## Full Circle @ Dockland's Take 5

Speak to a teacher and learn why they became a teacher and how they got there

Take 5

Challenge

These are some examples of how you can complete the Take 5 challenge. Alternatively, think of your own tasks - The most creative and thoughtful submissions will win!!

Stand up for someone being bullied

Get to know one of

your existing friends

better and learn something new about them

Connect

Make a new

friend

Speak to another student in your class, vou do who not usually speak to

Spend your lunch

time challenging

friends to races



Speak out against bullying or discrimination

Help a teacher without being asked

change to your school

Make a

positive

Be Kind and give

Volunteer at a an afterschool club

Start a new campaign or project with your friends

musical instrument

> Learn a new language

Read a new book

Make someone feel better about themselves

Help another student with their homework

> Sit with someone new at lunch

Try something new

Join a new after school club

Get actively involved in school campaigns

Ask more questions about subjects that interest you

> Take a stand against bullying or discrimination

Take part in an after school activity

Be Active in school

**Encourage your** friends to play games at lunch

Make a list of five positive changes that could be made in the school

Take notice

Get actively involved in school campaigns

Spend your lunch time learning a new dance

Challenge your PE teacher to a race in lunchtime

Take part in after school drama club

Write a thank you note to teachers who have helped you this year

> Write an article about something positive going on in the school

Try playing a new