

# THE CHALLENGE GRID

\*These challenges may be affected by COVID lockdown guidelines, please check the current situation before you start. There may be alternatives you can consider such as watching a live streamed play instead of arranging a visit to a theatre.

Take a leadership course		Create a desk space		Read a novel cover to cover		Volunteer with a charity*		Visit and reflect at a war memorial site*		Visit a local museum*		Make a game/ write a story or teach a nursery rhyme for a younger child*		Walk 5,000 step or set your own challenge – maybe even 30,000*	
Open a savings account		Plan and cook a meal for others*		Sow some seeds and look after them		Gather views via a survey and present to your local MP*		Learn how to draw or paint in a certain style		Learn to bake a Victoria sponge cake		Learn how to iron a piece of clothing		Learn to swim or improve your technique*	
Learn how to mend a puncture on a bike		Learn some basic words in 2 languages		Listen to a podcast then create your own		Volunteer in a charity shop*		Arrange a trip to the theatre*		Make pancake batter and try to toss a pancake		Wash a car		Download couch to 5k app*	
Learn to use DIY tools		Make a timetable for the week ahead		Teach someone how to use Zoom/ Teams/ WhatsApp		Fundraise for a local charity		Perform in front of an audience*		Attend a concert or live musical*		Sort out some washing and learn how to use a washing machine		Plan a local route and go for a bike ride*	
Plan a journey on public transport*		Undertake 10 random acts of kindness*		Make a birthday card for someone		Learn about local democracy		Visit an art gallery*		Calculate your age on other planets		Learn how to use chopsticks		Learn to ride a bike/ skateboard	
Set up a work experience placement*		Do one thing you are afraid of*		Create a questionnaire and interview an older person*		Find out about organisations you can join		Listen to 3 pieces of classical music		Complete a 1,000 piece jigsaw		Learn how to play chess or complete a Rubik's cube		Learn how to put up a tent and camp out overnight*	
Find out about part time jobs and write a CV		Describe how you acted respectfully or disrespectfully this week		Hand-write a letter to a friend or relative		Do a local litter pick*		Be an advocate for art		Design an awareness poster about something you feel strongly about		Make a short movie or animation		  	
Learn some basic sewing skills		Practice breathing meditation		Write a song, rap or chant about respect		Do an odd job for a friend or neighbour*		Watch a classic movie		Create a family tree		Set up a still life and paint it			
Make a savings plan for something you want to buy		Go 48 hours without a screen		Complete some mindfulness colouring		Research someone from your local community		Teach yourself to improve photos on your phone		Write a meal plan for the day including snacks		Learn to juggle with 3 balls or even 5			
Learn how to mow the lawn and weed the garden		Find 3 new things you like to eat and learn how to cook them		Be a vegetarian or vegan for a week		Hold a debate with your friends*		Put a flatpack piece of furniture together or build a bird box		Plan how to care for an animal		Learn a new sport*			