



Gulval's Golden 50!

50 Challenges 'Gulval style' for you to enjoy together at home this summer. Do as little of as much as you like, we'll look forward to sharing some of your favourites when we meet in September. Have fun!

Count to 5 in a different language.	Learn to say your home address.	Help with the washing	Plant and grow some flowers or vegetables.	Do something funny, enjoy how it feels to laugh.	Draw something that is special to you.	Wild Art – create art from sticks, stones etc.	Learn the Makaton sign for 'hello'.	Make a happy face using resources from nature.	Turn a bedsheet into a parachute.
Bird Watching – How many species can you identify?	Draw your friend a picture.	Bake a delicious cake.	Enjoy a board or card game with family.	Make a mud creation in your garden or a sand sculpture on a beach.	Create a map of your house or garden or bedroom.	Cloud watching – describe what you can see!	Create some art we could share in a care home.	Have a dance off with a grown up.	Do the washing up.
Get to know a tree – sketch it, measure it, take a crayon rubbing.	Create a treasure hunt around your house and garden.	Wash the Car or a bike.	Sing a song (perform it for your family)	Go outside, what can you hear and see?	Will it float or sink? (Have bath time fun!)	Cook breakfast, lunch or dinner.	Read a book in your favourite place.	Build a Den.	Tidy your bedroom.
Learn to say hello in another language.	Watch the sunrise or sunset.	Tidy a room in your house.	Make a sandwich with an unusual filling.	Plan an adventure for the future.	Perform a joke.	Enjoy some stargazing.	Hula, skip or juggle.	Make an instrument and enjoy playing it.	Get changed into your PE kit on your own.
Try on your school uniform.	Write a shopping list.	Listen to your favourite song and dance together.	How many hops can you do in a minute?	Science: Put plastic toys in a container, fill it with water and freeze it.	Create an obstacle course.	Create a junk modelling piece of art.	Create an indoor garden.	Conduct a super science experiment.	Draw a picture for your teacher.

