



# 30 Day Challenge

## Spring into action this April

Go fruit picking	Go vegan for a day	Build a bug hotel	Create a pirate map	Do jumps on your bike	Wash your car!	Start a diary	Learn a new dance move	Make a picture book	Have a relaxing bath
Learn a new joke	Meditate	Tidy your room	Host a quiz night	Learn to crochet	Go fishing	Eat your favourite meal	Eat more fruit and vegetables	Do some stretches	Make a sculpture out of clay
Make a sock puppet	Watch an old movie	Do some yoga	Write your own song	Find a pen-pal	Make a tote bag	Go to the park	Play a video game	Stay off social media	Learn a random fact
Write a poem	Do a sponsored silence	Write someone a message	Do nothing today	Have a fancy dress day	Make a mixed tape	Write a story	Go on a walking tour	Say thank you more	Make a handmade gift
Learn alphabet backwards	Make a comic strip	Make your bed	Do a jigsaw puzzle	Make a 'vision' board	Go stargazing	Donate to charity	Make some origami	Go bird watching	Look through old photos
Say some tongue-twisters	Make a collage	Wear pyjamas all day	Write your own movie review	Go litter picking	Make a flip book animation	Create a superhero character	Switch the TV off for a day	Write a letter to yourself	Do some baking!
Paint a picture	Raise money for YMCA	Go for a walk	Learn how to make bread	Make your own bingo calls	Take time to really listen	Complete a Rubik's cube	Take time to reflect	Take some wildlife photos	Paint a pebble to leave out
Do some paint by numbers	Learn some sign language	Make your own board game	Learn the words to a song	Have an indoor picnic	Ride a bike	Hop on one leg for 5 minutes	Play with Lego	Phone a friend	Promote 30 Day Challenge
Take up a new hobby	Let someone else win	Grow a plant from a seed	Do three acts of kindness	Learn a Yo-Yo trick	Make a Den	Drink more water	Play a board game	Learn how to make lemonade	Make a smoothie
Pay it forward	Say 'hello' in different language	Spend time with your pet	Learn to hula hoop	Make someone a cup of tea	Do a Sudoku puzzle	Learn a magic trick	Camp out in the back garden	Do 30 pushups	Cook something new
Talk to someone new	Say 'I love you'	Do a helpful chore	Learn new dictionary word	Read a book	Read a bedtime story	Go for a run	Make someone breakfast	Speak in movie quotes	Do some gardening

*Ideas brought to you by young people, for all people!*  
*Pick a different challenge a day through the month of April*

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