



# Year 1 Half Term Activity Passport

**NAME:**

**CLASS:**

**Read and follow instructions for a game.**



**Go to your local library and take home a book you have not read before.**



**Read a book on bug club or share a book with your family.**



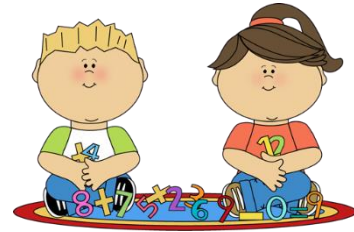
**Write a letter with a kind message to a family member or friend. Write their address on the envelope, buy a stamp and post it.**



**When you go shopping, bring re-usable bags to reduce the use of single use plastic.**



**When you're walking up or down stairs, count in steps of 2s, 5s, 10's.**



**Go for an outdoor walk. What animals can you spot outside?**



**Plant something in the garden.**



**Can you help your family to cook/make something? It could be anything from your lunch to cupcakes.**



**Help tidy something in your home.**



**Take a walk outside and use your senses.  
What can you:  
See?  
Smell?Hear?  
Feel?**



**Take a few mindful moments. Maybe cuddle on the sofa with a blanket, sit and relax and focus on being calm for a few minutes.**

