

30 DAILY TASKS



30 challenges to keep yourself occupied!

<p>Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.</p>	<p>Day 2 Enter the Kindness Competition & submit by 13th April – <i>see slide 2</i> https://www.ditchthelabel.org/choose-kindness-competition/</p>	<p>Day 3 Call a relative or friend who is far away and have a chat with them.</p>	<p>Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.</p>	<p>Day 5 Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.</p>	<p>Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/</p>
<p>Day 7 Visit a virtual museum! Go online and explore the collections. http://www.virtualfreecites.com/museums.museums.html</p>	<p>Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.</p>	<p>Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p>	<p>Day 10 Create an information booklet about the importance of hand washing and hygiene.</p>	<p>Day 11 Make your own riddle and see if anyone can guess what it is.</p>	<p>Day 12 Do something helpful for a friend or family member today.</p>
<p>Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.</p>	<p>Day 14 Send a positive message to all of your friends.</p>	<p>Day 15 Listen to your favourite song and make up a dance routine or a backing track.</p>	<p>Day 16 Explore the Titanic as an online tour. http://titanicvr.io/</p>	<p>Day 17 Make a card for someone's birthday/celebration coming up.</p>	<p>Day 18 Play a game that you haven't played in a while with someone else in your house.</p>
<p>Day 19 Hoover the stairs or a room in your house.</p>	<p>Day 20 Learn how to cook a meal and eat together.</p>	<p>Day 21 Leave a thank you note for someone else to find in your house.</p>	<p>Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.</p>	<p>Day 23 Write and illustrate a comic book or story to uplift people's spirits.</p>	<p>Day 24 Go on an online tour -parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBIKS3CODRitZgnCNlOxUSelbKO9pXcl4</p>
<p>Day 25 Read a book and plan a theme park around the main places, themes and characters.</p>	<p>Day 26 Find out which animals are soon to be extinct and create an advert to save one.</p>	<p>Day 27 Watch a film with someone at home and make sure you turn your phone off.</p>	<p>Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.</p>	<p>Day 29 Draw a picture of what you see in your garden or out of your window.</p>	<p>Day 30 Write down 5 things you are thankful for in your life.</p>



The Kindness Competition



<https://www.ditchthelabel.org/choose-kindness-competition/>

What does
'choosing
kindness' look
like?

What does choosing kindness look like? Send your creative interpretation.

Your creative piece of work could be anything from videos, photographs, posters, stories, sculptures or essays.

Be creative!

Look at the website!

Entries must be submitted in a digital format via the [competition Entry Form](#) or by emailing education@ditchthelabel.org, with the subject link "Choose Kindness Competition".

Prizes to be won!

By Monday 13th April