Helping Others Challenge

- Help wash & dry the dishes
- Help sort the clothes for washing and hanging them on the line to dry
- Help make lunch
- Help a sibling with their home learning
- Video call a family member/friend - Help others and ourselves not to feel lonely
- Paint/make a picture to put in your windows - Help others feel happy on their walk
- Pick up litter on your walk (make sure you wear gloves) - Help to keep the environment clean
- Feed/clean/walk your pets. If you do not have a pet, write a letter to your grown up telling them how you would look after one, if you had one!
- Send a picture electronically or read a story to a family member or friend who is isolating.
- Make a thank you card/picture for a key worker and ask your grown up to electronically send it.