




The Bridge Trust
Fen Rivers

Activity Passport

Name: _____

Tutor: _____

KS3
KS4



Resilient



Your future self needs to be a resilient person, able to participate in (and learn from) new experiences, even when these challenge your assumptions or come with a risk of failure.

These activities will help you to develop your courage and become that person.

“Ever tried? Ever failed? No matter. Try again. Fail again. Fail better.”

Samuel Beckett

Activity

Date:

1. Eat something that you've have never tried before

2. Take part in a group presentation

3. Tell somebody something that you are scared of

4. Do something that scares you

5. Participate in indoor or outdoor rock climbing

6. Try yoga

7. Take part in a solo presentation

8. Abseil

9. Hold or pet an animal that scares you

10. Swim in the sea

11. Go coasteering

12. Ride a zip wire

13. Travel in a canoe

14. Try boxing or other martial art

15. Take part in a Duke of Edinburgh Award expedition

16. Order a meal in a restaurant

17. Take part in a mock interview

18. Take part in an interview for work experience or a college course

19. Speak to somebody you've never met before and introduce yourself

20. Complete a high ropes course



Daring

A better world begins with your ability to imagine it.

These activities will help you to develop your aspiration and become a person who dares to dream and to make better things happen.

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

Activity

		Date:
1. Decorate a room	<input type="checkbox"/>	<input type="text"/>
2. Collect litter in your local area	<input type="checkbox"/>	<input type="text"/>
3. Plant something and help it to grow	<input type="checkbox"/>	<input type="text"/>
4. Meet with the Headteacher and propose one idea to make your school better	<input type="checkbox"/>	<input type="text"/>
5. Visit a college or university	<input type="checkbox"/>	<input type="text"/>
6. Make something out of wood	<input type="checkbox"/>	<input type="text"/>
7. Write a poem or compose a piece of music	<input type="checkbox"/>	<input type="text"/>
8. Visit a city and use public transport	<input type="checkbox"/>	<input type="text"/>
9. Walk or run a mile	<input type="checkbox"/>	<input type="text"/>
10. Walk to the top of a hill	<input type="checkbox"/>	<input type="text"/>
11. Learn a new skill	<input type="checkbox"/>	<input type="text"/>
12. Learn to play a tune on a musical instrument	<input type="checkbox"/>	<input type="text"/>
13. Write and send an e-mail to a “future you”	<input type="checkbox"/>	<input type="text"/>
14. Create a work of art	<input type="checkbox"/>	<input type="text"/>
15. Display an artwork as part of an exhibition	<input type="checkbox"/>	<input type="text"/>
16. Visit a museum	<input type="checkbox"/>	<input type="text"/>
17. Read a novel	<input type="checkbox"/>	<input type="text"/>
18. Go to the theatre	<input type="checkbox"/>	<input type="text"/>
19. Swim 100 metres	<input type="checkbox"/>	<input type="text"/>
20. Complete the “Focus Five” challenge	<input type="checkbox"/>	<input type="text"/>



Reflective

Integrity means doing the right thing, even when nobody's watching.
Our future selves will always do what is right, rather than what is easy,
then, reflect on it!

These activities will help you to prove your integrity and become a person who
believes in always doing the right thing.

"I've learned many things in my life. What never fails is integrity, consistency and loyalty."

Bahiyah Shabazz

Activity

Date:

