

**100**

**ADVENTURES**

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**TO**

**COMPLETE**

---

**BEFORE YOU**

**FINISH**

**JUNIOR SCHOOL**



NAME: \_\_\_\_\_



Dear Girls,

Welcome to our Junior School.

As you journey through our Junior School, I would like to challenge you to have a go at the 100 adventures we have designed for you in this booklet.

These adventures are **not** compulsory, but they are lots of fun!



Play, and being outside in nature  
are such an important part of  
your learning and growth.

Through these adventures you  
will learn about yourself, others  
and your environment.

So, have a go!

Play, explore and learn.



Mrs Brown



1

# CLIMB A HUGE HILL



2

R  
O  
L  
L  
B  
A  
C  
K  
D  
O  
W  
N





3

**Climb a tree**

4

**Explore a park**



Write a letter to  
someone you admire.  
Explain how they  
influenced you



6

STARGAZE



7

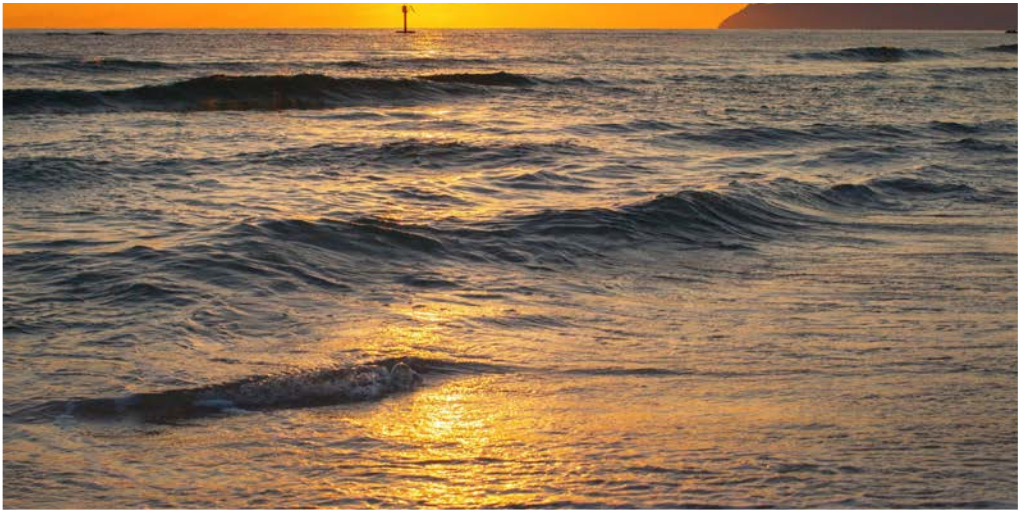
CAMP OUTDOORS





8

# GET UP FOR THE SUNRISE



9

# CATCH A CRAB THEN LET IT GO





10

**Go cloud  
watching**



**Watch the sky  
change from  
day to night**

11





12

TAKE A FRIEND ON A  
NATURE ADVENTURE



13

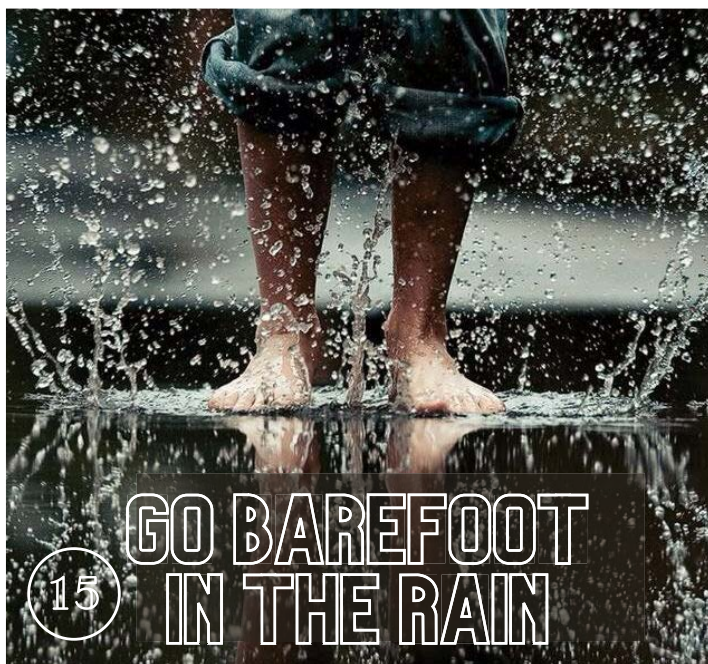
MAKE A DAISY CHAIN



14

FLY A KITE





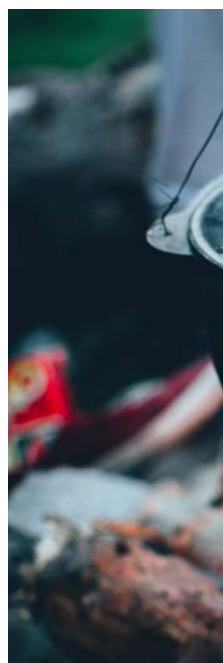
15

GO BAREFOOT  
IN THE RAIN



16

COOK ON A  
CAMPFIRE





DESCRIBE SOMEBODY YOU

*love*

ON ONE PAGE:

IN ONE WORD:



18

RAISE A

*Butterfly*

FROM A CATERPILLAR





EXPLORE THE WONDERS OF A  
ROCKPOOL



WHAT DID YOU FIND?

- 1.
- 2.
- 3.
- 4.
- 5.



## 20 CREATE WILD ART



## 21 HELP A PLANT GROW



22

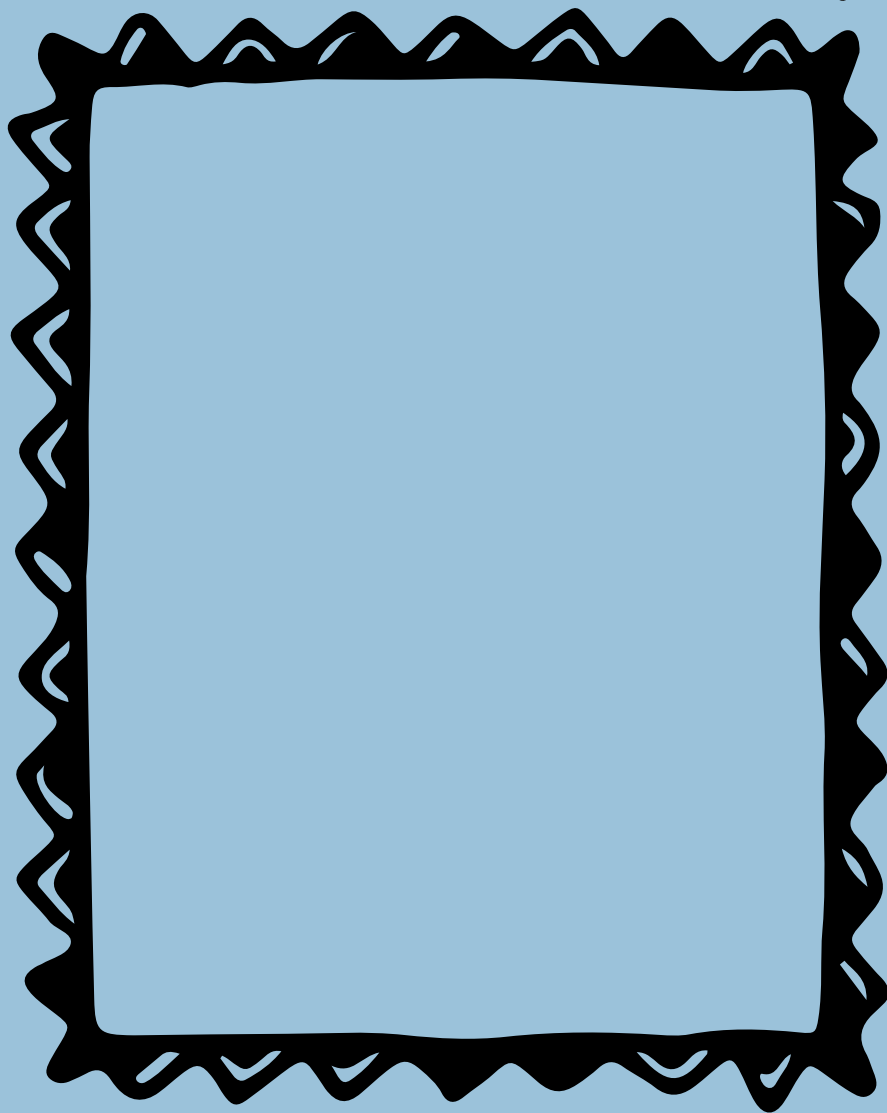
List all  
of your  
interests

23

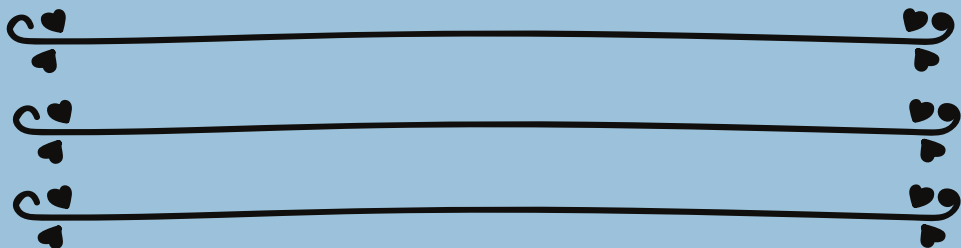
Write down  
everything  
you  
remember  
about a  
place  
you once  
visited



25 Draw a picture with your eyes shut



24 Write with your other hand!







