



# 125 Things To Do

Before you leave St Margaret's



Name.....

Date Started.....

Dear St Margaret's Family Member,

The philosopher Socrates once said "An unexamined life is not worth living." The purpose of these 125 activities and achievements is to encourage you to try some things that you might otherwise not have, and to look at the sometimes small steps or experiences that contribute to making you what you are today, or what you will be tomorrow.

Some of them might not seem too difficult, such as learning to tie your shoelaces, but they may remind you how many of your achievements you possibly take for granted. Others are more challenging.

It is unlikely that you will enjoy everything on this list, but it is likely that you will enjoy many things, and some which you didn't expect to. It may be that you appreciate them more in the future than now.

If there is one thing they all have in common, it is that each one can provide you with something to think about which may help you to look at the world a little differently, and to enjoy your life a little more than you might have done otherwise.

Mr Webster, Principal

### **How to start completing the 125:**

Each item on the list has to be signed off by a parent or teacher. Some of these may require a test, others might require some sort of evidence (such as a photograph or ticket stub).

You will notice that there are more than 125 items on the list, and some are blank. The blank entries are for you to add your own personal achievements. For example, if you have appeared in a ballet, sung in a choir, been fishing and so forth, check with your teacher and he or she will let you know if these can be added to your 125.

### **A note about the spirit of the 125:**

Although of course you may work through the 125 like collecting stamps, the object of the exercise is for each activity to make a small difference to you, and as such you are likely to enjoy them more if you spend a little time **thinking** about each one, rather than just viewing them as token items to be ticked off.

	<i>Where you see a (T) sign, this means there is a test to be passed</i>	
	Task	
1	Name 15 bones in the human body (T)	
2	Identify 6 different trees (T)	
3	Identify 10 common phrases made famous by Shakespeare (B59list on the school website) (T)	
4	Appear with a speaking part in a school play	
5	Contribute to the script of one assembly	
6	Practise buddy reading with a younger girl	
7	Achieve 100% punctuality for half a term	
8	Achieve 100% attendance for half a term	
9	Attended a school club for a full term	
10	Go on a PGL trip	
11	Draw a self-portrait that someone can recognise is of you	
12	Attend a young person's First Aid course	
13	Sing at a School concert	
14	Tell the time by a 24-hour clock (T)	
15	Know your times-tables up to 12 (T)	
16	Cook a three-course meal from ingredients (not oven ready meals)	
17	Go to at least 3 art galleries	
18	Make a piece of jewellery	
19	Be able to explain Einstein's theory of relativity	
20	Paint a self-portrait that someone can recognise is of you	
21	Look after young children for a total of at least an hour	
22	Attend a Study Skills Course	
23	Form an opinion about something and write a poem about it	
24	Learned to touch type (worth 3 credits) and been able to a minimum of 40 words per minute (T)	
25	Learned to use apostrophes (T)	

26	Read a novel written before the 20 <sup>th</sup> century	
27	Learn and recite a sonnet by heart	
28	Learned the key features of at least 4 religions	
29	Used a thesaurus (1)	
30	Read a short story in another language	
31	Produce one project or presentation on a set topic	
32	Write your own play and perform it with your class by the end of Year 9	
33	Know how to put an unconscious person into the recovery position	
34	Make a pizza (including the base) from raw ingredients	
35	Make a pottery mug and (when it is finished) drink out of it	
36	Take 5 photographs that you are proud enough to display them in public	
37	Recite a sonnet by heart	
38	Write a letter to a newspaper or publication	
39	Learn to sew on a button	
40	Read a novel by Daphne du Maurier	
41	Make and flip a pancake	
42	Attend a classical concert	
43	Visit a farm	
44	Organise and take a trip on the tube	
45	Skip for 3 minutes without stopping	
46	Understood the key principles of the Magna Carta that are still influential today	
47	Learned enough of a second language to hold a 4 minute conversation in it	
48	Written an article for the school magazine, newsletter or other applicable publication	
49	Earned a house point	
50	Be able to explain what Marie Curie contributed to science	

