



Earn your Lockdown Badge and Unlock Your Potential

To achieve this badge, you will need to complete 5 pledges. Remember to collect your evidence as you go. This could be a piece of work, a photo, a screen shot, a positiveeref, or a written comment.

If you would like to create your own pledge during lockdown, please email Miss Applegate c.applegate@wildern.org with your idea

Once you have completed your pledges, you will need to ask a parent or carer to sign your evidence form and send it to: UYP@wildern.org

Pledges

Complete 5 core PE activities.

Create a new Wildern Attribute. Design a badge and a logo. Write a short description to explain why you feel this attribute is important.

For example:

Kindness. Kindness improves every community and brings people together. Doing good for others feels good. Showing **kindness** to others is just as rewarding as receiving it from someone else.



Complete three tasks to help around your home. You could cook a meal for your family, empty the dishwasher each day, or make someone a cup of tea if they are having a tough day.

Complete three wellbeing activities: take a walk, yoga, grow something in your garden,

Complete three Acts of Kindness. For example, write a letter to someone who might be on their own, make some food or create a handmade card to deliver to a neighbour...

Travel the world. Choose three new countries to visit, virtually, over the next few weeks.

Learn the things that are special about the new places you go to....

- What animals live there?
- What is special about the place and its people?
- What do they eat?
- Which continent is it?
- Identify its location on a map
- What is its climate like?
- Look at and draw the flag
- What other interesting facts did you learn?

Complete three reading challenges from the LRC. These will be shared throughout remote learning.

Year 8s - Complete all of Mrs Heath's year group quizzes during lockdown

Ask at least 2 teachers a week how they are doing or say hello or thank you after they have sent you feedback

Read a book, create and share a review of this book

Evidence form



Pledge:

Evidence:

Pledge:

Evidence:

Pledge:

Evidence:

Pledge:

Evidence:

Pledge:

Evidence:

Signed:

Parent/Guardian signature: