

# Kindness and Wellbeing Challenge x100

Whilst you are working from home, try and complete AS MANY of these as possible. Fill in the boxes in a colour OR simply add the date you did this. You can paste any photos/links to your work into a new slide. If you or your parents use social media, please share photos of you doing any of the challenges and tag #PiXLBeKind. **GOOD LUCK.**

Draw yourself in anime style.	Iron a shirt.	Sew a button or fix a hole in an item of clothing.	Call a grandparent or loved one.	Write a thank you letter to a key worker.	Plant some seeds.	Play Twister (or similar).	Make an omelette.	Learn how to use tools (YouTube or with a parent/carer).	Draw a parent or carer's face in the style of Picasso.
Design a new electric car.	Learn a new language (YouTube).	Use a camera to take lots of wonderful photos.	Tidy your sock drawer.	Make an exercise video.	Create an Easter Egg/Treasure Hunt.	Play cards.	Make a pizza.	Star gaze on a clear night.	Design a computer game logo.
Design a new skyscraper.	Write a play.	Paint stones for the balcony/garden/door step.	Make a boat.	Build a bridge (or design one).	Wrap a present for someone.	Plan a PE lesson.	Peel potatoes or carrots.	Make a family member a cup of tea or coffee.	Write a poem.
Bake a cake.	Build a fort.	Pay a parent/carer a compliment.	Watch a classical concert online.	Design a board game.	Create a work space.	Do the Beatbox Challenge.	Check the tyre pressures on the car (with a family member).	Design a game character.	FaceTime a friend or family member.
Design a piece of clothing.	Create a new sport.	Hoover your bedroom.	Create a reading den.	Play a board game.	Learn a dance.	Tidy your room.	Create a powerful speech about how we can reduce plastic waste.	Write a letter to an elderly family member.	Learn basic first aid (YouTube).
Make a music video.	Design a new trainer.	Pay a sibling/cousin/friend a compliment.	Make an obstacle course.	Complete a puzzle.	Learn about a Shakespeare play.	Learn Sign Language (YouTube).	Make a family tree.	Make a flower press.	Fold clothes.
Make biscuits.	Design a music festival poster.	Make homemade pasta.	Watch a film that you think you would hate.	Listen to one of your parent's/ grandparent's/ sibling's favourite albums from start to finish.	Devise your own crossword.	Play charades.	Make a stop motion animation.	Do some gardening or weed the driveway (this could be for a family member).	Clean the windows.
Go for a walk (but keep your distance).	Have a whole day without your phone (lock it away or ask a parent to take it to work).	Survive one day without the internet.	Clean the oven.	Learn how to do your own washing.	Clean the bathroom.	Change the bed linen.	Read a book to a sibling/parent.	Learn how to draw in 1-point perspective (YouTube).	Run a mile.
Make your bed everyday.	Design a new, futuristic mode of transport.	Write a vegan menu.	Learn your times tables 1-12 and answer each question within three seconds.	Make homemade chips.	Design a flying car of the future, imagining you are living in the year 2300.	Draw a portrait, using your non-writing hand.	Create your own juice brand.	Make a picture out of things you have foraged for... e.g. leaves/sticks/twigs/sand.	Try to do 5,000 steps a day.
Draw your favourite animal with your eyes closed.	Design a drone.	Kick up challenge - how many times can you keep/kick a ball (or toilet roll) up?	Write a menu for a coeliac (someone who cannot have gluten/wheat).	Learn 122 times tables up to 12 x 122.	Make homemade jam.	Design a mask for a Venetian festival.	Design a charity fundraiser festival for your school.	Pick up litter in the local area/park.	Keep a diary for future historians to read about self-isolation and how you are feeling.