50 Challenges to try Before You Leave Primary School

An invitation to explore, discover, talk, create and make memories together.

There is no particular order and no expectation to complete them all.
Choose the ones that appeal to you, adapt them to suit your family and, most importantly, enjoy them together!

Explore the World Around You

- ☐ 1. Go on a nature walk.
- ☐ 2. Find a favourite tree or flower, how does it change through the seasons?
- ☐ 3. Watch the clouds and find some shapes.
- ☐ 4. Listen carefully and count how many different sounds you can hear.
- ☐ 5. Spot five different birds; can you identify what they are?
- ☐ 6. Find a minibeast and watch it for a while.
- ☐ 7. Look for signs that an animal has been nearby.
- ☐ 8. Make a picture using things you find in nature.
- ☐ 9. Watch the sunrise or sunset.
- ☐ 10. Look up at the stars on a clear night.

Adventure & Play

- ☐ 11. Have a picnic outdoors.
- ☐ 12. Build a den.
- ☐ 13. Fly a kite.
- ☐ 14. Roll down a big hill.
- ☐ 15. Have a rainy-day adventure.
- ☐ 16. Play a traditional playground game.
- ☐ 17. Learn a game that an adult played as a child.
- ☐ 18. Go somewhere new on foot.
- ☐ 19. Have a family treasure hunt.
- ☐ 20. Stomp through autumn leaves and puddles.

Make & Create

- ☐ 21. Make something from cardboard.
- ☐ 22. Draw something you can see.
- ☐ 23. Make a family board game.
- ☐ 24. Write a short story together.
- ☐ 25. Make up a silly song or rhyme.
- ☐ 26. Cook something together.
- ☐ 27. Make a family time capsule.
- ☐ 28. Take a photograph that tells a story.
- ☐ 29. Make a piece of art inspired by nature.
- ☐ 30. Build something that works.

Talk, Listen & Laugh

- ☐ 31. Interview someone about their childhood.
- ☐ 32. Have a 'Would you rather...?' conversation.
- ☐ 33. Have a family debate about a silly question.
- ☐ 34. Teach someone something you know how to do.
- ☐ 35. Tell a story where everyone adds a sentence.
- ☐ 36. Learn five new words and use them.
- ☐ 37. Ask someone three questions about something they love.
- ☐ 38. Tell a joke or story to make someone laugh.

Would you rather...? What do you think? That's hilarious!

Discover & Experience

- ☐ 39. Visit a free museum, gallery or library.
- ☐ 40. Visit somewhere that tells the story of your local area.
- ☐ 41. Visit a place you have walked past but never explored.
- ☐ 42. Find out about a local person who made a difference.
- ☐ 43. Visit a place that is special or meaningful to your community.
- ☐ 44. Spend some time somewhere peaceful. Notice what you can see, hear and feel.
- ☐ 45. Find something that makes you wonder.

LIBRARY
MUSEUM

Kindness & Independence

- ☐ 46. Do something kind for someone without being asked.
- ☐ 47. Help look after a plant or outdoor space.
- ☐ 48. Plan and lead a short family walk.
- ☐ 49. Make a thank-you card for someone who has helped you.
- ☐ 50. Choose your favourite challenge and do it again – this time with someone else!

THANK YOU!

A little reminder...

You don't need to spend money, travel far or complete every challenge. The best adventures can be found in ordinary places and everyday moments.

The aim is to explore, talk, wonder, create, connect and make memories together.

And when you've done something you're proud of, excited about or simply enjoyed, bring it back to school and tell us about it! We can't wait to hear your stories in our Show and Tell sessions.