

3Rs PASSPORT



NAME

HOUSE

(CIRCLE)



RESPECT • **RESPONSIBILITY** • **RESILIENCE**



**Complete
10-14 tasks**

Must include at
least one from
each category



**Complete
15-22 tasks**

Must include at
least 3 from
each category



**Complete
23-30 tasks**

Must include at
least 5 from
each category



Evidence for the tasks can be either an image or a small write up of what you did.



RESPECT

Shade the circles of the activities you have completed.



RESPECT ACTIVITIES

1. Help cook or prepare a meal for your family.
2. Tidy a shared space at home without being asked.
3. Write a thank-you note to someone (family, teacher, neighbour).
4. Spend time talking to a family member and really listen (no distractions).
5. Help a sibling or younger child with reading or a task.
6. Do a daily helpful act for a week (e.g. chores, helping others).
7. Send a kind message to check in on someone.
8. Pick up litter safely in your local area.
9. Donate items you no longer need to charity.
10. Give someone a genuine compliment and explain why.



RESILIENCE

Shade the circles of the activities you have completed.



RESILIENCE ACTIVITIES

1. Try something new that feels challenging.
2. Keep working on a difficult task without giving up.
3. Practise a skill every day for a week.
4. Complete a puzzle or challenge that takes time.
5. Learn from a mistake and record what you learned.
6. Do something outside your comfort zone.
7. Set a goal and stick to it for a week.
8. Stay calm during a frustrating moment and explain how you managed it.
9. Try again after failing and improve your approach.
10. Write about a challenge you overcame and what helped.



RESPONSIBILITY

Shade the circles of the activities you have completed.



RESPONSIBILITY ACTIVITIES

1. Create and follow a simple daily routine.
2. Pack your own bag for a trip and check everything is included.
3. Plan your own week of activities and follow it.
4. Keep your bedroom tidy for one full week.
5. Complete a personal goal (e.g. finish a book or project).
6. Take care of your belongings (keep track of items all week).
7. Manage your screen time independently.
8. Be on time for something by organising yourself.
9. Follow step-by-step instructions independently (e.g. recipe or build task).
10. Reflect on a mistake and explain what you'd do differently.