



# Challenge card summary

Categories: Gratitude Care for the environment Giving School community;  
 Kindness New friends Doing the right thing

<p><b>1</b> </p> <p>Write or draw a list of 10 things you are grateful for</p>	<p><b>2</b> </p> <p>Sit next to someone you don't normally sit with at lunchtime</p>	<p><b>3</b> </p> <p>Have a book swap in your class</p>	<p><b>4</b> </p> <p>Let people go ahead of you all day</p>	<p><b>5</b> </p> <p>Offer to carry someone else's bag into school</p>	<p><b>6</b> </p> <p>Start a scrap paper pile for drawing to save paper</p>	<p><b>7</b> </p> <p>Leave an encouraging note for someone</p>	<p><b>8</b> </p> <p>Clear up after someone else's lunch</p>
<p><b>9</b> </p> <p>Write a thank you note to the lunchtime or reception staff</p>	<p><b>10</b> </p> <p>Walk to school or park your car further away</p>	<p><b>11</b> </p> <p>Ask your grown-up about their day on your way home or at teatime</p>	<p><b>12</b> </p> <p>Find out the names of three people you haven't met before in school</p>	<p><b>13</b> </p> <p>Litter pick around the school</p>	<p><b>14</b> </p> <p>Leave your grown-up a surprise note or picture before you leave for school</p>	<p><b>15</b> </p> <p>Try to chat to someone you haven't spoken to in a while</p>	<p><b>16</b> </p> <p>Bring in a donation for the local foodbank from your cupboard at home</p>
<p><b>17</b> </p> <p>Say thank you to your teacher for teaching you</p>	<p><b>18</b> </p> <p>Congratulate others when they do well</p>	<p><b>19</b> </p> <p>Help return lost property to the right owner</p>	<p><b>20</b> </p> <p>Leave the classroom as tidy and clean as you can</p>	<p><b>21</b> </p> <p>Make a class introduction pack in case anyone new starts during the year or for next year's class</p>	<p><b>22</b> </p> <p>Give somebody a nice compliment</p>	<p><b>23</b> </p> <p>Be the first to say sorry</p>	<p><b>24</b> </p> <p>Try to find out about what life is like for children in a poorer country</p>
<p><b>25</b> </p> <p>Be brave by trying something you find hard</p>	<p><b>26</b> </p> <p>Hold the door open for someone</p>	<p><b>27</b> </p> <p>Say a nice thing about someone to somebody else</p>	<p><b>28</b> </p> <p>Save energy by turning off the lights when you leave a room</p>	<p><b>29</b> </p> <p>Follow instructions without complaining</p>	<p><b>30</b> </p> <p>Say thank you to someone in your class</p>	<p><b>31</b> </p> <p>Don't interrupt; listen carefully instead</p>	<p><b>32</b> </p> <p>Invite somebody new to join in with your game</p>
<p><b>33</b> </p> <p>Try to avoid using any plastic that you throw in the bin, like straws</p>	<p><b>34</b> </p> <p>Play with a child from another year group</p>	<p><b>35</b> </p> <p>Find out how your class could help a local charity</p>	<p><b>36</b> </p> <p>Find out something new about somebody</p>	<p><b>37</b> </p> <p>Give someone a nice surprise</p>	<p><b>38</b> </p> <p>Talk to people in your class about their favourite thing about school</p>	<p><b>39</b> </p> <p>Ask how you can help out at school</p>	<p><b>40</b> </p> <p>Make posters about your school values to display</p>



## Categories

Use the challenge cards to play category bingo, providing certificates for pupils who complete a whole category, or you could use the categories to divide the challenges among the class.

