

## MOTIVATION MONDAY

The YMCA logo is displayed in blue, bold, block letters on a green, triangular background that points downwards.

**Date: 26 October 2020**

**Theme of the week: Theme of the week: Halloween**

Halloween or All Hallows' Eve is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

COVID-19 has got everyone thinking out of the box for activities to do around Halloween.

### Action

#### Exercise 1: Trunk or Treat

**Aim:** Create brilliant Halloween displays in the trunk of your car or in a big cardboard box. Trick-or-treating house to house may be out of the question this year but Trunk-or-Treating is a safe and fun way of spreading the Halloween fun.

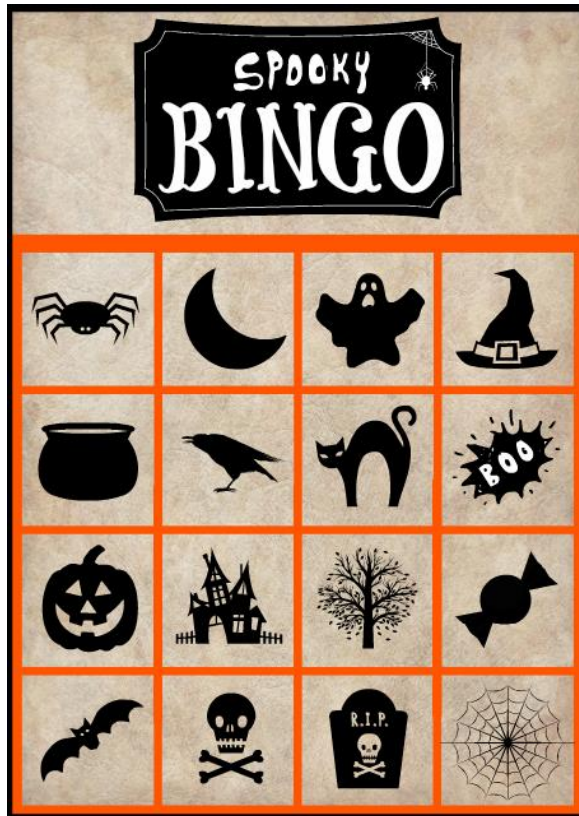
**Instructions:** Simply have all that are participating park their cars trunk side out. Decorate your car or your box with all sorts of Halloween decorations from spiders-webs to pumpkins. Make it as fun and as spooky as possible so that everyone going past your house can see your designs and take inspiration to join in too!

Take a picture of your final creation and send it to [sarah.daniels@ymcachelmsford.org.uk](mailto:sarah.daniels@ymcachelmsford.org.uk) and we will celebrate your efforts through our website and Instagram account ALWAYS GET PERMISSION FROM YOUR PARENTS IF YOU'RE UNDER 18



#### Exercise 2: Halloween Bingo

Using the bingo card below DRIVE around your area and tick off as many of the bingo decorations you see or even play in the comfort of your own home with your own decorations. Wherever you choose to play don't forget to also be listening to the best Halloween Songs e.g. Monster Mash or The Ghostbusters theme!



### Outcome / Mission Moments:

- How has this exercise made you feel?
- Did you learn a new skill or interest?
- Maybe encourage other members of your family to get involved!