



Give

Do you have any spare time to help a neighbour or family friend? Perhaps you could help with some gardening or even just chat about what you are learning in school. They might appreciate your company.

Connect

Why not share with a grandparent, auntie or uncle what you are learning in school? Maybe it could be the history or science topic you are learning or a new book you are reading.

Take Notice

This is a great time of year to see how the seasons are changing. Can you find any conkers or acorns or spot any leaves changing colour. Can you keep a weather diary and note any changes in the weather?

Keep Learning

The start of a new term is great for finding out more about what you are learning in school. Why not visit a museum or do some research on the internet.

Be Active

Can you challenge yourself to walk, scoot, cycle or run every day next month in October? This could be a distance or time challenge. If you did it with a friend it could be a mini competition to see who can move the longest or furthest.