### Gratitude

1	Write or draw a list of 10 things you are grateful for	Gratitude	<input checked="" type="checkbox"/>
9	Write a thank you note to the lunchtime or reception staff	Gratitude	<input checked="" type="checkbox"/>
17	Say thank you to your teacher for teaching you	Gratitude	<input checked="" type="checkbox"/>
30	Say thank you to someone in your class	Gratitude	<input checked="" type="checkbox"/>
38	Talk to people in your class about their favourite thing about school	Gratitude	<input checked="" type="checkbox"/>

### Care for the environment

6	Start a scrap paper pile for drawing to save paper	Care for the environment	<input checked="" type="checkbox"/>
10	Walk to school or park your car further away	Care for the environment	<input checked="" type="checkbox"/>
13	Litter pick around the school	Care for the environment	<input checked="" type="checkbox"/>
28	Save energy by turning off the lights when you leave a room	Care for the environment	<input checked="" type="checkbox"/>
33	Try to avoid using any plastic that you throw in the bin, like straws	Care for the environment	<input checked="" type="checkbox"/>

### Giving

3	Have a book swap in your class	Giving	<input checked="" type="checkbox"/>
16	Bring in a donation for the local foodbank from your cupboard at home	Giving	<input checked="" type="checkbox"/>
35	Find out how your class could help a local charity	Giving	<input checked="" type="checkbox"/>
37	Give someone a nice surprise	Giving	<input checked="" type="checkbox"/>

### School community

8	Clear up after someone else's lunch	School community	<input checked="" type="checkbox"/>
19	Help return lost property to the right owner	School community	<input checked="" type="checkbox"/>
20	Leave the classroom as tidy and clean as you can	School community	<input checked="" type="checkbox"/>
21	Make a class introduction pack in case anyone new starts during the year or for next year's class	School community	<input checked="" type="checkbox"/>
39	Ask how you can help out at school	School community	<input checked="" type="checkbox"/>
40	Make posters about your school values to display	School community	<input checked="" type="checkbox"/>

## ★ Kindness

4	Let people go ahead of you all day	Kindness	<input checked="" type="checkbox"/>
5	Offer to carry someone else's bag into school	Kindness	<input checked="" type="checkbox"/>
7	Leave an encouraging note for someone	Kindness	<input checked="" type="checkbox"/>
11	Ask your grown-up about their day on your way home or at teatime	Kindness	<input checked="" type="checkbox"/>
14	Leave your grown-up a surprise note or picture before you leave for school	Kindness	<input checked="" type="checkbox"/>
15	Try to chat to someone you haven't spoken to in a while	Kindness	<input checked="" type="checkbox"/>
22	Give somebody a nice compliment	Kindness	<input checked="" type="checkbox"/>
24	Try to find out about what life is like for children in a poorer country	Kindness	<input checked="" type="checkbox"/>
26	Hold the door open for someone	Kindness	<input checked="" type="checkbox"/>
27	Say a nice thing about someone to somebody else	Kindness	<input checked="" type="checkbox"/>

## ♥ New friends

2	Sit next to someone you don't normally sit with at lunchtime	New friends	<input checked="" type="checkbox"/>
12	Find out the names of three people you haven't met before in school	New friends	<input checked="" type="checkbox"/>
32	Invite somebody new to join in with your game	New friends	<input checked="" type="checkbox"/>
34	Play with a child from another year group	New friends	<input checked="" type="checkbox"/>
36	Find out something new about somebody	New friends	<input checked="" type="checkbox"/>

## ✓ Doing the right thing

18	Congratulate others when they do well	Doing the right thing	<input checked="" type="checkbox"/>
23	Be the first to say sorry	Doing the right thing	<input checked="" type="checkbox"/>
25	Be brave by trying something you find hard	Doing the right thing	<input checked="" type="checkbox"/>
29	Follow instructions without complaining	Doing the right thing	<input checked="" type="checkbox"/>
31	Don't interrupt; listen carefully instead	Doing the right thing	<input checked="" type="checkbox"/>



## Linking the challenges to British values and SMSC

Each challenge card has a link to one or more British value and one aspect of SMSC. 40acts is a brilliant way of providing pupils with a chance to show the impact of what they are learning and reflecting on during this time in their lives. This would then provide impact evidence you could use to show Ofsted about how your school is supporting SMSC and British values.

