

The Florence Nightingale Academy



Pledges Booklet

Name :

Start Date :



At The Florence Nightingale Academy every child will have the opportunity to complete our 50 pledges. When they have been completed they will be ticked off and dated to show your progress. The aim is to complete them all by the time you leave in Year 6.

Keep reaching for those stars!



	✓	Date
1. Raise a butterfly	<input type="checkbox"/>	<input type="text"/>
2. Watch a performance	<input type="checkbox"/>	<input type="text"/>
3. Perform in a play	<input type="checkbox"/>	<input type="text"/>
4. Visit a museum or art gallery	<input type="checkbox"/>	<input type="text"/>
5. Eat in a restaurant	<input type="checkbox"/>	<input type="text"/>
6. Learn to play a musical instrument	<input type="checkbox"/>	<input type="text"/>
7. Spend a night away	<input type="checkbox"/>	<input type="text"/>
8. Cook a meal	<input type="checkbox"/>	<input type="text"/>
9. Build a shelter	<input type="checkbox"/>	<input type="text"/>
10. Visit a religious building	<input type="checkbox"/>	<input type="text"/>



	✓	Date
11. Catch a bus, tram or train	<input type="checkbox"/>	<input type="text"/>
12. Climb a huge hill	<input type="checkbox"/>	<input type="text"/>
13. Have a hands on experience with animals	<input type="checkbox"/>	<input type="text"/>
14. Walk in a wood	<input type="checkbox"/>	<input type="text"/>
15. Go camping	<input type="checkbox"/>	<input type="text"/>
16. Go to the seaside	<input type="checkbox"/>	<input type="text"/>
17. Have a picnic	<input type="checkbox"/>	<input type="text"/>
18. Speak a second language	<input type="checkbox"/>	<input type="text"/>
19. Hold a charity event to raise money	<input type="checkbox"/>	<input type="text"/>
20. Go orienteering	<input type="checkbox"/>	<input type="text"/>



	✓	Date
21. Take part in a competitive sport	<input type="checkbox"/>	<input type="text"/>
22. Visit a library	<input type="checkbox"/>	<input type="text"/>
23. Star gaze	<input type="checkbox"/>	<input type="text"/>
24. Complete first aid training	<input type="checkbox"/>	<input type="text"/>
25. Plant a flower or tree, look after it, watch it grow	<input type="checkbox"/>	<input type="text"/>
26. Visit a university	<input type="checkbox"/>	<input type="text"/>
27. Watch a sports event	<input type="checkbox"/>	<input type="text"/>
28. Interview someone	<input type="checkbox"/>	<input type="text"/>
29. Read 100 books	<input type="checkbox"/>	<input type="text"/>
30. Grow vegetables	<input type="checkbox"/>	<input type="text"/>



	✓	Date
31. Lead a game	<input type="checkbox"/>	<input type="text"/>
32. Have a debate	<input type="checkbox"/>	<input type="text"/>
33. Visit a theatre	<input type="checkbox"/>	<input type="text"/>
34. Record a lesson	<input type="checkbox"/>	<input type="text"/>
35. Participate in ballet lessons	<input type="checkbox"/>	<input type="text"/>
36. Make a camp fire	<input type="checkbox"/>	<input type="text"/>
37. Teach a lesson	<input type="checkbox"/>	<input type="text"/>
38. Visit a historical place	<input type="checkbox"/>	<input type="text"/>
39. Become a pen pal	<input type="checkbox"/>	<input type="text"/>
40. Learn to swim	<input type="checkbox"/>	<input type="text"/>



	<u>✓</u>	<u>Date</u>
41. Meet an author	<input type="checkbox"/>	<input type="checkbox"/>
42. Have a poem published	<input type="checkbox"/>	<input type="checkbox"/>
43. Campaign for equality	<input type="checkbox"/>	<input type="checkbox"/>
44. Take part in a drama activity	<input type="checkbox"/>	<input type="checkbox"/>
45. Build relationships with elderly residents in our community	<input type="checkbox"/>	<input type="checkbox"/>
46. Sing in a choir	<input type="checkbox"/>	<input type="checkbox"/>
47. Raise awareness of the environment	<input type="checkbox"/>	<input type="checkbox"/>
48. Visit a local hospital	<input type="checkbox"/>	<input type="checkbox"/>
49. Meet an MP	<input type="checkbox"/>	<input type="checkbox"/>
50. Record a song	<input type="checkbox"/>	<input type="checkbox"/>