26

Explore  
a cave

27

Make a home  
for wildlife



28

Create a  
fairy garden





29 EAT A PICNIC IN THE WILD



30 SWING ON A ROPE SWING





# Sit quietly outside and listen to the sounds around you



31

WHAT CAN YOU HEAR?

1.

2.

3.

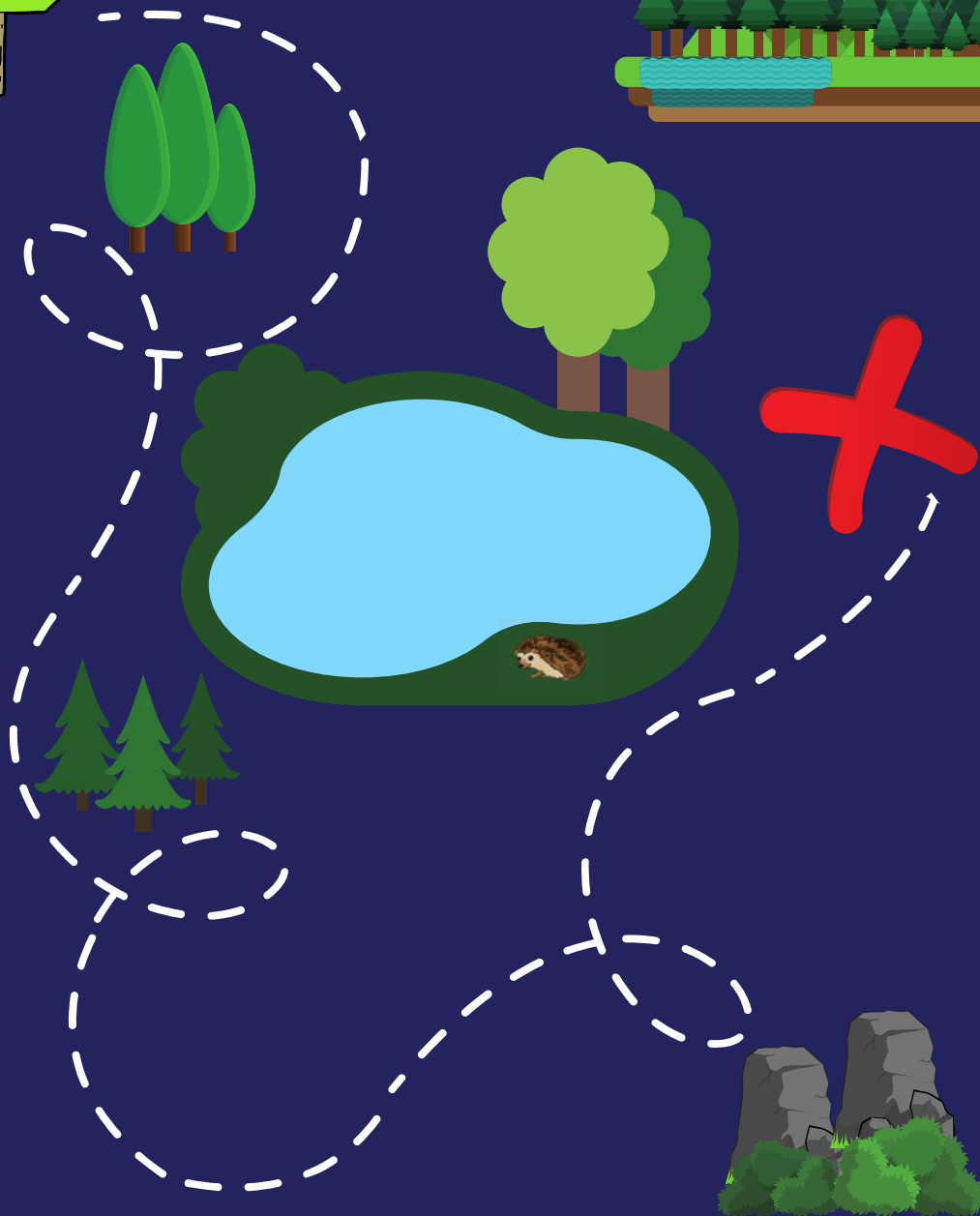
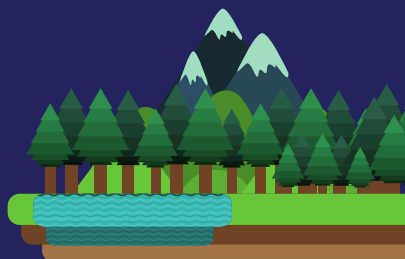
4.