	Challenge	Category	British values link	SMSC link
1	Write or draw a list of 10 things you are grateful for	Gratitude	Individual liberty	Willingness to reflect on their experiences
2	Sit next to someone you don't normally sit with at lunchtime	New friends	Mutual respect, Tolerance	Use a range of social skills
3	Have a book swap in your class	Giving	Individual liberty	Willingness to participate in and respond positively to cultural opportunities
4	Let people go ahead of you all day	Kindness	Democracy, Mutual respect	Use a range of social skills
5	Offer to carry someone else's bag into school	Kindness	Mutual respect	Use a range of social skills
6	Start a scrap paper pile for drawing to save paper	Care for the environment	Rule of law, Mutual respect	Understanding of the consequences of their behaviour and actions
7	Leave an encouraging note for someone	Kindness	Mutual respect	Use a range of social skills
8	Clear up after someone else's lunch	School community	Rule of law, Mutual respect	Use a range of social skills
9	Write a thank you note to the lunchtime or reception staff	Gratitude	Mutual respect	Use a range of social skills
10	Walk to school or park your car further away	Care for the environment	Individual liberty	Understanding of the consequences of their behaviour and actions
11	Ask your grown-up about their day on your way home or at teatime	Kindness	Mutual respect	Use a range of social skills
12	Find out the names of three people you haven't met before in school	New friends	Tolerance	Use a range of social skills
13	Litter pick around the school	Care for the environment	Rule of law, Mutual respect	Willingness to participate in volunteering
14	Leave your grown-up a surprise note or picture before you leave for school	Kindness	Mutual respect	Use of imagination or creativity
15	Try to chat to someone you haven't spoken to in a while	Kindness	Mutual respect	Use a range of social skills
16	Bring in a donation for the local foodbank from your cupboard at home	Giving	Democracy	Willingness to participate in volunteering
17	Say thank you to your teacher for teaching you	Gratitude	Mutual respect	Use a range of social skills
18	Congratulate others when they do well	Doing the right thing	Democracy, Mutual respect	Cooperating well with others
19	Help return lost property to the right owner	School community	Rule of law, Mutual respect	Cooperating well with others
20	Leave the classroom as tidy and clean as you can	School community	Rule of law, Mutual respect	Willingness to participate in volunteering
21	Make a class introduction pack in case anyone new starts during the year or for next year's class	School community	Democracy, Tolerance	Understanding and appreciation of the range of different cultures within school

22	Give somebody a nice compliment	Kindness	Mutual respect	Use a range of social skills
23	Be the first to say sorry	Doing the right thing	Rule of law, Mutual respect	Being able to resolve conflicts effectively
24	Try to find out about what life is like for children in a poorer country	Kindness	Democracy, Tolerance	Interest in exploring different religious, ethnic and socioeconomic groups in the local, national and global communities
25	Be brave by trying something you find hard	Doing the right thing	Individual liberty	Develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain
26	Hold the door open for someone	Kindness	Mutual respect	Use a range of social skills
27	Say something nice about someone to another person	Kindness	Mutual respect	Use a range of social skills
28	Turn off the lights when you leave a room	Care for the environment	Rule of law, Mutual respect	Understanding of the consequences of their behaviour and actions
29	Follow instructions without complaining	Doing the right thing	Rule of law, Mutual respect	Ability to recognise the difference between right and wrong
30	Say thank you to someone in your class	Gratitude	Mutual respect	Use a range of social skills
31	Don't interrupt; listen carefully instead	Doing the right thing	Rule of law, Mutual respect	Use a range of social skills
32	Invite somebody new to join in with your game	New friends	Democracy, Tolerance	Cooperating well with others
33	Try to avoid using any plastic that you throw in the bin, like straws	Care for the environment	Rule of law	Understanding of the consequences of their behaviour and actions
34	Play with a child from another year group	New friends	Tolerance	Cooperating well with others
35	Find out how your class could help a local charity	Giving	Democracy	Interest in exploring different religious, ethnic and socioeconomic groups in the local, national and global communities.
36	Find out something new about somebody	New friends	Individual liberty, Tolerance	Sense of enjoyment and fascination in finding out about others
37	Give someone a nice surprise	Giving	Mutual respect	Use a range of social skills
38	Talk to people in your class about what they really like about school	Gratitude	Democracy, Individual liberty, Mutual respect	Willingness to reflect on their experiences
39	Ask how you can help out at school	School community	Mutual respect	Willingness to participate in volunteering
40	Make posters about your school values to display	School community	Democracy, Rule of law	Develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain