

MY ACTIVE SUMMER MEMORY BOX

A memory box is a bit like a treasure box - a place where you put things you want to keep because they remind you of something special.



You will need: • shoebox
• wrapping paper
• scissors • tape • markers
• glue • decorations such as stickers, glitter and sequins



Cover the shoebox and lid with colourful wrapping paper and glue or tape it into place. Then decorate the box with markers, glitter, sequins and more.



Now that your box is ready, take a look at the list of challenges and have fun collecting the items for your active summer memory box.

First, follow the simple instructions to make your own memory box. Then, take up the challenges one at a time. Every time you complete a challenge, tick it off the list and put the item you collect into your memory box. At the end of the summer, have fun looking back at what you have done!

Active summer challenges

Be a swimmer for a day.
Collect an entry ticket for your local swimming pool.



Be an explorer for a day.
Collect a colourful leaf, a pine cone and a funny-shaped stone from your local park.



Be a gardener for a day.
Collect the seeds that are left over from vegetables you grow over the summer. Have a look at www.greatgrubclub.com for a list of fruits and vegetables that you can easily grow at home.



Be a dancer for a day.
Put together a dance routine and collect the music CD you danced to.



Be an artist for a day.
Draw or paint your favourite summer sport or healthy summer food.



Be a chef for a day.
Ask an adult to help you cook something special for your friends and collect the recipe you used. For some tasty recipes take a look at www.greatgrubclub.com.



Be a writer for a day.
Write a short story about something special that has happened during the summer.



Lots more to do at www.greatgrubclub.com