

Transition Passport Challenge Yourself

Complete the challenges one by one in this booklet. You can find the explanation for each challenge at <https://dreamseeds.org.au/kids/challenges/>.

Going into Year 7 is a fun, scary and exciting time. To help make you feel ready to transition to high school here are some tasks that will challenge you and your thinking. Can you complete them all?

Get a **'Challenge Yourself' certificate** to acknowledge all your hard work by sending your passport to the Dream Seeds team.

- Step 1: Complete all the challenges and fill in this passport booklet.
- Step 2: Send it to the Dream Seeds email at info@dreamseeds.org.au and the Dream Seeds Coordinator will stamp your passport and send you a certificate for all your hard work.

Good luck!

Prepared by Brady Cronin, July 2020



Learning from others

YOUR TASK: To talk to someone older than you.

View helpful instructions about the challenge before you start [here](#).

How did you go? Use the questions below to help you.

1. What were the highlights of their life?

2. How have they been involved in their community?

3. What were their favourite things to do growing up?

4. Why do they believe it is important to learn from a diverse range of people?

5. What is one piece of advice that they gave you?

6. Anything else that you learnt?



What is my place like?

YOUR TASK: To listen and notice how you experience your place.

View helpful instructions about the challenge before you start [here](#).

What could you see, hear, touch and smell? Write it below.

10 things I can see...

5 things I can hear...

3 things I can touch...

1 thing I can smell...

Do you notice anything else?



What will you achieve?

YOUR TASK: Set a goal for the week and achieve it.

View helpful instructions about the challenge before you start [here](#).

Did you manage to achieve it? *Let us know!*

What goal did you set yourself?

What did you find challenging?

Did you achieve it? How? If not, what do you need to work on to achieve it?

Anything else you want to let us know?



The future is in your hands

YOUR TASK: To imagine what the world could look like in the future.

View helpful instructions about the challenge before you start [here](#).

Draw your future below and send it to us!



Turn a challenge into something fun

YOUR TASK: To create an indoor Olympics

View helpful instructions about the challenge before you start [here](#).

How did you go? *Let us know what your Olympic events were below!*

What events did you create?

What was fun about creating an indoor Olympics?

What did you find challenging about the task?

Draw or take a picture of your Olympic events.



How do you manage challenges?

YOUR TASK: Write down how you manage challenging situations.

View helpful instructions about the challenge before you start [here](#).

How did you go? *How do you manage challenging situations?*

Three words that describe how you feel when you are happy are...

Three things you do when you are happy are...

Three words that describe how I feel when I face a tough challenge are...

Three things I do when I am faced with a tough challenge are...

How do you manage challenging situations?

What would you like to do differently to overcome a challenging situation?



Reward Myself

YOUR TASK: Celebrate your goal.

View helpful instructions about the challenge before you start [here](#).

How did you celebrate? Let us know how you went!

What are your top 5 favourite things to do?

How did you celebrate the last goal you reached?

Print out the trophy. Colour it in and write 3 things you are proud of yourself for.

