











# Our Cultural Capital Journey

## More than me

									
Learn from the Rainforest Roadshow	Prevent deforestation	Go litter picking	Support a fundraising event	Visit a new place of worship	Support Fairtrade	Write to a Pen Pal	Work collaboratively with other year groups	Create a pledge to help others	Save our planet

## Healthy body, Healthy mind

									
Try a new food	Set a fitness goal	Give someone a 'shout out'	Visit the supermarket	Play a new playground game	Cook a healthy meal	Make a Stone Age Griddle Cake	Take part in yoga	Lead a mindfulness session	Go on a picnic








## I see, I wonder

									
Learn British Sign Language	Play at the park	Visit the Library	Discuss and pose impossible questions	Learn a new language	Experience nature/weather	Visit a museum	Build a den	Ride on public transport	Discover what's going on in our world

## Rise to the challenge

									
Grow plants	Create a dance	Achieve a personal best	Learn a new sport	Challenge your Hit the Button score	Hold a rainforest animal	Compete in Sports Day	Play as part of a team	Create a Bug Hotel	Complete a school enterprise project

## Express yourself

									
Compose a piece of music	Write a poem	Perform a poem	Produce a film	Create cave art	Make a pot out of clay	Design a carnival mask	Draw a self portrait	Write an autobiography	Sing in an assembly

From tiny acorns mighty oaks grow...



