



Testbourne Community School

Personal Development Summer Challenge

👋 Passport to Year 7: Summer Challenge for Personal Development 🌈

Week 1: All About Me

- 🧠 Personal Challenge: Create a “Who Am I?” poster using paper, magazines, drawings, or words. Include your strengths, hobbies, and dreams.
 - 🎨 Fun Challenge: Draw a personal logo or a superhero version of yourself using pencils, crayons, or paints.
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Week 2: Confidence Boost

- 🗣️ Personal Challenge: Practice introducing yourself to someone new in person — a family member you don’t see often, a neighbour, or a friend.
 - 📅 Fun Challenge: Write a short diary entry or letter to your future self about what you're excited or nervous about for Year 7.
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Week 3: Independence Week

- 🍳 Personal Challenge: Learn a new task at home like making your own lunch, folding laundry, or setting the table.
 - 🍳 Fun Challenge: Cook or bake something with a grown-up’s help. Afterwards, draw a picture of your dish and give it a star rating!
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Week 4: Kindness Counts

- ❤️ Personal Challenge: Do 3 random acts of kindness (like helping someone, giving a compliment, or tidying up) and write about how each one made you feel.
 - 📝 Fun Challenge: Make a “Kindness Jar” by decorating a jar and filling it with handwritten notes of kind things to do for others.
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Week 5: Get Active

- 🏃 Personal Challenge: Try a new physical activity like skipping, yoga, dancing, or a nature walk.
 - 🖼️ Fun Challenge: Draw a comic strip or picture diary showing your active adventures this week.
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Week 6: Ready, Set, Year 7!

- 🎒 Personal Challenge: Pack a pretend school bag with everything you think you’ll need and act out your morning routine.
- ✂️ Fun Challenge: Use paper, cardboard, or craft supplies to design your dream Year 7 classroom or school.