



We hope that you enjoy completing Challenge 19, share your ideas with classmates and let's have some fun!

[illegible]

Ideas of Acts of Kindness	Ideas of Physical Challenges
Tell a joke	Build and assault course using 19 things
Draw pictures and post them to your local care home	Complete 19 jumping jacks
Call your grandparents and ask them about their childhood	Keep a balloon in the air for 19 seconds
Read a book to someone	Do 19 handstands
Turn off the water when brushing your teeth	Cycle around the garden/park 19 times
Make a get well card for someone	Do 19 keepy-uppies
Leave kindness stones at the park	Keep a hula hoop spinning for 19 seconds
Teach someone something new	Go for a 19 minute bike ride
Make a homemade gift for someone	Go for a 19 minute walk/run
Smile at everyone you see for a whole day	Get 19 balls in the basketball hoop in a row
Make a thank you card for the postman/woman	Do 19 cartwheels
Write a letter telling someone how great they are	Kick a rugby/football in the goal/over the post 19 times
Tidy your bedroom without being asked	Complete a 19 hit tennis rally
Sort the recycling out at home	Get 19 points in a table tennis challenge
Every day, think of 3 things you are grateful for	Do 19 martial art moves
Send a postcard to someone you love, wherever they live	Do 19 jumps of the skipping rope
Make some kindness hearts and give them out to people	Catch a ball 19 times
Ring an elderly relative or friend and have a chat	Do 19 hops
Introduce yourself to someone new at school and chat	Do a Just Dance video on YouTube
Make a bird feeder	Go up and down the stairs 19 times
Wear a pair of silly glasses until you make someone laugh	Complete 19 yoga moves
Donate to your local food bank	Roll down a hill 19 times
Sit next to someone you don't usually at lunchtime	Complete 19 jumps on a trampoline
Play with someone you don't usually at break time	Make a hopscotch square and complete it 19 times
Hold the door open for someone	Juggle 3 balls 19 times
Donate clothes to charity, leave a happy note in the pocket	Swim 19 lengths
Leave a kind message on a poster in your window	Jump in 19 puddles
Complete a Cosmic Kids Yoga session via YouTube	Fly a kite
Sort out your toys and donate the ones you don't play with	Play a game of charades