









FLOURISH <i>Culture, Arts, Crafts</i> 	ADVENTURE <i>Investigate the World</i> 	MEMORIES  <i>People, Others, Wider Community</i>	INSPIRE <i>The Future</i> 	LOOK  <i>Environment and the Outside</i>	YOURSELF  <i>Self and Identity</i>
1. □ Create an exploration theme tune. Think about the tempo and volume of your piece of music. You can sing it, play an instrument, use body percussion or even find things around your house that you could use as instruments. Listen to the links below for inspiration.	2. □ Create a timeline ordering these explorations. <ul style="list-style-type: none"> □ Jacques Piccard reaches the deepest point in the ocean 1960 □ Columbus discovers the Americas 1492 □ Captain Willem Janszoon discovers Australia 1606 □ Neil Armstrong walks on the moon 1969 □ Yuri Gagarin orbited Earth 1961 □ Roald Amundsen reached the South Pole 1911 □ Robert Peary reached the North Pole 1909 □ Edmund Hillary reached the summit of Mount Everest 1953 STRETCH – Can you add one (or more) other historical events between each one?	3. □ Write a thank you note to someone that has helped you during lockdown. This could be a family member, delivery driver or a friend.	4. □ Design your own vehicle to go exploring in. Will it be a submarine to journey to the bottom of the sea or a rocket to take you into space? Maybe you will need a boat to journey through the ice at the South Pole. You can draw or build this using junk modelling, Lego, or anything else you have.	5. □ Take some exercise indoors to get ready for your journey: <ol style="list-style-type: none"> 1. Run up and down the stairs ten times 2. Do 20 squats 3. Do 10 push ups 4. Do 12 burpees 5. Do 15 sit ups Or design your own five-step plan for today – see how many other people in your family can take part. Can you lead part or all of the plan?	6. □ If you could change anything at all about yourself and your life, what would you change? Who would you be? Where would you go? What would you do? Complete this task in any way you choose – you could write a story, create a collage collecting up different pictures and images, complete a news story – it is completely up to you. Go on a journey of self-exploration.
7. □ Make up a dance to one of these pieces of music: Coldplay – Adventure of a Lifetime Atlantis - The Lost Empire Indiana Jones Pirates of the Caribbean Journey to the centre of the Earth	8. □ Design and make a boat. Test to see if your boat floats by placing it in water (sink, bath, etc). Test it to see how much weight it can hold before it sinks. Did you choose a waterproof material? Once you have a boat, how else could you travel. Can you make something which could fly? How far can you get it to go?	9. □ People with Integrity are generally known to be trustworthy, honest and kind. Write a story about a character who goes on a journey and shows integrity. They could show it any way you choose.	10. □ Imagine you are journeying to an undiscovered world – maybe in an unknown galaxy. Create a piece of art to show what this new world could look like. You could draw, paint or use junk modelling, build your idea. Get creative!	11. □ How many triangles are there? <div data-bbox="1401 1411 1602 1599" data-label="Image"> </div> Step outside – how many triangles are there? Where else do triangles exist in our environment?	12. □ Imagine you are an intrepid explorer about to embark on a journey to a destination of your choice. Write a poem to describe the place you are visiting. See how many different techniques you can include, or how many different styles you could use.
13. □ Think of an adventure you would like to go on when you are older. Draw a picture of this place / trip and write about why you would like to go there.	14. □ Look on a map or atlas and choose a place you would like to visit. How would you get there – walking, train, car, boat, plane? Plan your journey detailing what seas and countries you would pass or visit on your way. You could show your journey in any way you like – story, poem, art, model.	15. □ Complete a task for somebody at home that you wouldn't normally do (make your bed, tidy up, make a cup of tea for someone, help to prepare dinner).	16. □ For any adventure you need specific clothing suited to where you are going. Think about where you would like to journey to and design an outfit for your destination. You could even make a miniature version by sewing fabric together.	17. □ Think about your favourite place to visit (family member's house, park, holiday destination). Write instructions of how you would get there.	18. □ Before you head off on an adventure, it is wise to say a prayer so that God can help keep you safe. Write a prayer that you could say. Maybe you can say this before you go on your next journey.
19. □ Cook or bake a recipe that has come from another country. It could be Fajitas from Mexico, Tapas from Spain, Anzac biscuits from Australia or Pizza from Italy! Perhaps someone in your family has a traditional recipe you could learn?	20. □ Talk to your family members to find out about explorers through history. Create a poster all about them. Look at the timeline challenge for inspiration. Find out about a place someone in your family has been to – how did they get there? What experiences did they have?	21. □ Nelson Mandela showed huge tolerance during his lifetime. Ask your family about what he fought for. How do you think he showed tolerance? How could you show tolerance?	22. □ Improvise a journey at home – recreate a camp or hideout and spend some time there today. Think about what it would feel like to live in another country – talk to someone else in your house or on the phone about where you would like to travel to in the future and why.	23. □ To become a Polar Explorer, you need to be very fit. Get some exercise today – go for a bike ride, a long walk or a run. Time how long you were out for or how far you travelled.	24. □ Think of a country anywhere in the world that you would like to visit. Draw a picture of what you imagine it would be like there. Explain why you would like to visit that country.