

THE HSA EASTER CHALLENGE

A challenge awaits you...

During the time that school is closed over Easter and beyond we are setting you a selection of random challenges to try and complete. Some will be easier than others and some will need you to be extra creative.

For each challenge, you can write a quick note explaining what you did and/or take pictures evidencing that you have completed it.

There will be 3 levels of award you can achieve:

Bronze (completing 10/30)

Silver (completing 20/30)

Gold (completing ALL challenges)

Rules and regulations:

- You **MUST** provide some sort of evidence to prove you have completed each task.
- Before completing each task, you will need to get permission from a parent/carer.
- You can work together with people at home to help you complete the challenge but **YOU** must be involved in each task.
- For each task, you will need to demonstrate a **Take Care** approach ensuring you are respectful towards other people.
- This challenge is solely based on having **FUN** over Easter and beyond!

COMPLETE THE TABLE EACH TIME YOU HAVE COMPLETED A CHALLENGE

TOP TIPS

- Plan out when you are going to complete each task
- Think about what resources you could use before you start a task
- Talk to your friends/family for advice/ideas

THE HSA CHALLENGE

ARE YOU UP TO THE CHALLENGE?

Below are the 30 tasks which form the HSA CHALLENGE!

| | Task | Notes/Evidence |
|----|---|----------------|
| 1 | Read a book in the most unusual place you can think of | |
| 2 | Write your own rap/song | |
| 3 | Build the highest tower you can out of household items | |
| 4 | Create an obstacle course inside or in your garden | |
| 5 | Build a den that can fit at least two people in | |
| 6 | Dress somebody up in the craziest outfit you can think of | |
| 7 | Create a video message which can be shared with family/friends/teachers | |
| 8 | Have an indoor treasure hunt | |
| 9 | Learn or choreograph a dance routine | |
| 10 | Make an indoor restaurant and serve your family | |

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|----|--|----------------|
| 11 | Make a card for everyone at home | |
| 12 | Arrange your food into an animal | |
| 13 | Tidy your bedroom without being asked to by a parent (parents signatures required to confirm!) | |
| 14 | Make a fitness routine and put your family through their paces | |
| 15 | Give five compliments to people throughout the day | |
| 16 | Have an upside-down meals day (breakfast for lunch etc) | |
| 17 | Order your books alphabetically | |
| 18 | Host a birthday party for a teddy or toy | |
| 19 | Have a game of noughts and crosses | |
| 20 | Spend the whole day in your pyjamas | |

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|----|--|----------------|
| 21 | Sketch something in your house/garden | |
| 22 | Tell a joke to make people laugh | |
| 23 | Help your parent with a job/chore | |
| 24 | Design your own indoor sports game | |
| 25 | Set up your own indoor bowling alley | |
| 26 | Use the resources in your house to make a musical instrument | |
| 27 | Host a talent show with the people at home | |
| 28 | Create your own science experiment using the things you have at home | |
| 29 | Complete 50 star jumps in one day | |
| 30 | Design your own paper aeroplane | |