

Ready for Life Awards

EYFS/ KS1



Name:

Ready for Life Awards

<p>Awards</p>	<p>Take Notice</p> 	<p>Keep Learning</p> 	<p>Give and be Kind</p> 	<p>Be Active and Healthy</p> 	<p>Global Citizenship and Cultural Awareness</p> 
<p>Overview</p>	<p>Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>	<p>Try something new. Rediscover an old interest.</p> <p>Learning new things will make you more confident as well as having fun.</p>	<p>Do something nice for family, friends and yourself. Look after your local environment and wildlife.</p> <p>Giving and kindness comes in many forms. You can support charitable causes by donating and raising money but you can also be kind by giving your time, advice, support and friendship. Self-kindness and learning to take care of yourself is also very important and essential for your own well-being.</p>	<p>Being active and healthy makes you feel good. Most important, discover a physical activity you enjoy and that suits your level of mobility and fitness.</p> <p>Learn what it takes to be a good athlete and how to live a healthy lifestyle.</p>	<p>A global citizen is someone who is aware of and understands the wider world – and their place in it. Take an active role in your community, and work with others to make our planet more equal, fair and sustainable.</p>

The Take Notice Award		
Bronze 10 activities to complete	Take a deep breath and look around- what do you hear and see?	
	Walk to the local park, and take time to notice what's going on around you.	
	Draw a picture of one thing that made you happy over the last few days.	
	Make leaf rubbings.	
	Draw/paint a picture of the weather each day for a week.	
	Tell a family member five things you are grateful for.	
	Take notice of different trees and plants around and learn the names of them.	
	On a walk take photos of all the things that interest you.	
	Jump in puddles and take notice of how it makes you feel.	
	Play Pooh Sticks.	
	Conduct a colour hunt. Choose your favourite colour and find as many things as you can that match.	
	Go on a bug hunt and look at them closely, how many legs do they have, what colour are they?	
	Take notice of how you are feeling and describe your emotions to your family.	
	Sow a seed and notice the changes each day.	
	Eat something you've not tried before – use all of your senses to pay close attention to it.	
	Visit a woodland, pond, river, field and explore everything around you.	
	Go fruit picking.	
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Silver 20 activities to complete	Search for butterflies outside.	
	Take photos of nature.	
	Go on a hunt for some insects or small creatures and take photos of what you find.	
	Take a trip to the seaside or walk alongside a river and make sketches of your favourite things.	
	Try five new foods and take notice of what they taste like. Describe them using all your senses.	
	Take rubbings of fossils.	
	Try yoga and or meditation and notice how you feel after you have finished.	
	Skim stones.	
	Sit still and watch the sun set/sun rise.	
	Walk around your neighbourhood - you are not merely trying to get from A to B. You are walking 'on purpose'. What do you see? Look for beauty in the unexpected: look out for colours, textures, shapes, reflections in water, shadows. Look down, look up and look along.	
	With your family explore the inside of a cave.	
	Walk barefoot on the sand or on a nature trail.	
	Go pond dipping and study closely what you find.	
	Record different sounds from the environment and ask others to guess what they are.	
	Walk through a forest and use natural materials around to make a sculpture.	
	Do a blindfold food challenge.	
	Cloud watching – what different shapes can you see in the sky. Can you name some of the clouds?	