5.



32

Go on a scavenger hunt





33



Build a pillow fort

34



Cook a meal for  
your family

35



Introduce yourself  
to a neighbour



*Ask someone older than  
you to describe the world  
before you were born*



37

Look at a map of where you live, find a place you've never been, go there.



38

Create your own outdoor game, invite 3 people to play it with you.

39

Do something you're scared of.

40

Make a paper plane that can fly 10m







41

Feed the ducks



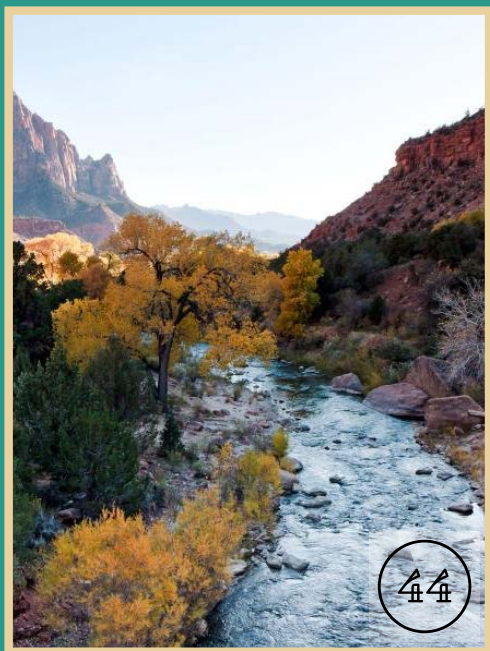
42

Skim a stone



43

Snorkel



44

Bush Walk



# Go to a petting zoo - learn about the animals

45



What did you learn?

- 1.
- 2.
- 3.
- 4.
- 5.



