

ABC Bronze Award

Action

Behaviour

Creativity

~ Challenge Guide~





ABC AWARD

These activities are designed to stretch and challenge you in body, mind and spirit!

Action **Behaviour** **Creativity**

Action is what we do to keep our bodies and minds healthy and how we actively support our loved ones and the local community.

Behaviour for learning is about the steps we take to develop positive attitudes and skills to help us with school work.

Creativity is expressing our ideas, feelings and life with originality through various forms such as art, music, craft, photography or storytelling.

ABC Award Instructions

You need to complete **three challenges** for each area, a total of **nine challenges**.

Action - 3 challenges

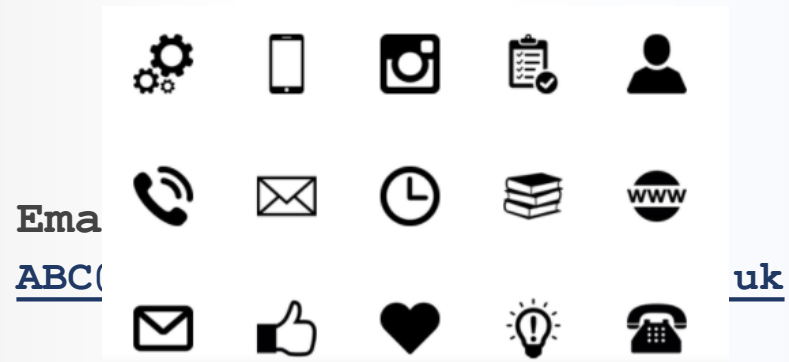
Behaviour - 3 challenges

Creativity - 3 challenges

Once you have completed all nine activities you will receive an **ABC Bronze Certificate** as well as the chance to win a prize.

Evidence

Evidence can be: photographs, journaling, written work and relevant documents/computer files.



Action Challenges

Select any three

- Learn three phrases in three languages – oui, si, 是
- Raise some money for your local community or a charity of your choice £ 😊
- Make bedtime device-free for a week and get 8 hours of sleep every night – spot the difference!
- Drink 6 glasses of water every day until it becomes a healthy habit.

Yes - you can make this a family challenge!

- Go for a 15 minute brisk walk every day.
- Start a new form of exercise or sport and work on this new active skill daily.
- Keep a gratitude diary – write three positive things a day that you are grateful for.
- Lend a hand! Help out with a different chore daily: dinner, cleaning, tidying... anything 😊

Behaviour Challenges

Select any three

- Show appreciation – say thank you at the end of the lesson; write a thank you note!
- Read 20 minutes+ everyday to improve your vocabulary and stretch your brain!
- In every lesson ask a question to stretch your learning... challenge your teachers!
- Complete the PSHE work and improve one piece to perfection.

Yes – you can create your own personal challenge!

- Develop good learning habits – extend your knowledge of any subject through independent research.
- Create an A-Z key-word guide for all of your subjects.
- Research five possible careers you are interested in and create a presentation about them.
- Create a guide for your year group entitled ‘Aim Higher’ about motivation, ambition and goals.

Creativity Challenges

Select any three

- Create a completely original piece of artwork.
- Write a script for a play entitled 'Courage'.
- Write and record an inspiring song to become the DMA anthem.
- Create an anime or Marvel cartoon.
- Design a futuristic kingdom from scratch (Minecraft, artwork, model making, lego).

Yes - you can work with a friend virtually!

- Sculpt something epic, cute or abstract from clay, play-do or other safe material.
- Create a family or personal time capsule.
- Ready, steady... bake! Learn to bake something simple or complex.
- Grow a window garden – design your vision and learn about houseplants.