

Build Your 5D Baccalaureate Through Everyday Summer Adventures

Name: _____
Form: _____



2025



Welcome

This summer, take on the challenge to build your confidence, creativity, and character by making a positive impact—show how much you care through the ways you contribute and support your community.

Each page in this booklet invites you to explore something new, showcase what you already know and can do, and reflect on your learning—guided by our metacognitive Plan–Do–Review approach.



How it Works:

1. **Choose** at least **3 activities** from the list.
2. **Complete and document** each one using journal entries, photos, sketches, or notes. You can do this in a style of your choosing - a scrapbook, PowerPoint, vlog etc.
3. **Reflect using the prompts** provided.
4. **Share your booklet in September** with your form tutors - 50 house points for completing the project to a high standard.



Activity Contents:

1. Move Your Body - Your Way

2. Try a New Skill

3. Practise a Hobby

4. Community Champion

5. A Personal Challenge

6. Express Yourself

7. Random Acts of Kindness

8. Group Challenge

9. Nature's Explorer

10. Share Your Talent

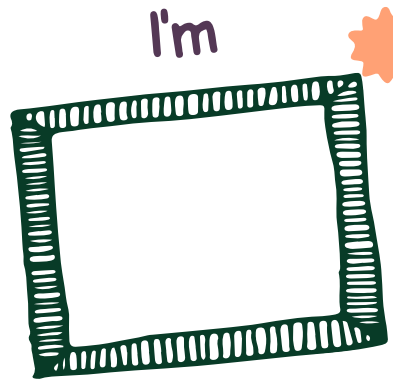
11. Cook Something New

12. Cultural Exploration



ALL ABOUT ME

My Name is



I'm

years old.

I live in



I like to read

My best friends

My Favorite

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

My favorite movie

When I grow up I want to be ...



I'm good at

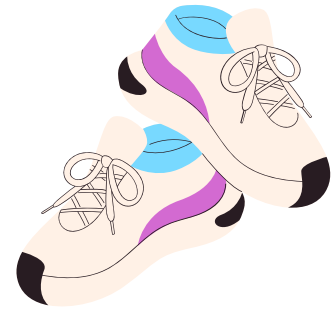
Move Your Body - Your Way

To build physical and mental well-being by engaging in movement at least three times per week, while developing awareness of your own motivation, habits, and impact.

Choose Your Moves:

Pick from anything that gets your body going! Some ideas include:

- Walking or hiking
- Stretching or yoga
- Dancing (freestyle or follow-along)
- Jogging, cycling, skipping
- Sports, games, or home workout videos
- You can even mix it up!



Weekly Reflection Journal (Metacognitive Prompts)

At the end of each week, take 10–15 minutes to reflect. You can write your thoughts, record a voice note, or even create a short video log. Consider:

1. What did I choose to do and why?
2. Was it something I enjoy, something I felt I “should” do, or something new?
3. When and where did I move this week?
4. How did those choices affect my experience or motivation?
5. How did I feel before, during, and after the activity?
6. Did anything surprise me?
7. What challenges did I face (e.g., time, energy, motivation)?
8. How did I overcome them—or what would I do differently next week?
9. What impact, if any, did regular movement have on my mood, focus, or energy?

Bonus Exploration (Optional)

Choose one week to interview a family member or friend:

- What kind of movement do they enjoy and why?
- How do they stay motivated when life gets busy?
- Compare their strategies with your own. What might you borrow?

Try A New Skill

Try learning one new skill or topic each week using books, videos, or hands-on experimentation.

Ideas to spark curiosity:

- Drawing or painting
- Origami or crafting
- Cooking or baking
- Learning phrases in a new language
- Fixing or building something
- Playing a musical instrument
- Coding or digital design

Weekly Tracker

Week **What I Tried** **How I Learned (book, video, etc.)** **Quick Reflection**

1

2

3

4

5

6

Reflection Prompts (choose 1–2 weekly):

- What drew me to this new skill or topic?
- What part was easy or difficult—and why?
- How did I respond when something didn't go to plan?
- What strategies helped me stay focused or understand better?
- Would I want to keep learning this? Why or why not?



Practise A Hobby

Deepen your mastery of an existing skill by using books, videos, or practice, while reflecting on how you're learning.

PLAN

Before you begin each week:

- What skill am I focusing on this week?
- What do I want to improve or try?
- What will help me learn—videos, books, practice, a mentor?
- What time or tools will I need?

Write your plan down or discuss it with someone—it helps clarify your goals.

DO

Practice your skill 2–3 times during the week. Be intentional and curious:

- Try different techniques
- Use feedback or past experience
- Push beyond your comfort zone when you're ready

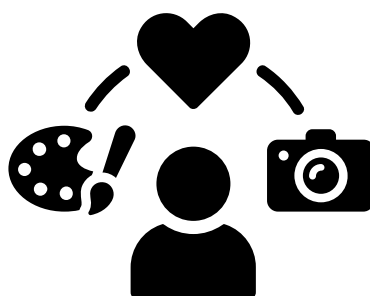
Tip: Keep a short log of what you did after each session—it'll help later in the review step.