51	Be able to describe what Florence Nightingale contributed to soldiers' welfare	
52	Be able to explain what the Nobel Prizes are for and how they came into being	
53	Taken part in a house event	
54	Learn to read music (T)	
55	Give your mother/father a bunch of flowers (at random i.e. not on Mother's Day etc)	
56	Teach your granny/old person to send a text message or email	
57	Learn how too act in front of Royalty	
58	Take your mum/dad for a walk	
59	Do something for nothing e.g help an elderly person cross road (random acts of kindness)	
60	Find out where your lunch has come from (country of origin etc as opposed to your kitchen!)	
61	Buy a book for a friend	
62	Bake a cake for a friend/elderly neighbour	
63	Talk about the news with your mum and dad over a family meal	
64	Do something helpful or kind for someone who you can't do anything for you	
65	Been part of organising a charity event	
66	Stand up for someone else who isn't your friend	
67	Listen to other people for two days without judging them negatively	
68	Do something unexpectedly nice for a relative	
69	Think of one thing you don't like about yourself and do something about it	
70	Show someone younger than you how to do something useful	
71	Been honest with a good friend though it would have been easier not to	
72	Make a resolution, tell someone and stick to it for at least one month	
73	Visit the Wallace Collection	
74	Read the biography of a famous person	
75	Watched a foreign language film	

76	Visit the grave of an important person	
77	Visit St Paul's Cathedral or another well known site of worship	
78	Visit the sites of worship of 3 different religions	
79	Walk across Tower Bridge and find out how the nearby wharves got their names	
80	View a panorama of London from Parliament Hill	
81	Visit Banglatown in Brick Lane	
82	Visit St Pancras Station – the new gateway to Europe	
83	Watch a legislative body (e.g. parliament, the London assembly) in action	
84	Been to see an opera or watched (a whole) one on television	
85	Visited the British Museum and found the oldest object in the Museum	
86	Visited the British Library, look at the ancient maps and the handwriting of at least 5 significant people	
87	Watched Shakespeare performed at the Globe Theatre	
88	Be able to explain why one well-known painting is so well regarded	
89	Watched a 'musical' at the theatre	
90	Watched a pantomime at the theatre	
91	Watch a classic film	
92	Visit Highgate Cemetery	
93	Learn 3 different card games	
94	Grow a vegetable and eat it	
95	Complete a sudoku puzzle	
96	Complete a crossword puzzle	
97	Milk a goat/cow	
98	Recycle unwanted clothes/toys (use a charity shop or playground sale for sale, not eBay)	
99	Climb a mountain	
100	Open your own savings account	



101	Take a River Thames cruise	
102	Try yoga	
103	Ride a horse or something even bigger	
104	Participate in a charity fun-run	
105	Fly a kite	
106	Eat jellied eels (or something else unusual and unappealing)	
107	Observed a trial	
108	Plant something and take care of it until it is growing healthily	
109	Don't charge your mobile overnight	
110	Plant a tree	
111	Join your local library and use it.	
112	Look after a pet and take responsibility for it	
113	Ride a rollercoaster or do something (safe) that you are scared of	
114	Go camping for at least one night	
115	Grow and tend your own vegetables for at least one season	
116	Make a chocolate cake	
117	Go rock climbing	
118	Been on the Heath at least once during all 4 seasons	
119	Learn to read a road map (I)	
120	Learn about fire extinguishers and which one to use for what, and how to operate them	
121	Swim with fish	
122	Watch an eclipse (lunar or solar)	
123	Baked a loaf of bread (without using a breadmaker)	
124	Write a poem to your parents	
125	Create your own website	

126	Draw up your family tree with as many relatives as you can	
127	Recycle all suitable materials for a week	
128	Identify 4 different star constellations in the night sky	
129	Fold 4 different origami objects	
130	Identify 3 different types of cloud in the sky	
131	Learn how to play chess	
132	Make an article of clothing/jewellery you are prepared to wear	
133	Learn the names of 50 trees and flowers	
134	Learn tie a tie (T)	
135	Learn to tie your shoelaces (T)	
136	Learn to ride a bike	
137	Learn to make a piece of sushi	
138	Learn how to use a sewing machine to sew a hem	
139	Learn to ride a bicycle	
140	Learn 20 road signs from the highway code (T)	
141	Learn roman numerals so that you can make any number up to 1501	
142	Learn about healthy eating and be able to make a menu for a balanced diet for 3 days	
143	Take part in a debate	
144	Learn to juggle 3 balls at the same time	
145	Learn to rollerblade/ice skate	
146	Run 400 Metres non-stop (4-8 years)	
147	Represent the school in a sports match	
148	Run 800 Metres non-stop (8-11 years)	
149	Win a ribbon on sports day	
150	Swim in an outdoor pool	

151	Run 1500 Metres non-stop (11-16 years)	
152	Attend a major sporting event	
153	Swim 100 metres non stop	
154	Self defence	
155	Learned a dance routine and performed it in front of at least 20 people	
156	Support the runners in the London Marathon	
157	Go kayaking/windsurfing/canoeing	
158	Represent the school in a team	
159	Swam in a natural environment (e.g. Hampstead Ponds, the sea)	
160	Completed 50 sit ups non-stop	
161	Learn the rules or to play an unusual sport (i.e. one that you don't learn in school)	
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