

# Full Circle @ Dockland's Take 5



These are some examples of how you can complete the Take 5 challenge. Alternatively, think of your own tasks - The most creative and thoughtful submissions will win!!

Speak to a role model in your community and learn how they overcame challenges

Connect with the community

Help promote or get involved in advocating a local cause

Join in with community discussions and have your voice heard

Stand up for others or something that you are passionate about

Connect with the older generation as part of a community event

Take 5 Challenge

Do a sponsored cycle ride

Help walk an elderly neighbour's dog

Do a sponsored run for charity

Be Active in the community

Help a local charity with tidying the garden

Make a positive change in the community

Donate old unwanted clothes and/or toys to charity

Make someone feel better about themselves

Be Kind and give

Help promote a good cause

Help a neighbour

Volunteer at a charity

Raise money for charity.

Teach others a new dance routine

Help clean up the local park by picking up litter

Attend a new club or community organisation

Take part in peaceful demonstrations

Make a list of five positive changes that could be made in the community

Take photos of the five most beautiful things in your community

Try playing a new musical instrument

Try something new

Do a sponsored run for charity

Do a short you tube video about something in the community that matters to you

Make a song or rap about something in the community that matters to you

Do a short you tube video about something in the community that matters to you.

Take notice

Do a drawing or painting of how you see the local community

Write an article about something positive going on in the community

Volunteer at a charity

Try a new sport or activity