

30 DAILY TASKS



30 challenges to keep yourself occupied!

<p>Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.</p>	<p>Day 2 Enter the Kindness Competition & submit by 13th April – <i>see slide 2</i> https://www.ditchthelabel.org/choose-kindness-competition/</p>	<p>Day 3 Call a relative or friend who is far away and have a chat with them.</p>	<p>Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.</p>	<p>Day 5 Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.</p>	<p>Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/</p>
<p>Day 7 Visit a virtual museum! Go online and explore the collections. http://www.virtualfreesites.com/museums.museums.html</p>	<p>Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.</p>	<p>Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p>	<p>Day 10 Create an information booklet about the importance of hand washing and hygiene.</p>	<p>Day 11 Make your own riddle and see if anyone can guess what it is.</p>	<p>Day 12 Do something helpful for a friend or family member today.</p>
<p>Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.</p>	<p>Day 14 Send a positive message to all of your friends.</p>	<p>Day 15 Listen to your favourite song and make up a dance routine or a backing track.</p>	<p>Day 16 Explore the Titanic as an online tour. http://titanicvr.io/</p>	<p>Day 17 Make a card for someone's birthday/celebration coming up.</p>	<p>Day 18 Play a game that you haven't played in a while with someone else in your house.</p>
<p>Day 19 Hoover the stairs or a room in your house.</p>	<p>Day 20 Learn how to cook a meal and eat together.</p>	<p>Day 21 Leave a thank you note for someone else to find in your house.</p>	<p>Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.</p>	<p>Day 23 Write and illustrate a comic book or story to uplift people's spirits.</p>	<p>Day 24 Go on an online tour-parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBIKS3CODRitZgnCNioxUSelbKO9pXcl4</p>
<p>Day 25 Read a book and plan a theme park around the main places, themes and characters.</p>	<p>Day 26 Find out which animals are soon to be extinct and create an advert to save one.</p>	<p>Day 27 Watch a film with someone at home and make sure you turn your phone off.</p>	<p>Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.</p>	<p>Day 29 Draw a picture of what you see in your garden or out of your window.</p>	<p>Day 30 Write down 5 things you are thankful for in your life.</p>

30 DAILY TASKS

30 more challenges to keep yourself occupied!

<p>Day 1 Design an exercise routine and get someone at home to do it.</p>	<p>Day 2 Design a poster to put in your front window to make people smile when they are going for a walk.</p>	<p>Day 3 Play the 'Yes/No' game with someone in your house.</p>	<p>Day 4 Create a timeline showing the main events in your life.</p>	<p>Day 5 Design a new football kit for your favourite team or for Euro 2021.</p>	<p>Day 6 Think about your favourite book and design a front cover for it.</p>
<p>Day 7 Try and think of 50 ways to use a tennis ball.</p>	<p>Day 8 Teach someone in your house a new skill.</p>	<p>Day 9 Design a flip book with paper which has a moral message.</p>	<p>Day 10 Research what skills and work experience you will need to have to apply for your dream job.</p>	<p>Day 11 Choose a famous person and write a diary from their point of view from an important event in their life.</p>	<p>Day 12 Learn some origami https://www.origami-resource-center.com/origami-basics.html</p>
<p>Day 13 Choose 5 countries you know nothing about and learn 2 key facts about each.</p>	<p>Day 14 Interview a person in your house about their life.</p>	<p>Day 15 Design a cover or box for your favourite game.</p>	<p>Day 16 Play 20 questions with a friend over the phone.</p>	<p>Day 17 Design a healthy menu for a café and design a marketing strategy or advert to promote it.</p>	<p>Day 18 Create 10 rules that people should follow to use social media safely.</p>
<p>Day 19 Design a new chocolate bar and write a letter to Cadbury introducing your product.</p>	<p>Day 20 Create a poster to encourage people to help protect the environment.</p>	<p>Day 21 If you could choose 4 people to have dinner with, who would it be and why?</p>	<p>Day 22 Watch an old film and think about the differences in peoples' lives in the past.</p>	<p>Day 23 Make a time capsule for 2020</p>	<p>Day 24 Write 3 acrostic poems using the words, 'Generosity', 'Kindness' and 'Compassion'.</p>
<p>Day 25 Research Mehndi patterns and make one of your own on paper.</p>	<p>Day 26 Make a collage about an important world issue, e.g. poverty, homelessness, addiction etc.</p>	<p>Day 27 Learn how to sew a button on an item of clothing.</p>	<p>Day 28 Make a timetable of what you are going to do tomorrow.</p>	<p>Day 29 Design a superhero character and label it with its special features.</p>	<p>Day 30 Do a job in the house without being asked to do it.</p>