

Remember at Moor End our four
'CARE' values:

Confidence

Acceptance

Resilience

Enjoyment

and

The 5 Ways to Wellbeing



My Key Stage 2



Moor End Wellbeing Activity Passport

Name

Start Date

End Date



Key Stage 2

Activity

Date Signed

1. Eat something you have never tried before.		
2. Learn a new skill e.g. how to knit.		
3. Watch the sun rise.		
4. Walk up a hill as part of a 3-mile walk.		
5. Plan and cook a meal.		
6. Take at least 3 different pictures of signs of spring you can spot outside.		
7. Eat something you have grown.		
8. Sleep under canvas e.g. under the stars.		
9. Make a dessert for a picnic you will eat outside.		
10. Create an ice sculpture.		



Key Stage 2

Activity

Date Signed

11. Learn to moon walk.		
12. Design and make a board game.		
13. Make a large-scale model.		
14. Design a product or business idea and pitch it to investors.		
15. Take a trip on a train.		
16. Skim some stones.		
17. Juggle with three balls.		
18. Create a musical instrument that can change pitch when played.		
19. Help someone in your community by carrying out acts of kindness.		
20. Create your own project on someone who inspires you.		