## 46 Do cartwheels in the sand



## Collect sea shells

47





48

# LEARN TO USE CHOPSTICKS



49

# COOK A MEAL FROM ANOTHER CULTURE





HAVE A  
CONVERSATION IN  
ANOTHER  
LANGUAGE

LEARN HOW TO  
SAY HELLO IN  
5 DIFFERENT  
LANGUAGES



52

Make artworks from nature



Draw your favourite tree

53

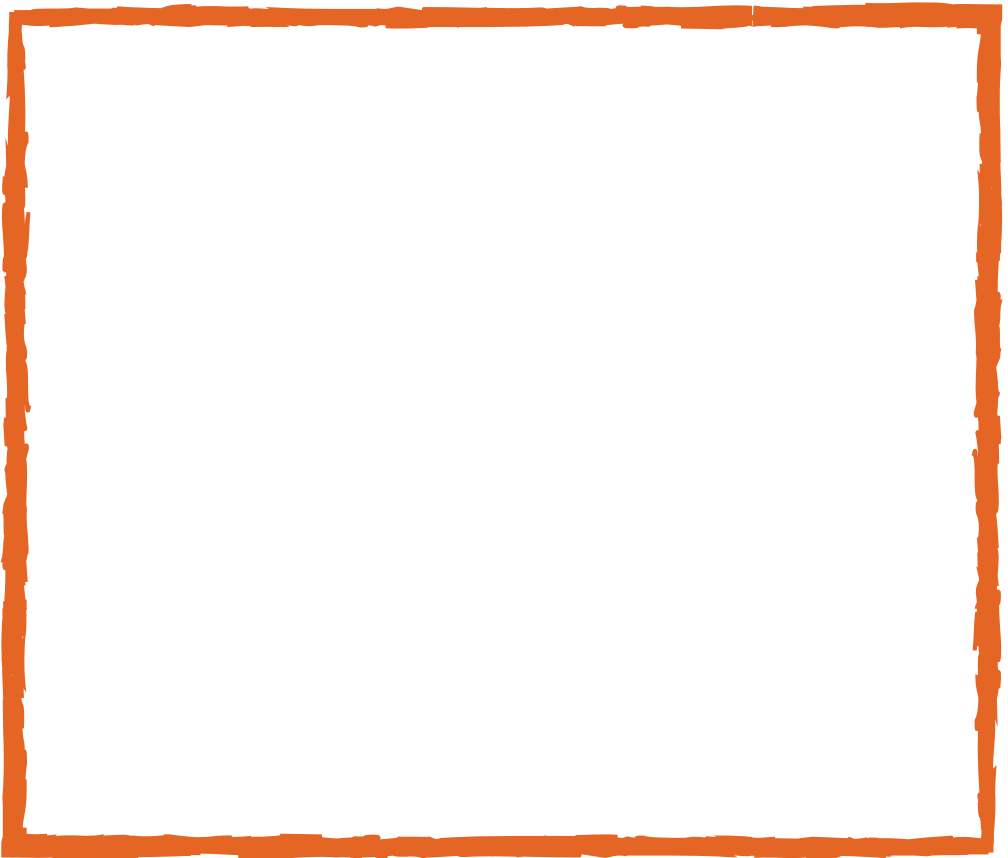


# Design your dream tree house



It must include:

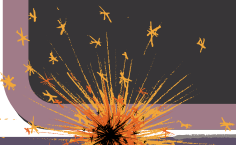
- A rock climbing wall
- A fireman's pole
- Monkey bars
- A hidden room
- A flying fox
- A sand pit underneath





55

Write words with  
sparklers



56

Look for shapes in  
the stars



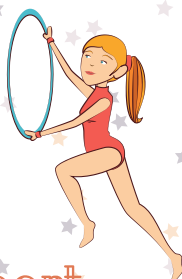


57 Do something positive and memorable



58 Make 6 new friends

59 Learn a new skill



60 Try a different sport

61 Make a campaign for something you're passionate about

62 Do something charitable



63 Be a good friend to someone in class



# HOLD A LEMONADE STAND



64



65

# EAT SOMETHING YOU GREW



# MAKE A GINGERBREAD HOUSE



66



67

# BAKE COOKIES WITH A FRIEND



# Make a dreamcatcher



What you'll need:

- Wooden craft hoop
- 2.5 meters lace or ribbon (colour optional)
- Craft feathers
- 2.5m thin rope (colour optional)
- Beads - variety of sizes and colours

Create your dreamcatcher!!!



