

## CULTURAL CAPITAL AWARD

The things we do outside of the classroom can help us to better understand and enjoy what we learn inside of the classroom. By achieving a Cultural Capital Award, you will develop skills, ideas and hobbies that will help you in school and throughout your life. You can do each challenge with friends, family or on your own. To receive a recognition for a completed challenge, you must provide *evidence* to your tutor (this can be a photo, a letter from a parent, a piece of writing or a discussion with your tutor).

**Bronze Award – complete TWO challenges within a category**

**Silver Award – complete FOUR challenges within a category**

**Gold Award – complete SIX challenges within a category**

**PLATINUM AWARD – complete at least THREE challenges in every category and show evidence that you have continued improving on your favourite challenges.**

**CULTURAL LEADER AWARD – work as a Cultural Leader within your tutor group. Share your experiences and help another person to complete a challenge.**

	Award Category/Challenge	Tutor Signature
<b>THINK AND DISCUSS:</b> How are you developing your skills in showing <i>Courage, Resilience and Kindness?</i> 	<b>Heritage</b> <ul style="list-style-type: none"> <li>★ Take a virtual tour of a museum</li> <li>★ Learn five Cornish Words and teach them to a family member/friend</li> <li>★ Make a Hevva Cake, a Pasty or a Cream Tea and share with a loved one</li> <li>★ Read a book about somebody who is not like you (ask an adult or friend for ideas)</li> <li>★ Arrange a walk in an ancient woodland near you (e.g. Golitha, Kilminorth)</li> <li>★ Find out about the history of your local area and present to your tutor group</li> </ul>	
	<b>Wellbeing</b> <ul style="list-style-type: none"> <li>★ Complete the fitness calendar challenges for a month</li> <li>★ Learn how to play a card game and play with a relative, friend or teacher</li> <li>★ Work through the kindness calendar for a whole month</li> <li>★ Have a healthy breakfast every day for a month</li> <li>★ Find three positive news stories and share these with friends, family and teachers</li> <li>★ Give up a sugary snack and replace with a healthy alternative every day for a month</li> </ul>	
	<b>Discovery</b> <ul style="list-style-type: none"> <li>★ Take a virtual tour of a zoo or an aquarium</li> <li>★ Grow a plant from a seed and track its development</li> <li>★ Take something apart and put it back together again (ask permission)</li> <li>★ Read a non-fiction article or book about any interesting topic and share five new facts</li> <li>★ Look at the stars on a clear night and identify five constellations</li> <li>★ Go for a nature walk and identify five types of bird or tree</li> </ul>	
	Use: <a href="https://www.wwf.org.uk/discover-nature-see-app">https://www.wwf.org.uk/discover-nature-see-app</a> to help you	

<b>THINK AND DISCUSS:</b> How are you developing your skills in showing <i>Courage, Resilience and Kindness</i> ? 	<b>Creativity</b> <ul style="list-style-type: none"> <li>• Take a virtual tour of an art gallery</li> <li>• Learn how to sing a song from beginning to end without looking at the words</li> <li>• Draw a picture for your favourite teacher</li> <li>• Watch some musical theatre, ballet or dance</li> <li>• Plan and cook a two course meal for your family</li> <li>• Write a poem about something which has affected you</li> </ul>	
	<b>Community</b> <ul style="list-style-type: none"> <li>★ Ask what needs doing around the house and spend an hour helping every day</li> <li>★ Write a formal letter to an official person about something you are passionate about</li> <li>★ Join a club or group at school (sports, chess, LGBTQ+, film) and make an active contribution</li> <li>★ Organise or join in with a charity event</li> <li>★ Contribute to a display board, notice board or The Reflection</li> <li>★ Carry out a beach clean or a hedgerow clean (make sure you have permission and supervision) or carry out a litterpick at school</li> </ul>	
	<b>Mindfulness</b> <ul style="list-style-type: none"> <li>★ Write a poem or a story about something that has affected you (share this if you want to)</li> <li>★ Keep a diary for a month – write down five positive things from each day</li> <li>★ Take a photograph of something you think is beautiful</li> <li>★ Get up early, make your bed and think of three simple goals for the day – do this for one week</li> <li>★ Take a digital break and spend 20 minutes each day reading a book (ask for recommendations)</li> <li>★ Learn a mindfulness/breathing technique and teach it to a family member/friend</li> </ul>	

Of course, you may already have your own hobbies and interests outside of school and you can gain recognition for these. Simply write your hobbies/interests in the table below and discuss these with your tutor. You can combine your own activities with those above to achieve an award.

Activity	Award Category	Tutor Signature