

# What are you going to do to achieve your Year award? Set yourself a different weekly target:

Here's some ideas:

- Help sibling with work
- Help classmate with work
- Get shopping for vulnerable neighbour
- Call grandparents to check in
- Do the dishes
- Hoover the house
- Dust the house
- Tidy your room
- Make parents cups of tea or coffee
- Make dinner
- Walk the dog
- Clean out pet cage
- Walk a neighbours dog
- FaceTime a family member who lives alone
- Read a bedtime story to a younger sibling
- Create a new family game to play
- Arrange a virtual quiz
- Arrange a virtual games night

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Arrange to have a cup of tea and virtual catch up with someone you know
- Help with a household chore at home
- Arrange to watch a film at the same time as a friend and video call
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal

- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- Donate to a charity
- Give praise to your classmate for something they've done well
- Arrange to have a video lunch with a friend
- Donate to foodbanks
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway, a meal or cake
- Send an inspirational quote to a friend
- Send an interesting article to a friend

# Are you up for the screen free challenge?

We challenge you to complete some of the following activities for your WGS Bacallaureate. You may do 1 a day or spread the tasks out ● No laptop ● No phone ● No PC ● No Xbox ● No PS ●

**Can you do it?** Get household members to take picture of you on their phones completing the challenges below or complete an 'My mini journal' documenting your day.

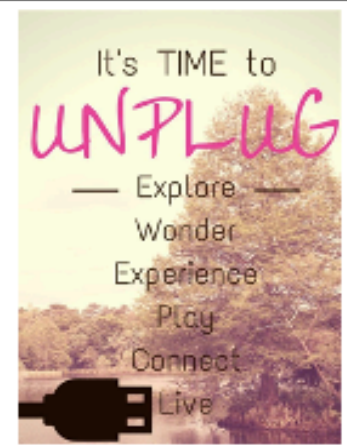


**TO START:** Wake up at a good time ready for the day ahead

**NEXT:** Make your mini journal – you'll surprise yourself at how easy it is!



**Bake!** Put your bake-off skills to the test by trying a new recipe and testing it on your family. Take a photo and send it to your head of year. Share the recipe with the rest of the year on your [teams](#) page



Go for a **WALK**. Push yourself, **STRIDE** and blast those cobwebs away!



Make yourself a healthy breakfast and enjoy having time to eat it.



Play a **board game** with your family or siblings.



**Go for a run**



Do some colouring – adult colouring book, paint by numbers, doodle

**Dance** around your kitchen like nobody's watching



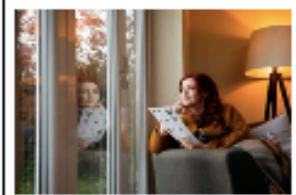
**Meditate**



**Play a card game.** Teach someone how to play a card game or get them to teach you



**WHO DO YOU THINK YOU ARE?** Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?



It's the annual **RSPB Big Garden Birdwatch** from 29th -31<sup>st</sup> January. Sit somewhere quietly and get watching for the birds that frequent your garden. If you suddenly become a novice twitcher, sign up and join in at the weekend!



**Keepy Uppy!** How long can you go for? Already the King or Queen of Keepy Uppy? Try using a tennis ball instead or throw in some hip moves to wow your friends post lockdown!



**READ** -a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world.... You could also listen to an audiobook



Contact a friend or relative you haven't seen for a while. Speak to them, **DON'T** text!

**Talk to your parents** about what it was like being a teenager in the **1980s** or **1990s**? What music did they listen to? Where did they hang out? What was their first job? Their first car?

**De clutter** your bedroom and redesign your living space. **Sit back and RELAX!**

**Jigsaw puzzles** Will you complete? 500? 1000? It's the new lockdown go to and surprisingly relaxing!



Hand write a **DIARY ENTRY** of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.



Do you have a **musical instrument** sat gathering dust? Could you make one? Provide you family with an impromptu concert (after some practice of course...!)



**Pamper your pet!** Groom, walk, play ball. You and your pet will benefit!



Get some photos printed and make a collage. Enjoy looking back and reminiscing.

**WRITE** a card or letter to someone who has helped you since this lockdown started and post it to them.



Get in touch with nature: Take a **NATURE WALK** in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.



**GET CREATIVE!** Draw, model or make something.



Learn a new skill which **DOESN'T** require a YouTube video for instruction



Practice some **YOGA**



Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!

Listen to your favourite **music** – on a speaker.... ditch the ear pods!



**Ride your bike**



**FINISH:** Wow! Epic effort! How do you feel? Write up, draw or cut and stick images into your journal and post to us. Or, if you've got pics, pop them on a powerpoint and email. You could even DM us on Instagram (@wgsuitney) and we can share your work



*#wgslockdown*

*#wgsbacc*

*#getoutside*

# Join the GetOutside Challenge

The outdoors is still open, and we're able to exercise outside locally once a day - so let's do just that! Here's some ideas to mix it up...

<b>1</b> Find a new local footpath to explore	<b>2</b> Jog around the block	<b>3</b> Take your morning coffee on a walk 	<b>4</b> Spot a bird's nest	<b>5</b> Collect items for nature arts and crafts	<b>6</b> Learn how to map read 
<b>7</b> Pick up litter on your walk	<b>8</b> 10 press ups 10 star jumps 10 cartwheels All outside!	<b>9</b> Get on your bike	<b>10</b> Take a sunset stroll	<b>11</b> Wander along a muddy path 	<b>12</b> Make a call whilst walking around the block
<b>13</b> Spot cloud shapes in the sky	<b>14</b> Walk and listen to the GetOutside podcast	<b>15</b> Run with a friend	<b>16</b> Identify three different types of trees	<b>17</b> Walk in the dark with your torch	<b>18</b> Repeat #2 but beat your time
<b>19</b> Kick a ball around the park	<b>20</b> Do your exercise in the rain	<b>21</b> Walk beside water	<b>22</b> Take 5 photos looking up 	<b>23</b> Stargaze on an evening stroll	<b>24</b> Run to your nearest post box and back
<b>25</b> Spot a dog, cat and bird 	<b>26</b> Walk one mile before breakfast	<b>27</b> Say hello to 5 people you pass outside	<b>28</b> Splash with your wellies on	<b>29</b> Try a new way to exercise outdoors	<b>30</b> Play I-Spy on your walk

Share your outdoor adventures with us! #GetOutside

[getoutside.uk/hub](https://getoutside.uk/hub) | **GetOutside** | 

*#getoutside*

*#wgsbacc*

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