REVIEW

At the end of each week, reflect using these questions:

- What did I actually improve or discover?
- What helped my learning most—was it the method, the mindset, or the habit?
- What didn't go to plan—and why?
- What will I do differently next time?

You can reflect by journaling, voice notes, or even chatting with a friend.



Community Champion

Choose one way each week to support others in your community, home, or world—and reflect on how it shapes you and those around you.

PLAN

At the start of the week, consider:

- What kind act will I do?
- (e.g., tidy a shared space, help with groceries, donate to charity, write a kind note, support a neighbour)
- Why am I choosing this action?
- Who will it help and how?
- What do I need to prepare? (Time, tools, help?)

DO

Carry out your plan with intention and care. Try to notice your feelings before, during, and after helping.

Tip: Take a quick photo, jot a note, or tell someone about it—tiny reminders of your effort matter.

REVIEW

At the end of the week, reflect with these questions:

- What did I do, and how did it go?
- What impact did I notice on others—or on myself?
- What was rewarding or challenging? Why?
- Would I like to continue this in the future? What would I do differently?



Create A Personal Challenge

Choose a small, achievable goal that excites or challenges you. Work on it for at least a week—and reflect on how you're growing in the process. Some mission ideas to spark inspiration:

- Walk 10,000 steps each day
- Write a short story or comic strip
- Learn and perform a new dance
- Give up fizzy drinks or limit screen time
- Read a book, meditate, or wake up earlier
- Declutter your room or organise a collection

PLAN

- What's my goal, and why have I chosen it?
- How long will I stick with it?
- What tools or support might I need?
- What obstacles could come up—and how could I prepare for them?

DO

Take action each day. Consistency matters more than perfection! Try logging your progress with:

- A quick daily note
- A photo or doodle
- A calendar tick or reward system

REVIEW

At the end of your goal period:

- Did I achieve my goal or make progress?
- What kept me going—or got in the way?
- How did I feel before, during, and after each session?
- What would I change or continue next time?



Express Your Creativity

Make something that expresses how you feel right now or highlights something that matters deeply to you.

Creative Forms You Might Choose:

- Drawing or painting
- A short poem or story
- A song, beat, or rap
- A short video or animation
- A digital collage or photo journal

PLAN

Before you begin, think:

- What emotion, belief, or experience do I want to express?
- What medium (art, words, sound, video) will help me express it best?
- Will this be for just me, or do I want to share it with someone?
- What do I want others to feel or understand from this creation?

DO

Let go of perfection and lean into honesty. Create with curiosity and care. You don't need to show it to anyone unless you choose to.

Tip: You can use photos, voice notes, paper, or digital tools—whatever helps you say what's inside.

REVIEW

When you're done, reflect:

- What does this piece say about me right now?
- What was it like to express myself this way?
- Did the process help me understand my thoughts or feelings better?
- Would I explore this kind of expression again?

Want help turning your thoughts into a short poem or digital artwork? I'd be glad to help you brainstorm or refine what you've made.



Random Acts of Kindness

Carry out three meaningful acts of kindness across the summer—and reflect on how each one shapes your thinking, emotions, and connections with others.

PLAN

Before each act of kindness:

- What kind thing will I do, and who will it help?
- Why did I choose this particular act?
- How might it make someone feel? How might it make me feel?
- Is there anything I need to prepare? (Time, materials, courage?)

DO

Complete each act with care and presence. Ideas include:

- Write a thank-you letter or message
- Make or bake something for someone
- Donate books, toys, or clothes
- Invite someone to join in when they're left out
- Help tidy a public or shared space

REVIEW

After each act, reflect:

- What happened—and how did the other person respond?
- What did I notice about my own thoughts or feelings before and after?
- What was the most rewarding part? What was unexpected?
- Would I do something like this again? Why or why not?

Would you like this turned into a printable log or reflection booklet? I can also help design a little “Kindness Passport” if you’d like to make it more visual or fun to share with others!



Group Challenge

Engage with others by joining a local or virtual activity—or create your own if nothing’s available!

Options to Explore:

- Join a club, library event, summer workshop, or youth group
- Participate in an online course or creative challenge
- Can’t find one? Create your own book club, host a quiz night, run a mini event, or share your talents through music, storytelling, or games

PLAN

- What kind of group, event, or experience would I enjoy or find meaningful?
- What do I hope to gain from joining or creating this? (Fun? Confidence? New friends?)
- What do I need to prepare—time, tools, permission, invitations?
- What might feel nerve-wracking, and how will I support myself through it?

DO

Jump in! Take part in something that stretches your comfort zone—even just a little. If you're hosting, keep it simple and fun. Snap a picture, write a note, or invite someone to reflect on it with you.

REVIEW

- What did I try, and what happened?
- How did this experience make me feel—excited, proud, nervous, included?
- What did I learn about connecting with others—or about myself?
- Would I do it again or try something new next time?



Nature's Explorer

Spend at least 30 minutes outdoors on three different days. Let it be time for peace, observation, or gentle action.

