

— My —



— Journey —

My name



My age



Date





FOREWORD BY

Cllr Bramble, Hackney Council

Hackney believes that every child, no matter what their background or starting point, deserves to benefit from a broadened curriculum that promotes their emotional, physical and social wellbeing.

I introduced Hackney's 10x10 initiative as part of our continued strive and determination to provide excellent opportunities for every child. 10x10 will improve the confidence, cultural capital and the life chances of every child in Hackney

We are proud of our reputation for being such a creative, diverse and inclusive borough and hope the 10x10 will develop a strong sense of identity and for all our children to feel a valued part of Hackney.

We are ambitious and want every child to access a broad range of activities and the 10x10 initiative enables us to support our children, schools and families.

Jason Marantz, Hackney Education

Hackney Education is proud of the excellent existing practice in our schools thanks to the dedication, hard work and effort of our school leaders, teachers and children. We acknowledge the impact of the demands of the education system and the cost of living crisis. These stresses directly impact our children and we continue to work together to raise the achievement of our children and create a borough in which all our children are confident and happy.

Through the 10x10 we will work with our schools and families, supporting our children to be aspirational, to develop new skills, opportunities and have greater outcomes.

This booklet is for recording your experiences of the

10x10 ACTIVITIES

and any other achievements or experiences that you want to record

On each page you will find tips and suggestions for each activity.
For some of these activities you will have to ask an adult to help you.

- ☐ Engage in exercise



- ☐ Have a musical experience



- ☐ Learn to swim



- ☐ Take part in drama and performing arts



- ☐ Visit the seaside and the countryside



- ☐ Experience museums, the theatre, galleries and heritage sites



- ☐ Take part in camping trips and overnight residentials



- ☐ Learn to ride a bike



- ☐ Take part in debating



- ☐ Use a library



What other activities can you do?

ACTIVITY 1

ENGAGE IN EXERCISE



Exercise helps to build strong bones and muscles, helps keep your heart and lungs healthy, it is good for your emotional and mental health, it helps concentration and helps you to sleep well! Remember to drink water!

CAN YOU...

Throw and catch a ball without dropping for 10 minutes?

Run on the spot for 40 seconds?

Dance for 10 minutes?

My favourite song is _____

How do you like to stay active?

Do you need any help from people?



How did exercising make you feel?
Use this space to write or draw about what you did

A large, empty rectangular box with a thick orange border, intended for writing or drawing.

Reflection



When



did you



do

it?



Where



did you



go?



Who



helped



you?



What



did you



like?



How



did

it



make



you



feel?

ACTIVITY 2

HAVE A MUSICAL EXPERIENCE



It's fun to listen to and make music. Music can help your mood. It can make you feel happy and want to dance.

CAN YOU...

Find music to match your mood

Sing loudly and quietly and sing different styles of songs?

How was your musical experience?
Use this space to write or draw about what you did








Reflection

 When  did you  do it?

 Where  did you  go?

 Who  helped  you?

 What  did you  like?

 How  did it  make  you  feel?

ACTIVITY 3

LEARN TO SWIM



Splashing in the water is fun! Learning how to swim is a key life skill and helps you get stronger, build confidence and stay safe in water.

CAN YOU...

Go to a swimming pool near you?

Blow bubbles in the water?

What can you do **in the water** that you didn't know how to do before?

Visit **Britannia** swimming pool

Things to pack for the pool:

- goggles
- swimwear/modest swimwear
- a swimming cap/soul cap for hair in braids or with more volume
- a towel
- a snack - swimming makes you hungry!

How was your swim?

Use this space to write or draw about your pool adventure






Reflection

 When  did you  do it?

 Where  did you  go?

 Who  helped  you?

 What  did you  like?

 How  did it  make  you  feel?

ACTIVITY 4

TAKING PART IN DRAMA AND PERFORMING ARTS



Taking part in drama and performance can help your communication skills and confidence. It gives you the chance to play characters, develop ideas and make up stories.

CAN YOU...

Invent a fun adventure story and perform it for family and friends?

Use any props to bring a story to life?

Create or dress up as your favourite character from a book or film?

Visit **Graeae theatre company** in Hackney

How did you feel when you performed?

What story did you tell?

Write or draw your character






Reflection

 When  did you  do it?

 Where  did you  go?

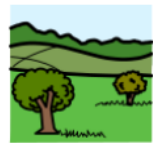
 Who  helped  you?

 What  did you  like?

