

Stay at home challenges

Each day try and complete one of the challenges on the chart below. Take a video or photos and we can share them with the rest of the group – I would love to see how many you can do. (We might also be able to use some of these for RARPA!)

Offer to clean a room in the house that is not your bedroom.	Ask someone at home to teach you a new skill.	Cook a meal for your family.
Take a virtual tour of somewhere. (Museums and The National Trust are doing this)	Find an online fitness work out and do it!	Research your family tree.
Make your own music video.	Do a load of laundry – wash, dry and put it away!	Make a picnic and sit and have it with your family.
Learn the basics of a new language. Can you learn the numbers 1-10 or hello and goodbye?	Play a board game with your family.	Create a playlist for someone else in your family to make them smile!
Draw a picture of what you can see in your garden or out of your window.	Interview a person in your house about their life. Present this in a way that can be shared with the group.	Choose 3 countries you know nothing about and learn 2 key facts about each one.