a Roman Banquet	<input type="checkbox"/>	<input type="text"/>
18. Create a mosaic	<input type="checkbox"/>	<input type="text"/>
19. Plan and cook a meal	<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. Make and taste chapatis	<input type="checkbox"/>	<input type="text"/>
4. Make a puppet	<input type="checkbox"/>	<input type="text"/>
5. Put on a 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	<input type="checkbox"/>	<input type="text"/>
8. Create a piece of art for an exhibition	<input type="checkbox"/>	<input type="text"/>
9. Visit a museum	<input type="checkbox"/>	<input type="text"/>
10. Perform a dance	<input type="checkbox"/>	<input type="text"/>
11. Create a class collage	<input type="checkbox"/>	<input type="text"/>
12. Create a comic strip	<input type="checkbox"/>	<input type="text"/>
13. Take part in a play day	<input type="checkbox"/>	<input type="text"/>
14. Roll down a hill	<input type="checkbox"/>	<input type="text"/>
15. Make a daisy chain	<input type="checkbox"/>	<input type="text"/>
16. Join an extra-curricular club	<input type="checkbox"/>	<input type="text"/>
17. Build a den	<input type="checkbox"/>	<input type="text"/>
18. Perform in front of your class	<input type="checkbox"/>	<input type="text"/>
19. Write a weather report for your class	<input type="checkbox"/>	<input type="text"/>
20. Walk to a local landmark	<input type="checkbox"/>	<input type="text"/>

Year 2



Activity

	✓	Date:
1. Plan a party	<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. Buy something and check your change	<input type="checkbox"/>	<input type="text"/>
7. Become a nature detective	<input type="checkbox"/>	<input type="text"/>
8. Start a vegetable patch – plant, test, grow	<input type="checkbox"/>	<input type="text"/>
9. Pick blackberries	<input type="checkbox"/>	<input type="text"/>
10. Get soaking wet in the rain	<input type="checkbox"/>	<input type="text"/>
11. Go bird watching	<input type="checkbox"/>	<input type="text"/>
12. Learn a French song	<input type="checkbox"/>	<input type="text"/>
13. Walk barefoot on the sand or a nature trail	<input type="checkbox"/>	<input type="text"/>
14. Start a collection and share it with your class	<input type="checkbox"/>	<input type="text"/>
15. Make a mask	<input type="checkbox"/>	<input type="text"/>
16. Play pooh sticks	<input type="checkbox"/>	<input type="text"/>
17. Climb up a huge hill	<input type="checkbox"/>	<input type="text"/>
18. Catch a falling leaf	<input type="checkbox"/>	<input type="text"/>
19. Go on a hunt for some insects or small creatures	<input type="checkbox"/>	<input type="text"/>
20. Make a home for an insect or small creature	<input type="checkbox"/>	<input type="text"/>

Year 3



Activity

	✓	Date:
1. Compose a piece of music	<input type="checkbox"/>	<input type="text"/>
2. Eat something you've not tried before	<input type="checkbox"/>	<input type="text"/>
3. Design and make a board game	<input type="checkbox"/>	<input type="text"/>
4. Climb a tree	<input type="checkbox"/>	<input type="text"/>
5. Light a candle	<input type="checkbox"/>	<input type="text"/>
6. Learn a new game	<input type="checkbox"/>	<input type="text"/>
7. Learn to play a game of cards	<input type="checkbox"/>	<input type="text"/>
8. Tell your class about your favourite character from a book	<input type="checkbox"/>	<input type="text"/>
9. Grown your own food	<input type="checkbox"/>	<input type="text"/>
10. Eat something you have grown	<input type="checkbox"/>	<input type="text"/>
11. Write in hieroglyphics	<input type="checkbox"/>	<input type="text"/>
12. Produce rubbings of fossils	<input type="checkbox"/>	<input type="text"/>
13. Vote in a school election	<input type="checkbox"/>	<input type="text"/>
14. Go on a picnic	<input type="checkbox"/>	<input type="text"/>
15. Skim stones	<input type="checkbox"/>	<input type="text"/>
16. Create a display for show and tell	<input type="checkbox"/>	<input type="text"/>
17.	<input type="checkbox"/>	<input type="text"/>