69



**Take part  
in a beach  
clean up**

70



**Bury a  
friend in  
the sand**

71

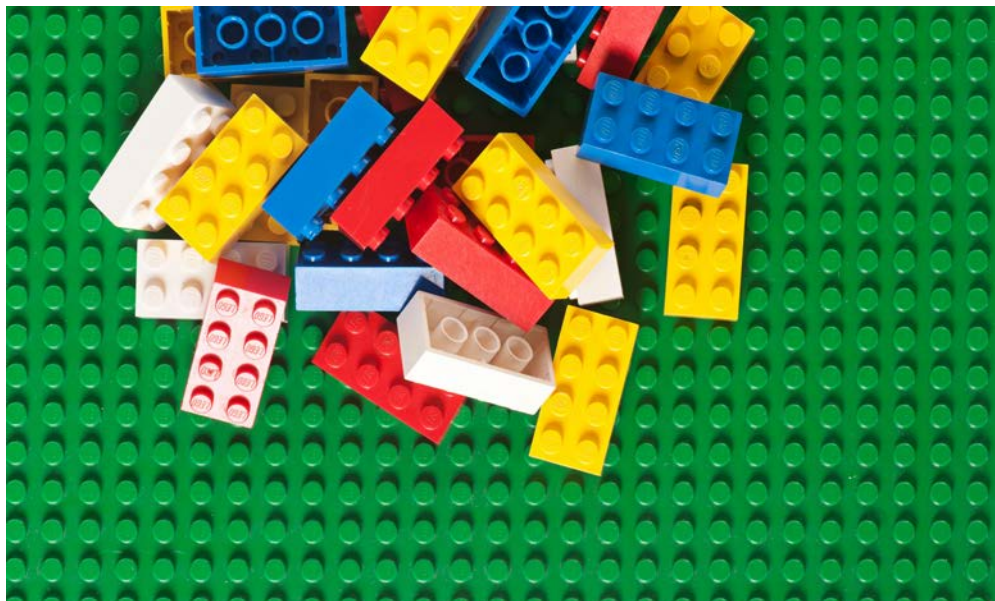


**Build  
a sand  
castle**



72

## ***MAKE A LEGO TOWER***



73

## ***VISIT A MUSEUM***





# ***MAKE A FINGER PUPPET***



74

# ***CREATE ORIGAMI SHAPES***



75



# GET TOGETHER FOR



PLAY SCRABBLE



PLAY MONOPOLY



PLAY GO FISH



PLAY UNO CARDS





81



Knit scarfs  
or blankets for  
the homeless

82



Invent something  
new and explain  
what it does

83



Make a snow angel

84



Play in the  
playground

85



Look for animals  
in the clouds

86



Show random  
kindness



89

Write words with sticks



87

Create a memory box



88

Make smores on a fire





90

## **INTERVIEW A FRIEND DISCOVER 3 THINGS YOU DIDN'T KNOW ABOUT THEM**

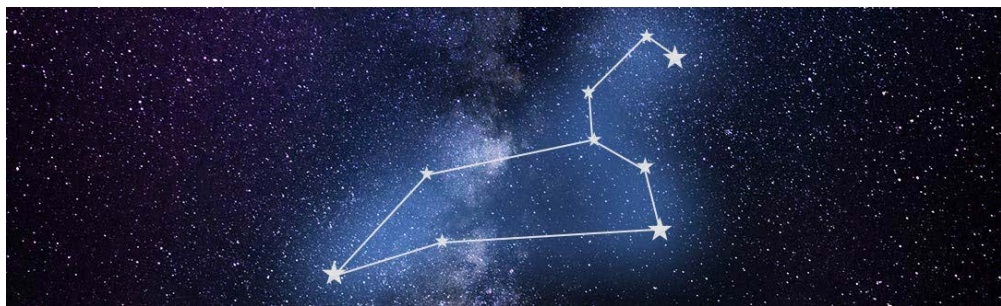
1.

2.

3.