	Star gazing – look for a shooting star. What constellations can you see?	
	Lie under a tree, be still and look at the leaves. What can you hear?	
	Create a den and make up your own story.	
Tell an adult 3 positive things about your day, every day for a week.		
Exploratory play. Explore your senses. eg. mud, gloop, shaving foam etc.		
Blow and catch bubbles. Watch the bubbles float away. What do you have to do to make them bigger?		
Go bird watching – can you identify five different birds?		
Take notice of the people around you and how they are feeling. If they are tired offer your help, if they are sad do something nice, if they are happy do something fun.		
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The Keep Learning Award		
Bronze 10 activities to complete	Make a junk model out of old household objects.	
	Make a puppet and put on a puppet show.	
	Learn to write your name.	
	Learn to count to 20 and back from 10 without any help.	
	Learn how to hold a pair of scissors properly and practise your cutting skills.	
	Fasten your coat zip/buttons and put your own shoes on every day for a half a term.	
	Look at a map, learn about where you live – which city and which county do you live in?	
	Visit your local library and borrow a range of books (fiction and non-fiction).	
	Talk to a family member about how life was different when they were a child eg. school, houses, toys, food, clothes etc.	
	Learn how to sing 5 different nursery rhymes. Can you hear any rhyming words?	
	With a family member, conduct your very own science experiment eg. find a range of things that float and sink, test how the height of a ramp effects speed of a toy car, explore melting and freezing.	
	Visit an area of Gloucestershire you have not explored before eg. The Docks, Cathedral, Crickley hill.	
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Silver 20 activities to complete	Conduct research into a topic you will be learning at school.	
	Visit a local museum/ art gallery eg. The Wilson, The Ashmolean/ Oxford University Museum of Natural History in Oxford. More suggestions at https://www.dayoutwiththekids.co.uk/things-to-do/south-west/gloucestershire/	
	Look up at the stars and identify different constellations.	
	Look up where you live on a map.	
	Watch Newsround daily for a week.	
	Buy some items from a shop, calculating total cost and the change you should receive.	
	Use Sciencekids.co.nz to conduct some science experiments at home.	
	Do some research on something that really interests you. Tell your family all about it.	
	Use Oxford Owl to read some online books and play games.	
	Visit local festivals to learn something new eg. The Medieval Festival, The Literature Festival, Science Festival.	
	Learn about the lifecycles of living things – frogs, butterflies, humans.	
	Learn a new word and its meaning every day for a week.	
	Explore internet safety. Write a family internet safety agreement.	
	Become a nature detective in your garden/local area or further field.	
	Start a collection and share regularly with your family.	
	Learn to sing a song in a different language.	
	Cook outdoors with your family.	
	Visit a place of worship eg. Gloucester Cathedral.	
	Learn about aviation/flight at The Jet Age Museum in Staverton, Gloucester.	
	Save up for something important to you.	
Learn about what growth mind-set is by researching online. How could it help your attitude to learning?		
Find out where the following come from/are made; clay, chalk, wool, pearls, glass, paper, gold.		
Go outside and draw and paint something you can see.		
Learn to tell the analogue time (O'clock, half past, quarter past and quarter to).		
Go to library and borrow some non-fiction books.		
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Give and Be Kind Award

