## Journey Awards

## **#TEAMCallington - Year 10**

The things we do outside of the classroom can help us to better understand and enjoy what we learn inside of the classroom. By achieving a Journey Award, you will develop skills, ideas and hobbies that will help you in school and throughout your life. You can do each challenge with friends, family or on your own. To receive a recognition for a completed challenge, you must provide evidence to your tutor (this can be a photo, a letter from a parent, a piece of writing or a discussion with your tutor).

BRONZE Journey Award – complete FIVE challenges
SILVER Journey Award – complete TEN challenges
GOLD Journey Award – complete TWENTY challenges



PLATINUM JOURNEY AWARD – complete at least THREE challenges in every category and show evidence that you have continued improving on your favourite challenges.

JOURNEY GUIDE AWARD – work as a Journey Guide within your tutor group. Share your experiences and help another person to complete a challenge.

	Award Category/Challenge	Tutor Signature
THINK AND DISCUSS: Are you ready to share your experiences and achievements?	Heritage  ★ Research an environmental issue and actively raise awareness in College  ★ Write a report on a local historical person  ★ Visit a museum (*SAFETY)  ★ Research the work of a local artist and share with your tutor  ★ Take a walking tour of Callington (*SAFETY)	
	<ul> <li>Wellbeing</li> <li>★ Organise or join in with a College charity event</li> <li>★ Complete a fitness calendar every day for a month</li> <li>★ Work through the Wheel of Strength</li> <li>★ Plan and cook a two course dinner</li> <li>★ Organise a bake-off with your tutor group or your family</li> <li>★ Play sports regularly</li> </ul>	
	<ul> <li>Discovery</li> <li>★ Ask a teacher to recommend a documentary or article related to your learning and watch or read with a family member or friend</li> <li>★ Borrow and read 5 books from the College library</li> <li>★ Learn how to fix something that is broken (document your progress)</li> <li>★ Sign up and complete an Energy Envoy project</li> <li>★ Read a book or an article about someone who is not like you</li> </ul>	

	Creativity		
Are you ready to share your nievements?	*	Invent a new recipe and trial it with family and friends	
	*	Develop and submit an article for International Writing Day (June 2023)	
	*	Take a screen break for two hours every day for a week	
	*	Find a daily 'thunk' and discuss with a friend	
	*	Take a pi <mark>cture of something that inspires you</mark>	
	Comr	nunity	
ρος	*	Write a formal letter to an official person about something you are	
o DISCUSS: es and act		pass <mark>iona</mark> te about	
		Bec <mark>ome</mark> an active subject ambassador	
		Take the lead on a class display or notice board	
		Represent the College (music/sport/drama)	
	*	Contribute to a display or notice board in College	
	Mindf		
	<b>*</b>	Learn a mindfulness/breathing technique and teach it to a family	
		member/friend	
<b>▼</b> ie		Learn some origami and make something for your favourite person	
<b>K</b>		Make an A-Z list of things that make you laugh	
<b>THINK AND</b> experienc	<b>*</b>	Write down five goals you want to achieve in year 10 and share with your	
~ m		tutor	
	<b>★</b>	Make a sensory box and fill it with things that feel good (e.g. a soft toy, a	
~		crunchy leaf or a smooth pebble)	

Of course, you may have done something that is not on this list, you can gain recognition for these. Simply write your hobbies/interests in the table below and discuss these with your tutor. You can combine your own activities with those above to achieve an award.

Activity	Award Category	Tutor Signature
		Signature