91

## **CREATE YOUR OWN STAR CONSTELLATION**



92

## **DO SOMETHING YOUR PARENTS DID WHEN THEY WERE YOUNG**

93

## **CREATE YOUR OWN BOARDGAME**



94



MAKE UP A  
DANCE

DRAW WITH  
CHALK



95





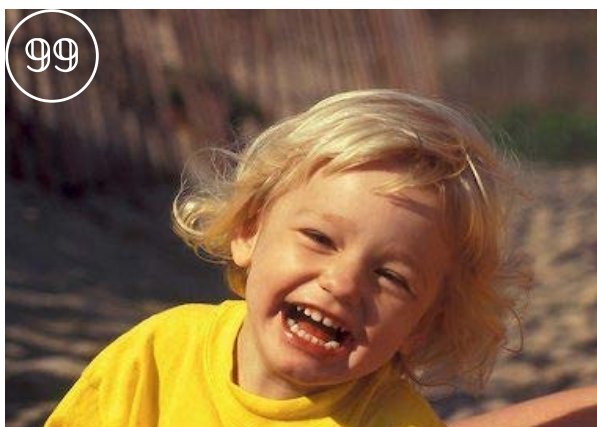
***Write a book***



***Read in the sun***



***Help someone younger***

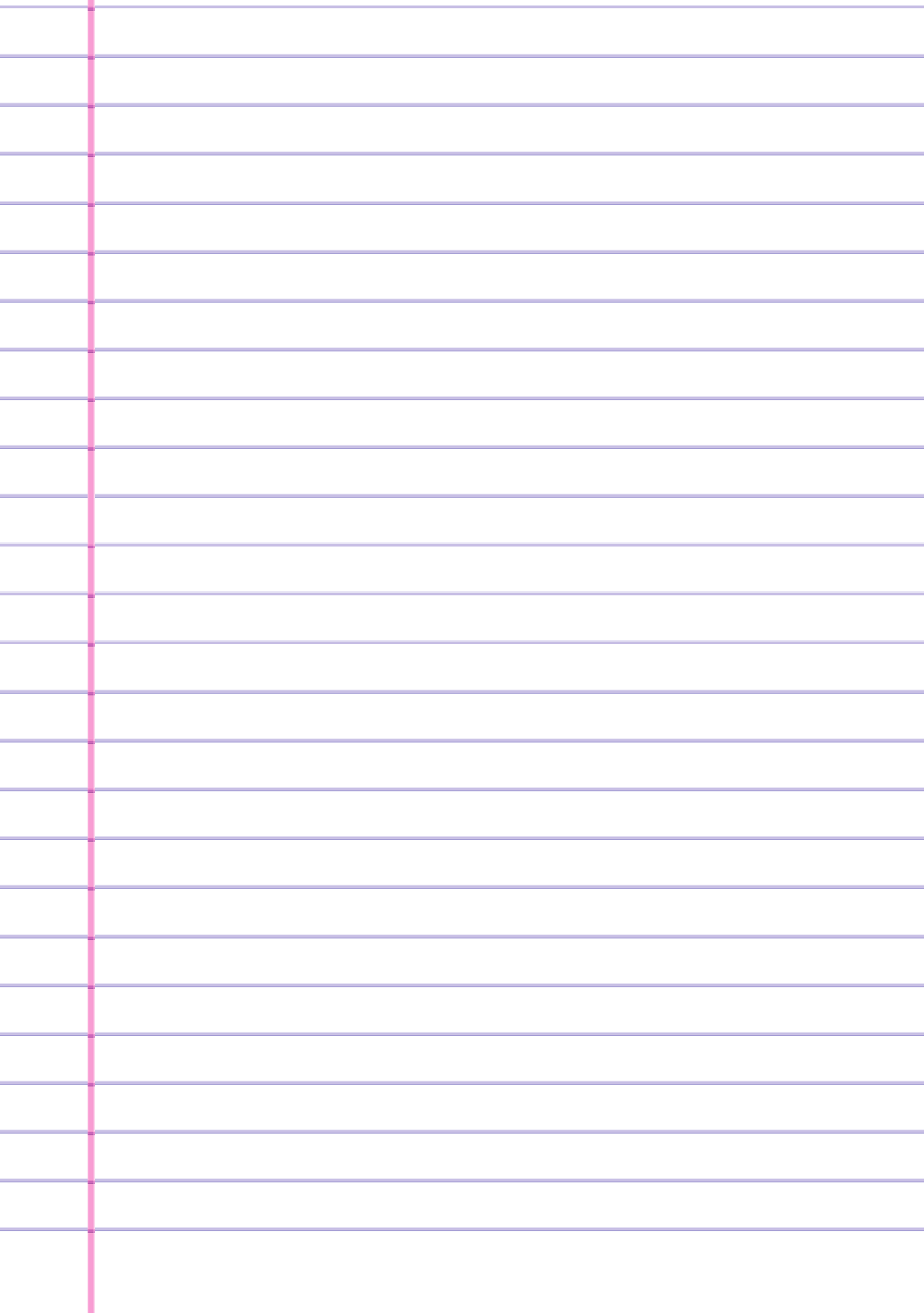


***L a u g h***



# WRITE YOUR OWN ADVENTURE







*Keep track of your  
completed adventures by  
colouring the boxes below*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



*How many Heidi's did you find?*



*Which was your favourite  
adventure?*

*Why was it your favourite  
adventure?*



# NOTES

Write anything about your adventures in the space below









*Pymble Ladies' College*