



Home Learning Missions

★ 1 Star Challenge

Gratitude Journal

Write down **three things that made you happy today** and draw a picture of one of them.

Kindness Challenge

Do **one kind thing for someone at home** and write about what you did and how it made you feel.

Recycling Detective

Find **five items at home that can be recycled** and make a list or draw them.

Nature Spotting

Go outside and **draw or take a photo of a plant or tree**. Write one sentence about why it's important.

Mindful Moment

Spend **5 minutes sitting quietly** and listening to the sounds around you. Write or draw what you noticed.

★ 2 Star Challenge ★

Gratitude List

Write down **five things you are thankful for this week** and explain why each one matters to you.

Acts of Kindness

Do **two kind things for people at home or school**. Write what you did and how it made you and them feel.

Recycling Challenge

Find **10 items at home that can be recycled**. Sort them into groups and draw or list them.

Nature Connection

Spend **10 minutes outside** observing plants, trees, or animals. Write a short paragraph about what you saw and why it's important.

Mindful Breathing

Spend **5 minutes doing slow breathing** (in for 4, out for 4). Afterwards, write how you felt before and after.

★ Galaxy Challenge ★

Gratitude Reflection

Write down **five things you are grateful for this week** and explain how each one made a difference in your life.

Kindness Diary

Do **two kind acts for people at home or school**. Write what you did, how they reacted, and how it made you feel.

Recycling Detective

Find **10 recyclable items at home**. Sort them into groups and write a short paragraph about why recycling is important.

Nature Observation Journal

Spend **10 minutes outside** observing plants, trees, or animals. Write a short paragraph describing what you saw and why it matters for the environment.

Mindful Breathing & Reflection

Spend **5 minutes doing slow breathing** (in for 4, out for 4). Afterwards, write **two sentences about how you felt before and after**.