

40 THINGS TO DO BEFORE YEAR 7

COMPASSION
COURAGE
JUSTICE

JESUS SAID,
'GO AND DO THE SAME.'

1 WASH A CAR 	2 GO FOR A SWIM IN THE SEA 	3 BAKE A CAKE FOR A NEIGHBOUR 	4 GO TO THE THEATRE 	5 VISIT A MUSEUM 	6 LEARN A NEW LANGUAGE 
7 GO FOR A WALK IN THE WOODS 	8 RAISE MONEY FOR A CHARITY 	9 ENTER A SCHOOL COMPETITION 	10 COOK A MEAL FOR YOUR FAMILY 	11 LEARN FIRST AID 	12 LEARN HOW TO RIDE A BIKE - BIKEABILITY 
13 GROW VEGETABLES 	14 TEACH A SKILL TO SOMEONE ELSE 	15 USE PUBLIC TRANSPORT INSTEAD OF A CAR 	16 TRY YOGA TO HELP YOUR BODY AND MIND 	17 TAKE A WEEKEND OFF SOCIAL MEDIA 	18 READ ABOUT SOMEONE WHO COULD INSPIRE YOU 
19 HELP TIDY THE HOUSE 	20 LITTER PICK IN YOUR NEIGHBOURHOOD 	21 GO CAMPING 	22 BUILD A WOODLAND DEN 	23 DONATE TO A FOODBANK 	24 VISIT A CARE HOME AND PUT A SMILE ON THE RESIDENTS FACES 
25 GO TO A SPORTING EVENT 	26 READ A WHOLE BOOK 	27 PAINT A PICTURE 	28 CREATE AND MAINTAIN A JOURNAL OR DIARY 	29 TRY FOOD FROM ANOTHER COUNTRY 	30 BE THERE FOR SOMEONE WHO NEEDS YOUR SUPPORT 
31 TALK TO SOMEONE IF YOU FEEL SAD 	32 TAKE PART IN A PERFORMANCE ON STAGE 	33 GIVE A HOMELESS PERSON A DRINK OR SOME FOOD 	34 LEARN TO PLAY AN INSTRUMENT 	35 BE A VOICE - STAND UP FOR WHAT IS RIGHT 	36 PLAY IN THE RAIN AND JUMP IN PUDDLES 
37 MAKE A SNOW ANGEL 	38 PICK YOUR OWN FRUIT 	39 DO SOMETHING GOOD FOR YOUR COMMUNITY 	40 TAKE PART IN A CELEBRATION OF FAITH/CULTURE OTHER THAN YOUR OWN 		

Stick this poster up at home and tick off each character building activity as you experience it.



MONKTON CHURCH OF ENGLAND
PRIMARY SCHOOL