1.	Stand up for somebody who is being bullied	<input type="checkbox"/>	<input type="text"/>
2.	Do a "random act of kindness" for somebody who will never know that it was you	<input type="checkbox"/>	<input type="text"/>
3.	Raise money on behalf of a charity	<input type="checkbox"/>	<input type="text"/>
4.	Write a letter of apology	<input type="checkbox"/>	<input type="text"/>
5.	Volunteer for something	<input type="checkbox"/>	<input type="text"/>
6.	Set 3 targets for yourself and stick to them for a week	<input type="checkbox"/>	<input type="text"/>
7.	Improve your attendance by at least 4 percentage points per term, for one term	<input type="checkbox"/>	<input type="text"/>
8.	Improve your attendance by at least 4 percentage points per term, for two terms	<input type="checkbox"/>	<input type="text"/>
9.	Improve your attendance by at least 4 percentage points per term, for a whole year	<input type="checkbox"/>	<input type="text"/>
10.	Hand in some lost property	<input type="checkbox"/>	<input type="text"/>
11.	Take part in a restorative meeting	<input type="checkbox"/>	<input type="text"/>
12.	Share information which keeps somebody safe	<input type="checkbox"/>	<input type="text"/>
13.	Set 3 targets for yourself and stick to them for a term	<input type="checkbox"/>	<input type="text"/>
14.	Set 3 targets for yourself and stick to them for 2 terms	<input type="checkbox"/>	<input type="text"/>
15.	Set 3 targets for yourself and stick to them for a whole school year	<input type="checkbox"/>	<input type="text"/>
16.	Take part in a debate on an issue you care about	<input type="checkbox"/>	<input type="text"/>
17.	Speak out when you see something unfair	<input type="checkbox"/>	<input type="text"/>
18.	Challenge somebody who is causing damage	<input type="checkbox"/>	<input type="text"/>
19.	Make a stand for one of our character values	<input type="checkbox"/>	<input type="text"/>
20.	Admit to being wrong about something	<input type="checkbox"/>	<input type="text"/>

Curious



Curiosity and Comradeship is bigger than friendship. It means understanding that we are stronger when we stand together; it means being loyal to something larger than yourself.

These activities will help you to develop your comradeship and explore curiosities.

“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

Oprah Winfrey

Activity

Date:

1. Play a sport as part of a team	<input type="checkbox"/>	<input type="text"/>
2. Stand up for somebody who is being bullied	<input type="checkbox"/>	<input type="text"/>
3. Say thank you to somebody	<input type="checkbox"/>	<input type="text"/>
4. Write to somebody and tell them what you value most about them	<input type="checkbox"/>	<input type="text"/>
5. Help somebody else to learn a new skill	<input type="checkbox"/>	<input type="text"/>
6. Lead an environmental/recycling initiative at the academy	<input type="checkbox"/>	<input type="text"/>
7. Cook a meal outdoors as part of a team	<input type="checkbox"/>	<input type="text"/>
8. Go orienteering with a group of people	<input type="checkbox"/>	<input type="text"/>
9. Make an outdoor shelter as part of a group	<input type="checkbox"/>	<input type="text"/>
10. Take part in a peaceful protest	<input type="checkbox"/>	<input type="text"/>
11. Volunteer for a community event or project	<input type="checkbox"/>	<input type="text"/>
12. Support a new student's induction into the Burton Academy	<input type="checkbox"/>	<input type="text"/>
13. Help another student to improve their grade on a piece of work	<input type="checkbox"/>	<input type="text"/>
14. Attend a difficult meeting with somebody who is worried about taking part	<input type="checkbox"/>	<input type="text"/>
15. Visit a place of worship for members of another faith or religion	<input type="checkbox"/>	<input type="text"/>
16. Visit a residential home for older people and have a cup of tea and a chat with someone	<input type="checkbox"/>	<input type="text"/>
17. Train as a first aider	<input type="checkbox"/>	<input type="text"/>
18. Create and display a poster for a community cause that you believe in	<input type="checkbox"/>	<input type="text"/>
19. Organise a celebration for somebody	<input type="checkbox"/>	<input type="text"/>
20. Complete the "Jubilee Challenge"	<input type="checkbox"/>	<input type="text"/>

PERSONAL CHALLENGES

"If it doesn't challenge you, it can't change you."

In the spaces below, list activities which you believe will help you to develop the skills you need to become the best you can be..

Activity

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