Bronze 10 activities to complete	Take part in a sponsored event to support a charity.	
	Make an effort to smile at all those around you. Share a smile with others.	
	Conduct a random act of kindness eg. give someone a flower, pay someone a compliment, give a spontaneous hug to a loved one.	
	Encourage local wildlife into your garden – eg. make a bird feeder, bird bath etc.	
	Sit down with a family member and write or draw 5 things that make you happy.	
	Make a celebration card for a family member or friend eg. Birthday, Christmas, Mother’s Day, Father’s Day or Valentines.	
	Help around the home for a week eg. setting the table, washing up, making your bed, putting your toys away.	
	At Harvest time donate food to school, church or another charity.	
	Volunteer to help in class eg. tidying up, helping to set up etc.	
	Have a toy sort at home and donate unwanted toys to a charity shop.	
	Learn how to be kind to yourself, try a 2-minute meditation, listen to relaxing music, have a go at Yoga (Cosmic Kids), do some mindful colouring. Do something you enjoy.	
	Visit a local Wildlife Trust or animal centre to support their cause eg. City Farm, Gloucestershire Wildlife Trust.	
	If you see any litter in your local community, with the support of a family member, pick it up. Remember to put your litter in the bin, recycling when you can and encourage your friends to do the same.	
	Visit the dentist regularly and check you are looking after your teeth properly.	
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Silver 20 activities to complete	Take responsibility for one household job for a half term eg. recycling, vacuuming, putting dishes away, feeding pets.	
	Help your brother or sister in the house for half a term eg. listen to them read, play with them, help at bath time.	
	Be kind to yourself and set time aside each day for a week to tell a family member about your day, what feelings did you experience? How did you resolve any problems?	
	Show thanks to a family member eg. writing a thank you card, making a list of the reasons why you love them, write a poem.	
	Make a donation to charity you’re interested in using your pocket money.	
	Have a clear out at home and donate items to a charity shop eg. toys and clothes.	
	Use some of your pocket money to buy an item of food and donate to a food bank.	
	Take good care of yourself – go to bed on time for a whole week. Try to eat a varied and balanced diet.	
	As a family make a promise to use less energy in the home eg. turn off lights, using less water.	
	With a family member do a local litter pick in your local park, street or field you walk through – can you get other people involved too?	
	Treat yourself to something nice, dance to some music, have extra bubbles in your bath, take out some books from the library.	
	Visit the dentist and check you are looking after your teeth properly.	
	Take part in a school charity day.	
	Congratulate or compliment someone on an achievement that might go unnoticed.	
	Visit a member of your family and brighten up their day eg. read a story, sing a song, make a model.	
	Make or help to make a family meal.	
	Make a difference in school eg. volunteer to be a helper in class, apply for Eco Council, a school librarian, support the lunchtime supervisors by offering help.	
	Work really hard to use good manners with everyone around you. eg. please and thank you, holding doors open.	
	Care for an animal eg. create a space in your garden for the hedgehogs or plant flowers to attract bees.	
	Support local and global charities by buying from charity shops.	
	Grow a plant, care for it and watch it grow.	
	Be kind to yourself – make a poster of all the things that you are good at.	
	Draw or paint a picture and give it to someone as a present.	
	Offer to do some cleaning – your bedroom, toy boxes, the garden, help to clean a car.	
Help to look after the environment by helping with the recycling at home.		
Walk to school for the week to try and reduce your pollution footprint.		
Write a letter to someone, tell them something nice which will make them happy.		
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The Be Active and Healthy Award

		The Be Active and Healthy Award	
<p>Bronze</p> <p>10 activities to complete</p>		With your family walk up a hill and roll back down.	
		Fly a kite.	
		Walk to school for half a term, rain or shine.	
		Get dressed by yourself for a whole week.	
		Kick or throw a ball around with your family.	
		Make an obstacle course in your garden and time how quick you are. Can you beat your personal best?	
		Practise slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	
		Design a healthy meal with a family member.	
		Agree a bedtime with your family and ensure you are in bed on time.	
		For a whole half term, make sure you brush your teeth twice a day for 2 minutes each time.	
		Climb a tree.	
		Learn where some of your food comes from.	
		Ride a bike or scooter regularly to practise your balance skills.	
		Go to the park – climb, swing, slide and run around.	
		Go swimming.	
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<p>Silver</p> <p>20 activities to complete</p>		Learn to ride a bike.	
		Create an outdoor obstacle course and invite your friends or family to take part.	
		Set up a balance beam, inside or out, and walk along it.	
		Join a sporting extra-curricular club in or out of school.	
		Go for a family bike ride.	
		Do the daily mile for a week.	
		Climb a tree and make a den.	
		Take part in a sport you have never tried – badminton, ultimate frisbee, diving.	
		Take part in a community run or sponsored run/walk.	
		Complete an hour's worth of activity a day for half a term.	
		Visit the Forest of Dean – walk the sculpture trail or ride the cycle trail.	
		Walk a dog daily with the support of an adult for half a term.	
		Go swimming – try swimming outdoors with your family e.g. Cheltenham Lido, Cotswold Water Park.	
		Visit the Abbeydale Sports and Community Centre and join one of their many clubs.	
		Try a new fruit.	
		Have a family screen free day e.g. no mobile phones, television, computers etc.	
		Choose an inspirational athlete and write a fact file/biography about them.	
		Find out about the 5 areas of well-being.	
		Sit down as a family for a meal. Take turns to share your thoughts about your day.	
		Try a new vegetable.	
		Try to have a natural food day. eg. no sweets, chocolate, fizzy drinks or processed food.	
		Try a new physical activity you have never done before.	
		Walk up Robinswood Hill.	
	Visit a skate park with your family and try using a bike, scooter, skateboard.		
	Take part in the 2k junior park run in Gloucester or other locations around the UK.		
	Make up a dance with friends and perform to your class or family.		
	Take part in geocaching in the local area.		
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		Global Citizenship and Cultural Awareness	
Bronze	10 activities to complete	Taste food from different countries.	
		Learn to say "Hello", "Goodbye" and "Thank you" in another language.	
		Look at what's going on in your local library or community centre and take part.	
		Join the Abbeymead Litter pickers group with your family.	
		Recycle your rubbish at home to help protect the environment.	
		Go food shopping with your family and look at where your fruit and vegetables come from.	
		Have a family meal. Invite grandparents, cousins, aunties and uncles.	
		Find out about life in a different country.	
		Learn about why we celebrate Christmas.	
		What is the United Kingdom (UK) famous for? What do people come to the UK to see?	
		Listen to and learn a song in a different language.	
		Use chop sticks to eat some food.	
		Watch and learn a traditional dance for another part of the world; River dancing, African dancing, hola dancing, Indian dancing.	
		Go to the library and take out books that will help you learn about different countries and cultures.	
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Silver	20 activities to complete	Find out about fair trade. What does it mean to you and your family?	
		Find out about a different country/culture.	
		Explore and find out about a different religion. What moral aspects were there to learn from?	
		With your adult, make the most of technology – video chat apps like Skype and FaceTime are a great way of staying in touch with friends and family, particularly if you live far apart.	
		Find out about 'day in the life' of a child from a different religion or country.	
		Watch Newsround five times and find about what is happening around the world.	
		Make a poster of how we can care for our planet. What small changes can we make?	
		Visit Cheltenham Art Gallery and Museum and learn about different cultures and traditions.	
		Help raise some money for a charity supporting a local cause.	
		Ask an older person how life has changed since they were a child.	
		Find out which makes of cars have electric cars to buy and why this is a good thing.	
		Find out about and try a new tradition at Christmas or Easter.	
		Learn what it would be like to live somewhere where there is no direct access to water – what could you do at home to reduce the amount of water you use?	
		Look at a calendar and learn about when different religions have their celebrations.	
		Do something to support your local community eg. litter picking, volunteering.	
		Ask someone about their religion and what traditions they have.	
		Voice your opinion in a family discussion on a topical subject.	
		Write some family values – what is important to you and why.	
		Visit the library and take out books about different countries and learn about their traditions.	
		Learn the capital cities of five European countries.	
Research all the current Gloucester Rugby players and identify on a world map where they were all born.			
Listen to music from other countries and choose a favourite.			
Choose a country, research and make a persuasive advert to encourage tourism eg. a leaflet, video, PowerPoint.			
Use Google Earth and Google Street View to explore the world – visit Rome, The Great Barrier Reef, The Grand Canyon, Hong Kong, Antarctica.			
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Important Information

<p>Bronze Level awards</p> <p>To be completed during the children's time in EYFS</p>	<ul style="list-style-type: none">• Parent responsibility to date and sign when a task is achieved.• Parents to email/notify teacher when Bronze level has been completed for one of the award strands.• Teacher to record achievement on school system.• Ready for life award evidence to be shared with class if completed.• Bronze level certificates to be awarded.
<p>Silver Level awards</p> <p>To be completed during the children's time in Year 1 and 2</p>	<ul style="list-style-type: none">• Parent responsibility to date and sign when a task is achieved.• Parents to email/notify teacher when Silver level has been completed for one of the award strands.• Teacher to record achievement on school system.• Ready for Life award evidence to be shared with class if completed.• Silver level certificates to be awarded.

