



# WELLBEING PASSPORT

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YOUR PASSPORT TO EXPERIENCE WELLBEING DURING LOCKDOWN!

COURAGE, COMMITMENT, COMPASSION

# WHAT IS THE STUDENTWELLBEING PASSPORT?

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- WE BELIEVE THAT IN THESE STRANGE AND CHALLENGING TIMES, YOU SHOULD HAVE AN OPPORTUNITY TO TRY NEW THINGS, CHALLENGE YOURSELF, SUPPORT YOUR COMMUNITY AND YOUR FAMILY AND...
- DEVELOP YOUR COURAGE, COMMITMENT AND COMPASSION ASWELL AS YOUR RESILIENCE AND SELF ESTEEM.
- The student passport is a series of daily and weekly challenges that you will tackle, evidence and eventually share when we are all reunited at BEDALE HIGH SCHOOL.

THE PASSPORT IS SPLIT INTO 4 CATEGORIES:

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1: GETTING CREATIVE

2: LEARNING SOMETHING NEW

3: CONTRIBUTING TO YOUR COMMUNITY/FAMILY LIFE

4: WELL-BEING AND HEALTH

# HOW DO YOU DO IT?

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- There will be a series of challenges and tasks for each category
- These tasks will take between 45 mins and 10 hours
- Each Task will have a points system
- Get 100 points and you receive a CERTIFICATE AND A PRIZE!
- Get to 200 points and you will receive a CERTIFICATE AND ADDITIONAL PRIZES!



Your Job over the coming weeks will be to choose 5 things from each category .....

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- Challenge yourself to achieve them
  - Find your own way to evidence that you have achieved them
  - Share what you have achieved with your Teachers in A DESIGNATED TEAMS GROUP for your year group
  - Tick them off as you complete them



# HOW CAN I PROVE THAT I HAVE DONE THE CHALLENGES?

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Take photographs



Create a video Diary



Write a diary of what you  
have achieved



**CREATE A BLOG**

# CATEGORY 1- GETTING CREATIVE

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- Create a completely original piece of Artwork in ANY Art Form (5)
- Draw a self portrait (5)
- Create a collage of your Experiences during lockdown(5)
- Write a Short Story on any topic (5)
- Write a Script of an original piece of Drama (5)
- Write and Record a Song or Rap (5)
- Write a Children's Story Book and Illustrate it (8)

# CATEGORY 1- GETTING CREATIVE

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- Bake and Decorate a Celebration Cake or Batch of Cupcakes (5)
- Design a dream garden or home (10)
- Write a new National Anthem (5)
- Create and Design a new School Magazine (10)
- Write a series of poems about anything (8)
- Create an at home lesson for a younger sibling and teach them the lesson (8)
- Create a Lego Mega Build (5)





CHALLENGE	TICK WHEN COMPLETED	DATE COMPLETED	HAVE YOU GOT EVIDENCE? Y/N
Create a completely original piece of Artwork in ANY Art Form			
Draw a self portrait			
Create a collage of your Experiences since the lockdown			
Write a Short Story			
Write a Script of an original piece of Drama			
Write and Record a Song or Rap			
Write a Children's Story Book and Illustrate it			

CHALLENGE	TICK WHEN COMPLETED	DATE COMPLETED	DO YOU HAVE EVIDENCE? Y/N
Bake and Decorate a Celebration Cake or Batch of Cupcakes			
Design your dream garden or home			
Write a new National Anthem			
Create and Design a new School Magazine			
Write a series of poems about anything			
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# CATEGORY 2- LEARNING SOMETHING NEW

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- To learn how to cook a Sunday Dinner with a Parent/Carer (5)
- Learn how to Knit/Crochet/Sew (10)
- Learn to play a Musical Instrument (10)
- Learn a recipe for a Traditional Meal from a Different Country of the World (8)
- Learn how to write a Sonnet (5)
- Learn 10 phrases in 3 New Languages (10)
- Learn how to make pastry and bake a pie (5)



# CATEGORY 2- LEARNING SOMETHING NEW

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- Learn how to use sugar craft (8)
- Learn how to Iron Shirts (Safely and supervised) (8)
- Learn how to do face painting (5)
- Learn how to poach and egg (5)
- Learn how to put up a tent (10)
- Learn how to read a map and use it to go somewhere new (8)
- Learn some basic first aid (10)



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Learn a recipe for a Traditional Meal from a Different County of the World			
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Learn some basic first aid			

# CATEGORY 3- CONTRIBUTING TO YOUR COMMUNITY/FAMILY LIFE

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- Read bedtime stories to your younger siblings for 1 week (10)
- Safely Cook a Meal for your family (8)
- Hand write letters to 5 Friends/Family member and post them (10)
- Raise money for a Local Charity (10)
- Safely drop off supplies for someone who is self-isolating (8)
- Create some uplifting art-work and display it for the neighbours (8)
- Make some positivity cards and deliver them Safely to the neighbours (10)



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# CATEGORY 4- WELL- BEING AND HEALTH

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- Growing Herbs, Fruit and/or vegetables from seeds (10)
- Learn some Yoga and complete a short daily work out (8)
- Start a Journal to reflect on your day and complete it every day (5)
- Use a mindfulness colouring book (5)
- Do 20- 40 Minutes of Exercise Every day (5)
- Learn how to Knit/Sew/Crochet (10)
- Learn how to meditate and do this regularly (5)

# CATEGORY 4- WELL- BEING AND HEALTH

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- Take a walk (Using Social Distancing ) and make a note of all of the wildlife that you spot- (8)
- Go for a long walk (Using Social Distancing) collect 10 pebbles/rocks and paint/decorate them. (8)
- Call an elderly relative for a chat (8)
- Learn some basic First Aid Skills (10)
- Keep a week long journal of how you have taken care of your pet (8)



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Call an elderly relative for a chat			
Learn some basic First Aid Skills			
Keep a week- long journal of how you have taken care of your pet			



# GUIDANCE AND ADVICE

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- This is a chance to try new things and challenge yourself
- Choose things that maybe you have never done before
- Make sure you create as much evidence as you can
- Create new opportunities for yourself
- Design some challenges for yourself and your family
- Share your success with your friends, family and Teachers at Bedale High School!

COURAGE, COMMITMENT, COMPASSION

# WHAT NEXT...?



- Check out your Wellbeing Teams group for updates, ideas and support
- Decide which challenge you are going to attempt first and **make a plan** - how are you going to do it? What do you need to achieve your aim?
- Decide how you are going to record your challenges – you could keep a hand-written notebook, diary, video diary, blog, picture book, audio diary....
- Take photos of your completed challenges and share them on the Wellbeing teams page and with Mrs. Woodward.



**COURAGE, COMMITMENT, COMPASSION**



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COMPASSION