



Examples of what you can do to win the Take 5 challenge at home

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!!



Help your sibling overcome a problem they have

Connect (spend time with) with family

Ask your parents whether they have had a good day

Listen to stories about what life was like for your grandparents when they were growing up

Visit or telephone your aunt/uncle

Talk to a member of your family and find out something new about them

Do something your sibling wants to do

Donate old unwanted clothes and/or toys to charity

Help your parents without being asked

Be Kind and give

Help with the gardening

Help a neighbour

Volunteer to wash the dishes after dinner

Help your sibling with their homework

Play a new game with your siblings that you have never played before

Try some new food that you have never had before

Try playing a new musical instrument

Try reaching the next level of a game or an activity you already play

Try a new sport or activity

Try something new

Read a new book

Set yourself a new goal and see if you can achieve it

Ask a member of your family how they are feeling

Tell a member of your family how your feeling and problems you are facing

Take notice

Learn a new dance routine with your friends

Make a list of 5 things you like most about your home

Do something to show your family you appreciate them

Be Active

Play in the park with your cousins

Play in the garden with your sibling

Play football with friends

Go for a bike ride with your parents

Challenge your parents to go for a run

Make a list of 5 things you like most about your family

Make a list of your five best memories of your family