

**Do a job for someone—  
gardening /shopping/  
wash car**

**Make your bed**

**Make a card for an  
elderly neighbour or  
friend and deliver it**

**Clean your room**

**Help wash up/load  
dishwasher**

**Help make dinner**

**Play a game with your  
family**

**Watch a film with your  
family**

**No sweets or chocolate  
today**

**Pick up ten pieces of  
rubbish and put in the  
bin**



Spend time outdoors



Hug your family



Play or talk to someone  
new today



Say the Lord's Prayer  
together



Try one new food today



Sit quietly for 15 minutes



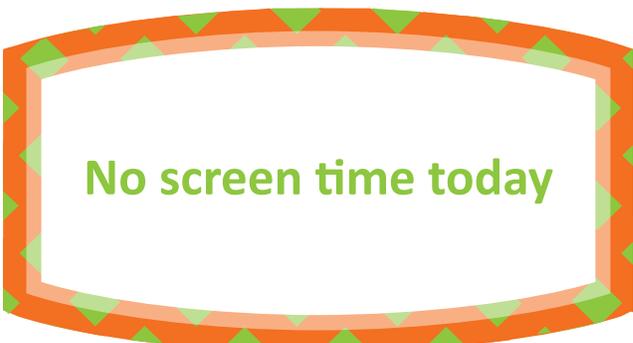
No whining all day



No fighting/arguing all day



Smile at 10  
people today



No screen time today



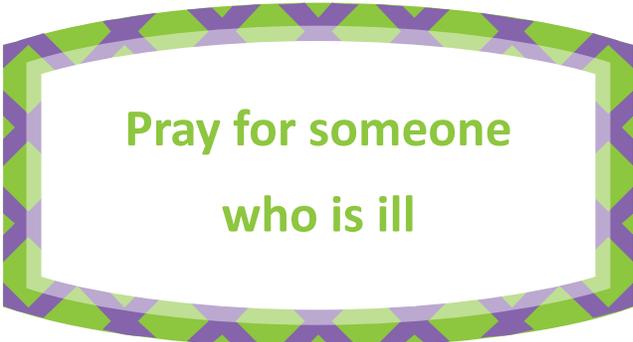
Sort out clothes/toys  
for charity shop



Read a bible story  
together



Pray for your friends  
and family



Pray for someone  
who is ill



Say something kind  
to 5 people



No snacks today



Make cakes or biscuits  
and give them to  
someone



Make a 'blessing bag'  
and give it to someone



Make a thank you card  
and give it to someone



Take some items to the  
food bank or food bank  
collection point



**Make a thank you card  
for your teacher**



**Read a story together**



**Pray for the world**



**Pray for the  
environment**



**Make a card for  
someone at church**



**No shouting/swearing  
today**



**Find as many pennies as  
you can and give them  
to a charity**



**Say hello or wave  
to 10 people**



**No technology today**



**Read the bible together**