



Family Name: \_\_\_\_\_

## MOTIVATING QUOTE

“How wonderful is it that nobody need wait a single moment before starting to improve the world.”  
Anne Frank

Discuss this quote with your family.  
What does this quote mean to you?

## The ACTIVITY

### Change Your Route

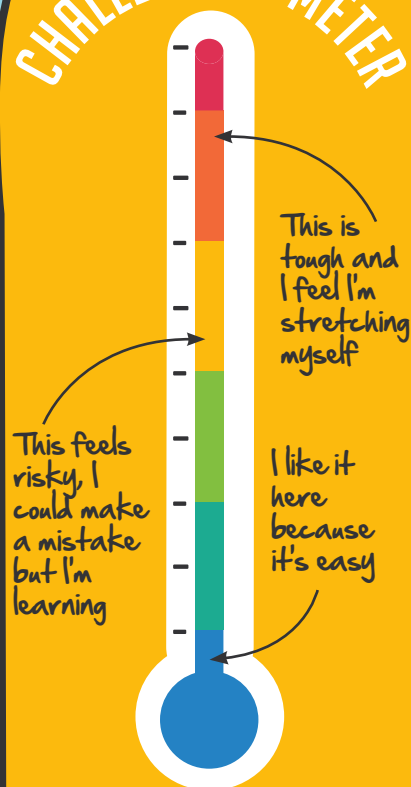
Did you know if you always walk the same route, whether it's to school, the park, the shops or home, your brain goes on autopilot because it gets very little excitement? Bill Gates, the highly successful founder of Microsoft, takes a different route to work every day to stimulate his brain and stop his brain becoming bored. Taking an unfamiliar route activates the outer layer (called the cortex) and the memory section (called the hippocampus) of your brain.

Together, plan and take a new route (as long as it is safe to do so) every day to school, home, the shops, your friend's house, the park, the cinema, the swimming pool.

Resources:

A comfy pair of shoes

## CHALLENGE-O-METER



## CHALLENGE YOURSELF

What can you do to make this activity more challenging?

## The Power of YET!

If someone gets stuck and needs some help, say:

"Let me add some new ideas to help you plan a different route?"



## Change your MINDSET

If someone in the family says:

"This is too risky"

encourage them to say:

"It's OK to take risks; that's how we learn."



## POSITIVELY REINFORCE

Positively reinforce someone in your family by saying:

"You really worked hard at that task, how did it feel taking a different route?"

As a family answer the following questions.

What did you enjoy the most?

If you had the opportunity to do this again, what would you do differently?

What help would you need next time?



## FABULOUS FEEDBACK

How can you apply what you have learned to other activities?

## RATE ACTIVITY

As a family rate this activity out of five stars

Name:



Name:



Name:



Name:



Name:



Name:



Name:

