

Group Challenges for Youth Groups in Self-Isolation

The emphasis on these challenges is not to be the best, but the feeling of community and doing something together!!

- Photography Challenges:
 - Photograph something around the house beginning with every letter of the alphabet
 - Photograph something of every colour of the rainbow
 - Take a photo that only has objects of one colour
 - Take a close-up picture of something
 - Take a photo in black and white

- Art Challenges – these can be limitless!! You can also find 30 day art challenges online, but here's a few ideas to get you started:
 - Do a drawing without taking the pen off the paper
 - Draw/paint a self-portrait
 - Draw a picture that is no more than 1inch tall/wide
 - Draw/paint about something that inspires you
 - Draw/paint something from your favourite book
 - Invent an imaginary friend and draw/paint them

- World Record Challenges – challenge the group to try and beat some silly world records:
 - Most spoons balanced on the human body (79 to beat)
 - How quickly can they eat 3 cream crackers (14.45 seconds to beat)
 - Farthest distance to blow a pea (7.51m to beat)
 - Farthest distance to throw a paper airplane (69.14m to beat)
 - Tallest toilet paper tower in 30 seconds only touching one roll at a time (28 rolls to beat)
 - Most underpants put on in 1 minute (18 to beat)
 - Largest bubblegum bubble blown (50.8cm to beat)
 - Most Smarties/M&Ms eaten with chopsticks (one at a time) in 1 minute (20 to beat)
 - Most dominoes stacked in 30 seconds (48 to beat)

- Learn Something New Challenges:
 - New language – e.g. Duolingo
 - Crash Course – www.youtube.com/user/crashcourse (loads of subjects to pick from)

- Challenge everyone to learn as many digits of Pi as possible (there's a song to help: <https://www.youtube.com/watch?v=3HRkKznJoZA>)
- Something physical - yoga, tai chi, Pilates, weight training (can be done with cans of beans!!), deep breathing/meditation (tutorials for all can be found online)
- Writing - do a mini-NaNoWriMo (National Novel Writing Month) where you set a word count and challenge them to write a story in that time frame, challenge them to write a poem every day
- Ted Talks - encourage them to watch a new Ted Talk each day (www.Ted.com)