

42 DAYS OF SUMMER CHALLENGE!

How many challenges can you complete in the summer holidays?

10+ Bronze Award, 20+ Silver Award, 30+ Gold Award!

[CLICK HERE to let us know how you get on](#)

Ride your bike for 15 minutes	Build a rock tower	Plant a seed and watch it grow	Go Pond dipping	Climb over a stile	Walk 2 kilometres
Paddle in a stream	Dig for worms	Balance on 1 leg with your eyes shut	Dance in the rain	Make an obstacle course	Collect sticks and make a model
Wash the car or the dog	Kick a ball for 30 minutes	Collect 6 different leaves	Walk up 100 stairs	Random act of kindness	Build a den!
Count the stars	Find some rocks to paint	Climb a hill to watch the sunset	Have a water fight	Meditate in the garden	Sprint 5x 20m ten times
Create a chalk walk	Play on stepping stones	Make and bury a time capsule	Learn a new skill	Go hunting for geocaches	Take a pic of a butterfly
Complete a personal challenge	Make your own mini golf course	Water the plants in the garden	Use a map to go on an adventure	Pick wild blackberries	Make a bird feeder
Find & play a game you haven't played in a while	Go animal spotting in your garden	Walk around balancing something	Make a healthy snack for your family	Make a picnic and eat it outside	Throw and catch different objects for 10 minutes

Share your fun on Twitter [@Stafford SG](#)

Email s.stinton@smhs.staffs.sch.uk

