

Kindness and Wellbeing Challenge x100

- Kindly shared by Miss Bishop from Carshalton Boys Sports College



Whilst you are working from home, try and complete AS MANY of these as possible. Fill in the boxes in a colour OR simply add the date you did this. You can paste any photos/links to your work into a new slide. If you or your parents use social media, please share photos of you doing any of the challenges and tag #PiXLBeKind. GOOD LUCK.

| | | | | | | | | | |
|---|--|--|---|---|---|---|---|---|--|
| Draw yourself in anime style. | Iron a shirt. | Sew a button or fix a hole in an item of clothing. | Call a grandparent or loved one. | Write a thank you letter to a key worker. | Plant some seeds. | Play Twister (or similar). | Make an omelette. | Learn how to use tools (YouTube or with a parent/carer). | Draw a parent or carer's face in the style of Picasso. |
| Design a new electric car. | Learn a new language (YouTube). | Use a camera to take lots of wonderful photos. | Tidy your sock drawer. | Make an exercise video. | Create an Easter Egg/Treasure Hunt. | Play cards. | Make a pizza. | Star gaze on a clear night. | Design a computer game logo. |
| Design a new skyscraper. | Write a play. | Paint stones for the balcony/garden/door step. | Make a boat. | Build a bridge (or design one). | Wrap a present for someone. | Plan a PE lesson. | Peel potatoes or carrots. | Make a family member a cup of tea or coffee. | Write a poem. |
| Bake a cake. | Build a fort. | Pay a parent/carer a compliment. | Watch a classical concert online. | Design a board game. | Create a work space. | Do the Beatbox Challenge. | Check the tyre pressures on the car (with a family member). | Design a game character. | FaceTime a friend or family member. |
| Design a piece of clothing. | Create a new sport. | Hoover your bedroom. | Create a reading den. | Play a board game. | Learn a dance. | Tidy your room. | Create a powerful speech about how we can reduce plastic waste. | Write a letter to an elderly family member. | Learn basic first aid (YouTube). |
| Make a music video. | Design a new trainer. | Pay a sibling/cousin/friend a compliment. | Make an obstacle course. | Complete a puzzle. | Learn about a Shakespeare play. | Learn Sign Language (YouTube). | Make a family tree. | Make a flower press. | Fold clothes. |
| Make biscuits. | Design a music festival poster. | Make homemade pasta. | Watch a film that you think you would hate. | Listen to one of your parent's/sibling's favourite albums from start to finish. | Devise your own crossword. | Play charades. | Make a stop motion animation. | Do some gardening or weed the driveway (this could be for a family member). | Clean the windows. |
| Go for a walk (but keep your distance). | Have a whole day without your phone (lock it away or ask a parent to take it to work). | Survive one day without the internet. | Clean the oven. | Learn how to do your own washing. | Clean the bathroom. | Change the bed linen. | Read a book to a sibling/parent. | Learn how to draw in 1-point perspective (YouTube). | Run a mile. |
| Make your bed everyday. | Design a new, futuristic mode of transport. | Write a vegan menu. | Learn your times tables 1-12 and answer each question within three seconds. | Make homemade chips. | Design a flying car of the future, imagining you are living in the year 2300. | Draw a portrait, using your non-writing hand. | Create your own juice brand. | Make a picture out of things you have foraged for... e.g. leaves/sticks/twigs/sand. | Try to do 5,000 steps a day. |
| Draw your favourite animal with your eyes closed. | Design a drone. | Kick up challenge - how many times can you keep/kick a ball (or toilet roll) up? | Write a menu for a coeliac (someone who cannot have gluten/wheat). | Learn 122 times tables up to 12 x 122. | Make homemade jam. | Design a mask for a Venetian festival. | Design a charity fundraiser festival for your school. | Pick up litter in the local area/park. | Keep a diary for future historians to read about self-isolation and how you are feeling. |