

# 30 DAILY TASKS



## 30 challenges to keep yourself occupied!

### 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.

### Day 2

Enter the Kindness Competition & submit by 13<sup>th</sup> April – **see slide 2** <https://www.ditchthelabel.org/choose-kindness-competition/>

### Day 3

Call a relative or friend who is far away and have a chat with them.

### 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.

### 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.

### Day 6

Look at the resources and information available on the Young Minds website <https://youngminds.org.uk/>

### Day 7

Visit a virtual museum! Go online and explore the collections. [http://www.virtualfrebsites.com/museums\\_museums.htm](http://www.virtualfrebsites.com/museums_museums.htm)

### Day 8

Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.

### Day 9

Turn your devices off and enjoy spending some time with a sibling or parent/carer.

### Day 10

Create an information booklet about the importance of hand washing and hygiene.

### Day 11

Make your own riddle and see if anyone can guess what it is.

### Day 12

Do something helpful for a friend or family member today.

### Day 13

Find out all of the Fundamental British Values and create an informative poster on one of them.

### Day 14

Send a positive message to all of your friends.

### Day 15

Listen to your favourite song and make up a dance routine or a backing track.

### Day 16

Explore the Titanic as an online tour. <http://titanicvr.io/>

### Day 17

Make a card for someone's birthday/celebration coming up.

### Day 18

Play a game that you haven't played in a while with someone else in your house.

### Day 19

Hoover the stairs or a room in your house.

### Day 20

Learn how to cook a meal and eat together.

### Day 21

Leave a thank you note for someone else to find in your house.

### Day 22

Research and produce a mind map and fact file about all the places in the world you would like to go.

### Day 23

Write and illustrate a comic book or story to uplift people's spirits.

### Day 24

Go on an online tour -parks <https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBiKS3C0DRitZgnCNl0xUSelbKO9pXcl4>

### Day 25

Read a book and plan a theme park around the main places, themes and

### Day 26

Find out which animals are soon to be extinct and create an advert to save

### Day 27

Watch a film with someone at home and make sure you turn your

### Day 28

Make sure you get 8 hours sleep tonight. Note how you feel the next day.

### Day 29

Draw a picture of what you see in your garden or out of your window.

### Day 30

Write down 5 things you are thankful for in your life.



# 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](mailto:education@ditchthelabel.org), with the subject link "Choose Kindness Competition".

Prizes to be won!

By Monday 13<sup>th</sup> April

# 30 DAILY TASKS

## 30 more challenges to keep yourself occupied!

### Day 1

Design an exercise routine and get someone at home to do it.

### Day 2

Design a poster to put in your front window to make people smile when they are going for a walk.

### Day 3

Play the 'Yes/No' game with someone in your house.

### Day 4

Create a timeline showing the main events in your life.

### Day 5

Design a new football kit for your favourite team or for Euro 2021.

### Day 6

Think about your favourite book and design a front cover for it.

### Day 7

Try and think of 50 ways to use a tennis ball.

### Day 8

Teach someone in your house a new skill.

### Day 9

Design a flip book with paper which has a moral message.

### Day 10

Research what skills and work experience you will need to have to apply for your dream job.

### Day 11

Choose a famous person and write a diary from their point of view from an important event in their life.

### Day 12

Learn some origami  
<https://www.origami-resource-center.com/origami-basics.html>

### Day 13

Choose 5 countries you know nothing about and learn 2 key facts about each.

### Day 14

Interview a person in your house about their life.

### Day 15

Design a cover or box for your favourite game.

### Day 16

Play 20 questions with a friend over the phone.

### Day 17

Design a healthy menu for a café and design a marketing strategy or advert to promote it.

### Day 18

Create 10 rules that people should follow to use social media safely.

### Day 19

Design a new chocolate bar and write a letter to Cadbury introducing your product.

### Day 20

Create a poster to encourage people to help protect the environment.

### Day 21

If you could choose 4 people to have dinner with, who would it be and why?

### Day 22

Watch an old film and think about the differences in peoples' lives in the past.

### Day 23

Make a time capsule for 2020

### Day 24

Write 3 acrostic poems using the words, 'Generosity', 'Kindness' and 'Compassion'.

### Day 25

Research Mehndi patterns and make one of your own on paper.

### Day 26

Make a collage about an important world issue, e.g. poverty, homelessness, addiction etc.

### Day 27

Learn how to sew a button on an item of clothing.

### Day 28

Make a timetable of what you are going to do tomorrow.

### Day 29

Design a superhero character and label it with its special features.

### Day 30

Do a job in the house without being asked to do it.