



Seasons of Wonder: **Let the Adventure Begin**

Create your own Adventure Map for the year ahead

A new year is full of possibilities. Instead of making resolutions, create an Adventure Map filled with things you would like to explore, discover, learn and experience. There are no rules about what an adventure should look like. It could be learning something new, exploring somewhere you've never been or simply trying something you've always wondered about.

Materials

- A large piece of paper or card
- Coloured pencils, crayons or felt-tip pens
- Stickers
- Ruler
- Optional: photographs, magazines or craft materials for decorating

How to play

1. Draw a path across your paper or card. It could wind around the page, pass through different places or look like a real treasure map. Add a starting point and leave plenty of space for your adventures.
2. Think about things you would like to explore, discover or experience during the year. You could include:
 - Learning more about animals
 - Making a new friend
 - Exploring a new place
 - Learning a new skill
 - Creating or building something special
 - Reading a new type of book
 - Spending more time outdoors

3. Draw a picture, write a word or use a symbol to represent each adventure. Children can add as many or as few adventures as they like. The map should reflect their own interests and ideas.
4. Use colours, drawings, stickers or pictures to bring the map to life. You could turn each adventure into a stop along the journey and add a star or sticker whenever you complete one.
5. Display your Adventure Map somewhere you can see it throughout the year. Whenever you complete an adventure, mark it on your map and talk about what you discovered.

How Does This Benefit Children?

Imagination and Creativity - Creating an adventure map gives children the freedom to imagine possibilities, develop ideas and express themselves creatively.

Confidence and Independence - Choosing their own adventures gives children a sense of ownership and encourages them to make decisions based on their interests.

Curiosity and Learning - The activity encourages children to think about what they would like to know, explore and discover, supporting a positive attitude towards learning.

Communication and Language - Talking about future adventures encourages children to explain their ideas, ask questions and develop vocabulary around their interests.

Goal Setting - Although the activity isn't about formal resolutions, choosing something they would like to experience helps children understand that they can work towards things that are important to them.

Emotional Development - Thinking about new experiences can help children recognise what excites them, what they might feel nervous about and how they can approach them with confidence.

Discover the Seasons of Wonder

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