

Western 10 Experiences



	Throughout	Early Years	K&1	y3/4	y5/6
Diversity 	~Visit a place of worship ~ Listen to music from different countries	~Taste some food from a different country	~Visit a big city ~Go on public transport	~Have a pen pal in a different school or country ~Visit an art gallery	~Visit a mosque ~Visit an exhibition
Health and Well-Being 	~Sing for an audience ~Take part in a performance ~Practice mindfulness and breathing	~Take care of an animal ~Ride a bike without stabilisers	~Go roller skating or ice-skating ~Learn to tie own laces	~Cheer on a team at a sporting event ~Plan and cook a meal ~Learn some first aid	~Take part in a sponsored run/ walk in Valley Gardens
Natural World 	~Explore our local area ~Be pro-active in helping the environment	~Explore somewhere bare footed ~Hunt for bugs ~Go on a welly wander and jump in puddles ~Build a snowman ~Go strawberry or blackberry picking	~Grow your own mini garden ~Get up early and watch the sunrise ~Pond-dipping	~Den building ~Tell ghost stories around a camp fire	~Canoe down a river ~Orienteer using a map ~Achieve the John Muir Award
Technology 	~Make a poster or presentation to raise awareness of an activity or issue	~Take a photo of someone you love	~Take some photos of nature and share them. ~Make a keynote to tell people something about yourself	~Create a piece of art on an i-pad and display in a gallery	~Hold a photography exhibition ~Learn how to manage a budget (enterprise)
Values 	~Raise money for charity ~Help the elderly	~Bake for somebody else	~Do something kind for a friend or neighbour	~Become a playground leader ~Make a product and run a stall to raise money for charity	~Write to an MP about a topic you care about ~Debate an issue you are passionate about