6Rs Activity List	Activity undertaken	Date	Signed by
Help support playground games and activities.			
Take part in a performance, e.g. play, choir, assembly, talent contest.			
Take part in a dressing up day for charity.			
Take part in a mindfulness session.			
Write two reviews to recommend books to other children, (one fiction and one non-fiction).			
Learn a new indoor game, e.g. card or board game.			
Enter a competition of your choice.			
Cook and serve a meal to your parents.			
Design and sew a Christmas decoration.			
Spend a night away from home.			
Talk to an adult about ways you have tried to look after the environment.			
Tell an adult about something you made this year.			
Choose one special thing you have done this year.			



## Name:

School Year 2019-2020

#### 6Rs Activity List

Responsibility:

1. Help support playground games and activities.

2. Take part in a performance, e.g. play, choir, assembly, talent contest.

#### <u>Respect:</u>

- 3. Take part in a dressing up day for charity.
- 4. Take part in a mindfulness session.

#### <u>Reasoning:</u>

5. Write two reviews to recommend books to other children, (one fiction and one non-fiction).

6. Learn a new indoor game, e.g. card or board game. <u>Resourcefulness:</u>

- 7. Enter a competition of your choice.
- 8. Cook and serve a meal to your parents.

<u>Resilience:</u>

- 9. Design and sew a Christmas decoration.
- 10. Spend a night away from home.

#### <u>Reflection:</u>

11. Talk to an adult about ways you have tried to look after the environment.

12. Tell an adult about something you made this year. Other:

13. Choose one special thing you have done this year.

## Other

Choose one special thing you have done this year.

## Reflection



Talk to an adult about what you have learned this year.

What would you like to be able to do next year?



## Responsibility



Help support playground games and activities.

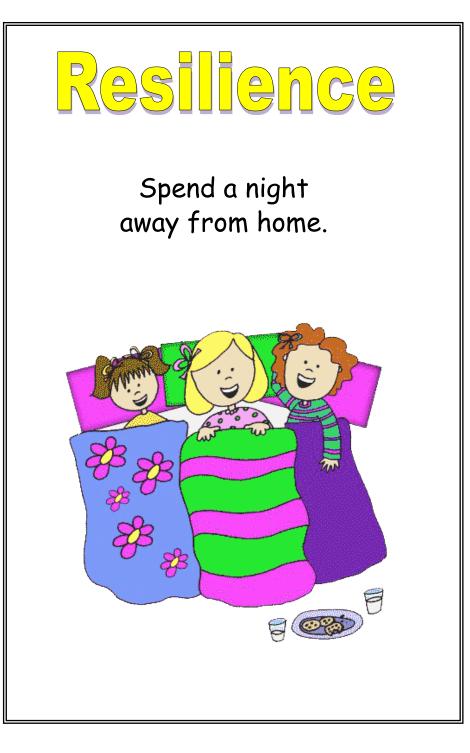


## Responsibility

Take part in a performance, e.g. play, choir, assembly, talent contest.









Take part in a dressing up day for charity.





# Resilence

### Design and sew a Christmas decoration.





