



School GEMs activities. All to be completed		
Activity	Date Achieved	Signed
Take part in road safety activities		
Learn about having a healthy life style		
Visit a church		
Form links with older children		
Visit a cinema or theatre		
Make a grass trumpet		
Pick blackberries in the wild		
Eat an apple straight form a tree		
Visit a supermarket		

Home GEMs activities. Choose from . . .					
Activity	Date Achieved	Signed	Activity	Date Achieved	Signed
Climb a tree (with adult supervision)			Hunt for fossils and bones		
Roll down a big hill (with adult supervision)			Make your own natural treasure hunt		
Skim a stone across water			Explore a cave with an adult		
Catch a falling leaf			Track wild animals		
Jump over waves			Fly a kite		
Go on a really long bike ride			Check out the crazy creatures in a rock pool		
Join a club outside of school			So swimming in the sea		
See or participate in a live sporting event			Canoe down a river/make a mini raft		
Plant, grow and eat your own food			Camp out in the wild with an adult		
Dam a stream			Find a geocache - item hidden at a secret location whose clues and co-ordinates have been posted on the internet		
Catch a fish with a net			Run through some long grass		
Play pooh sticks			Go stargazing		
Watch a sunset			Watch a sunrise		
Explore inside a tree			Learn to ride a horse		
Go on a barefoot walk			Cook a healthy meal.		