PLAN

- Which three days will I aim to get outside?
- Where might I go, and what will I try?
- (e.g., garden, park, quiet street, local woods)
- Do I want to notice, move, draw, explore, or help?
- What might I need? (Clothes, checklist, notebook?)

DO

Choose a gentle or purposeful outdoor activity each time:

- Cloud-watch or birdwatch (you could try [RSPB's free ID guide](#))
- Sketch trees, build a bug hotel, or plant something
- Pick up litter, tidy a shared space, or mow the lawn
- Simply sit and notice what you see, smell, and hear

Let your senses guide the experience.

REVIEW

After each session, reflect with 1–2 questions:

- What did I notice in nature that I hadn't seen before?
- How did my body or mood feel before and after?
- What was calming or energizing about being outside?
- Did anything surprise me? Would I do it again?

You can journal, draw, voice-record your thoughts, or create a collage of your outdoor moments.



Share A Talent

Share one of your skills or talents with someone else—either in person or online. It's about being brave, generous, and proud of what you enjoy or do well.

PLAN

- What skill or talent do I want to share?
- (e.g., a drawing, a performance, a trick, helping with something I know how to do)
- Who will I share it with—and how?
- (in person, video call, social post, recorded video?)
- How do I want them to feel when I share it?
- What do I need to feel confident? (Practice? A quiet space? Support?)

DO

Perform, present, or teach your skill with care and enthusiasm. Try to notice:

- How you feel before and after
- The reactions of the person or people you share it with
- Anything that surprised or challenged you

Tip: Snap a picture, record it, or reflect in a journal to capture the moment.

REVIEW

- What did I share, and what happened?
- What felt easy or challenging about showing my talent?
- What feedback did I get, and how did it make me feel?
- Would I want to share this again—or teach someone else?



Make Or Cook Something New

Try out a new recipe, treat, or food creation—and use it as a way to explore culture, creativity, or a memory.

PLAN

- What dish am I curious to try?
- (Something new, something from Culture Day, or from a country I'd love to visit?)
- Will I cook, bake, or go no-cook?
- (Ideas: overnight oats, energy balls, layered sandwiches, smoothie bowls)
- What ingredients do I need?
- Am I cooking solo or with someone else?

Optional: Search your recipe name with the destination—e.g., “Moroccan mint tea recipe”—and see what stories or traditions pop up!

DO

Make your dish with care and curiosity. While preparing or tasting, notice:

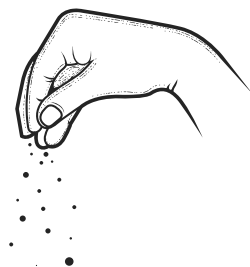
- What smells, sounds, or textures feel interesting?
- Does the dish remind you of anything—a place, person, or story?

Take a quick photo or create a menu card if you're presenting it to others!

REVIEW

Reflect using 1–2 of these prompts:

- How did it go—did it turn out as expected?
- What did I learn about the food, culture, or myself while making it?
- Would I make it again, change something, or try a twist next time?
- What does food mean to me—comfort, exploration, tradition?



Cultural Exploration

Choose a country you've always dreamed of visiting and create a personal project that explores its unique culture, food, fashion, and attractions.

PLAN

Before you begin:

- Which country are you choosing—and why does it fascinate you?
- (Is it from a film, book, game, or family story?)
- What will your final project look like?
- (A poster? Slideshow? Travel guide? Mini video? Journal?)
 - What topics will you explore? Traditional and popular foods
 - Clothing and cultural style
 - Climate and natural environment
 - Famous landmarks and hidden gems
 - Language, customs, or celebrations
 -

Optional: Pick a theme like “Food Tour,” “Wild Wonders,” or “Through a Local’s Eyes.”

DO

Research and create using books, trusted websites, and your imagination.

You could:

- Design a menu or “food passport” of dishes
- Draw or collage outfits worn in different seasons or festivals
- Create a weather diary comparing your home to theirs
- Plan a dream 3-day itinerary with maps and travel tips
- Invent your own souvenir or tourist gift!

REVIEW

When you're done, reflect:

- What did I learn that surprised or excited me most?
- How does this place compare to where I live?
- If I visited, what would I want to see or experience first?
- What did I enjoy most about making this project?



Reflections

Looking Back: My Summer Reflections

Add 1–2 pictures of an activity or moment you're proud of. Then reflect on the questions below:

Achievement Highlights

- What are three things I accomplished or experienced this summer that made me feel proud?
- 1.
- 2.
- 3.
- Why do these moments stand out to me?
- What effort, mindset, or choices helped me succeed or enjoy them?

Learning About Myself

- What did I learn about how I like to learn, create, or spend time?
- What strengths did I notice in myself this summer?
- What surprised me about how I handled challenges or new situations?

Looking Ahead

- What's something new I'd like to try based on what I discovered about myself?
- How might I build on my proudest moments next term or next holiday?
- What kind of support or habits could help me make it happen?



Please bring your three completed home learning activities to form time during the first week back at school. You'll have a chance to share your experiences with your peers, and your form tutor will provide evidence towards Strand 3 of your Baccalaureate.

