**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!***

A picture containing drawing, plate

Description automatically generated

**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 |  |

**THE ST. VINCENT’S CHALLENGE**

**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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|  |  |  |
| --- | --- | --- |
|  | **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! |  |