

THE ST. VINCENT'S CHALLENGE

A challenge awaits you...

During the time that school is closed, we are setting you a selection of random challenges to try and complete. Some will be easier than others and some will need you to be extra creative.

When we are back at school, prizes will be awarded for any children who have managed to complete the St. Vincent's Challenge!

I CHALLENGE YOU!

For each challenge, you can write a quick note explaining what you did and/or take pictures evidencing that you have completed it.

There will be 3 levels of award you can achieve:

Bronze (completing 10/30)

Silver (completing 20/30)

Gold (completing ALL challenges)

Rules and regulations:

- ❖ You MUST provide some sort of evidence to prove you have completed each task.
- ❖ Before completing each task, you will need to get permission from a parent/carer.
- ❖ You can work together with people at home to help you complete the challenge but YOU must be involved in each task.
- ❖ For each task, you will need to demonstrate a Take Care approach ensuring you are respectful towards other people.
- ❖ This challenge is solely based on having FUN!

COMPLETE THE TABLE EACH TIME YOU HAVE COMPLETED A CHALLENGE

TOP TIPS

- Plan out when you are going to complete each task
- Think about what resources you could use before you start a task
- Talk to your friends/family for advice/ideas
- Contact school if you have any questions or need any help



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ARE YOU UP TO THE CHALLENGE?

*Below are the **TEN** tasks which form the **CHALLENGE**!*

	Task	Notes/Evidence
1	Read a book in the most unusual place you can think of	
2	Write your own rap/song	
3	Build the highest tower you can out of household items	
4	Create an obstacle course in your garden	
5	Build a den that can fit at least two people in	
6	Dress somebody up in the craziest outfit you can think of	
7	Create a video message which can be shared with family/friends/teachers – send them to the school Twitter (@stvincentsrcp)	
8	Have an indoor treasure hunt	
9	Learn or choreograph a dance routine	
10	Make an indoor restaurant and serve your family	



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ARE YOU UP TO THE CHALLENGE?

Below are the 30 tasks which form the CHALLENGE!

	Task	Notes/Evidence
11	Make a card for everyone at home	
12	Arrange your food into an animal	
13	Tidy your bedroom without being asked to by a parent (parents signatures required to confirm!)	
14	Make a fitness routine and put your family through their paces	
15	Give five compliments to people throughout the day	
16	Have an upside-down meals day (breakfast for lunch etc)	
17	Order your books alphabetically	
18	Host a birthday party for a teddy or toy	
19	Have a game of noughts and crosses	
20	Spend the whole day in your pyjamas	



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ARE YOU UP TO THE CHALLENGE?

*Below are the **30** tasks which form the **CHALLENGE!***

	Task	Notes/Evidence
21	Sketch something in your house/garden	
22	Tell a joke to make people laugh	
23	Help your parent with a job/chore	
24	Design your own indoor sports game	
25	Set up your own indoor bowling alley	
26	Use the resources in your house to make a musical instrument	
27	Host a talent show with the people at home	
28	Create your own science experiment using the things you have at home	
29	Complete 50 star jumps in one day	
30	Design your own paper aeroplane and throw it in the garden!	