 How  did it  make  you  feel?

ACTIVITY 5

VISIT THE SEASIDE AND THE COUNTRYSIDE



Being in nature can make you feel happy and relaxed.
There are lots of plants, animals and beautiful landscapes for you to explore and enjoy.

CAN YOU...

Plan a fun day trip to the seaside or countryside with your family?

How will you get there?

Bus



Train



Car



Bike



Walk



Did you see:

A beach

A cliff

A coast

A forest



A hill

A river

A mountain

A farm



A factory

A house

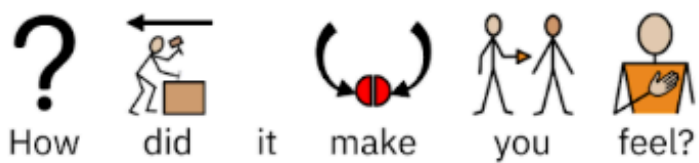
A port

A harbour



What have you experienced on your trip?

Reflection



ACTIVITY 6

EXPERIENCE MUSEUMS, THEATRES, GALLERIES AND HERITAGE SITES



Hackney and London have lots of free places where you can go and explore the world, with different opinions and ideas.

IN HACKNEY YOU CAN FIND...

- Hackney Empire
- Autograph Gallery
- Hackney Museum
- St Augustine's Tower

Can you **visit one of them**?

Get on a bus and visit one of London's big art galleries?

For example the **Young V&A** in Bethnal Green

Bring this booklet and a pen with you
Make a drawing of a painting, sculpture, performance
or site that you've seen
Write or draw your character






Reflection

 When  did you  do it?

 Where  did you  go?

 Who  helped  you?

 What  did you  like?

 How  did it  make  you  feel?

ACTIVITY 7

TAKE PART IN CAMPING TRIPS AND OVERNIGHT RESIDENTIALS



Sleeping away from home in a tent or somewhere different can be a real adventure and can help develop your independence...what will you pack in your bag?

CAN YOU...

Plan a walk and pack a favourite book?

Camp out in your very own living room and make a den.
All you need is a big sheet, some chairs or a table.

Look at the night sky through the window or go outside
with your parents/carers when it is dark to look for the moon and stars.

What can you see and hear?

Use this space to write or draw about what you did






Reflection

 When  did you  do it?

 Where  did you  go?

 Who  helped  you?

 What  did you  like?

 How  did it  make  you  feel?

ACTIVITY 8

LEARN TO RIDE A BIKE



Being able to ride a bike will help you to get around quickly. It's a great way to have lots of fun and is also good for the environment. Our local parks have safe places to cycle and scoot. Adapted bikes also help build core strength if you have a physical disability or health condition.

CAN YOU...

Use the **10x10 map** to find your local green space

Practise walking on a balance beam in a park?

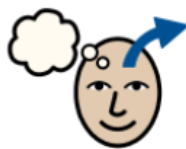
Understand traffic signals, signs and road markings?

How was your bike ride?

Did you wear a helmet?

Use this space to write or draw about what you did

Reflection



When



did you



do

it?



Where



did you



go?



Who



helped



you?



What



did you



like?



How



did

it



make



you



feel?

ACTIVITY 9

TAKE PART IN DEBATING



Debating can help you to learn new words, build your confidence and develop presentation skills.

CAN YOU...

Deliver a short presentation to your family or friends using cue cards

Make 3 points for your debate

Listen to someone else and ask 2 questions

Use this space to write or draw about what you did
What did you enjoy the most?






Reflection

 When  did you  do it?

 Where  did you  go?

 Who  helped  you?

 What  did you  like?

 How  did it  make  you  feel?

ACTIVITY 10

USE THE LIBRARY



A library is a magical place full of books. Here you can find lots of different stories and books about topics you are interested in. And they are free! Join the library, borrow books, join a club, play games, take part in fun school holidays activities.

CAN YOU...

Join the library and find a book on your favourite subjects.

Ask your librarian about events and clubs happening at the library

Take part in fun activities in the school holidays at your local library **3 points** for your debate




If you don't have a library card they are free and easy to get from your local library.

Which book did you choose?

Describe or draw what your book is about




Reflection






Which  book  did you  choose?

 When  did you  do it?

 Where  did you  go?

 Who  helped  you?

 What  did you  like?

 How  did  it  make  you feel?

Guide for adults

Scan the QR code which will take you to the 10x10 website where we share a map of ideas and links to providers connected to each of the 10 activities.

