



**THE 70 ADVENTURES** Before Grade 7 challenge is perfect for families, school classes and clubs. It's a fun way to explore cultural heritage and share thoughts about your hometown, nature, traditions and sustainable living. You can capture your adventures in photos or videos and share them with your group or online.

**THE ACTIVITIES HELP** grown-ups working with children to recognise and appreciate the full range and many sides of cultural heritage.

**CULTURAL HERITAGE** can be tangible like objects and buildings, intangible like festivals and traditions, digital like games and videos, or it can be natural environments. It's important that we preserve, refresh and pass on cultural heritage responsibly to future generations.



**Museovirasto**  
Finnish Heritage Agency



Association of  
Cultural Heritage  
Education in Finland

 **EUROPEAN  
HERITAGE  
DAYS**



**Suomen  
Kotiseutuliitto**

**70**  
Adventures Before **GRADE 7**

- Challenge Accepted!

The 70 Adventures Before Grade 7 challenge invites you to explore your local area, discover cultural heritage and dive into nearby nature.

Ready  
to roam?  
Let's go!

## FEEL THE THRILL

- Walk barefoot outdoors
- Roll around in the snow
- Pedal off on a bike ride
- Check out a local landmark
- Dance in the rain
- Climb a tree
- Leap off a jetty
- Row a boat
- Brave an icy dip
- Visit an open-air market
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## SEEK AND DISCOVER

- Pick berries
- Snap photos of flowers
- Catch leaves in the wind
- Explore a museum
- Spot different building styles
- Marvel at the northern lights
- Track animal footprints
- Name the trees
- Guess the bird by its song
- Forage for mushrooms
- \_\_\_\_\_

## BUILD AND CREATE

- Sculpt from snow
- Make party decorations
- Craft with paper
- Build a den
- Play with face paints
- Fix and mend
- Float a bark boat
- Create a wreath
- Knit or crochet
- Tie a sauna whisk
- \_\_\_\_\_

## PLAY AND ROAM

- Zoom down a sledding hill
- Compete in your favourite game
- Throw a Mölkky skittle
- Play tervapata, a Finnish tag game
- Ski on snowy trails
- Glide across the ice
- Score in floorball
- Hit the puck in hockey
- Bat in pesäpallo, the Finnish baseball
- Orienteer through a forest
- \_\_\_\_\_

## SOLO AND SOCIAL

- Relax in a sauna
- Help with garden and snow chores
- Recycle something old
- Tell a joke
- Write a letter
- Cheer up an elderly friend
- Dance letkajenkka, the Finnish conga
- Host a picnic
- Help out at a community event
- Make music with mates
- \_\_\_\_\_

## COOK AND TASTE

- Crunch on rye bread
- Try a May Day funnel cake
- Nibble on flatbread
- Sizzle a sausage over a fire
- Taste flavours from around the world
- Slurp pea soup on a Thursday
- Fill a shrove bun
- Bake a pie
- Crimp a Karelian pastry
- Make a gingerbread house
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## READ AND RHYME

- Tune into an audiobook
- Invent a story
- Find your favourite book
- Write a rhyming poem
- Rap with rhythm
- Draw a comic strip
- Share a wise saying
- Speak in a local dialect
- Belt out your national anthem
- Practise a foreign language
- \_\_\_\_\_

You can swap or add your own adventures to better suit your culture and local area