## St. Peter's School Association

## Welcome to Challenge 19!

In these strange times, the SPSA need to find new ways of raising funds for our wonderful school, so welcome to Challenge 19.

Just pick 19 things to do (we've given you some ideas overleaf) or you can come up with your own challenges, then ask all your family and friends to sponsor you to do those things, then do them.

Collect the money and either bring the money in to the school office, or, if prefered ask a grown up to transfer the money using ParentPay. This sponsored challenge will help the SPSA raise much needed funds for our school as we are unable to fundraise in our usual way.

We're going to begin Challenge 19 on Monday $2^{\text {nd }}$ November 2020 and you will have 4 weeks to complete your chosen 19 challenges. We then ask that you transfer the sponsorship money raised via ParentPay during the week beginning Monday $30^{\text {th }}$ November, with all sponsorship money being transferred by Friday $4^{\text {th }}$ December.

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

| Name | Donation | My 19 Challenges |
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| Ideas of Acts of Kindness | Ideas of Physical Challenges |
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| 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 |
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