

KINGS SHUTDOWN CHALLENGE: DO SOMETHING NEW

You may never have another opportunity like this one! Here are some ideas for self-improvement shutdown projects—bring evidence when we return to school and there are points and prizes for the best.

Learn A Language	Grow Your Own	Go Upside Down	Keep A Journal	Send Love In An Envelope
Use podcasts, YouTube and free apps to learn some key phrases in a new language.	Now is the perfect time to plant seeds to grow your own vegetables and salad this summer. A yoghurt pot on a windowsill will do!	Learn to do a rock-solid handstand — you'll need daily practice to develop the strength and balance!	In years to come, we'll all remember the pandemic of 2020. Keep a journal to share with your grandchildren.	Lots of old people can't be visited in their care homes at the moment. Send a letter, a poem, or a picture to let them know you are thinking of them. (Only if you are well!)
Beat Your Gremlins	Paint The Rainbow	Just Dance	Learn To Relax	Do The Splits
Is there something you have always found hard? Maybe times tables, spellings, algebra, punctuation... Take 15 minutes each day to work on beating that gremlin!	Get your paints out and practise colour-blending to paint a perfect rainbow. This will take some practice...	Find a famous dance routine and nail it. Tik Tok doesn't count!	Spend time every day learning to meditate. There are lots of apps and videos that will guide you, or just spend a few minutes focusing on your breath.	Always wanted to do the splits? It takes at least 30 days, which luckily you have! Find an online tutorial and take a photo of your before and after.
Pump It Up	Get A Pen Pal	Get Baking	Become A Musician	Help Thy Neighbour
Do the 0—100 press up challenge — it takes 10 weeks but you'll be ripped by the end!	Swap addresses with one of your friends, stock up on stamps and envelopes and write a proper letter to each other every week. You'll still be re-reading them when you're 90!	Your family will thank you for something nice to eat. Bake cakes or biscuits, then practise your icing skills to turn them in to works of art.	If there's an old instrument lying around, learn to play it. If you have an app, learn to compose with it. Create something musical.	Hopefully you will stay well, but there may be others around you who aren't or are worried and need support. See if you can do anything for your elderly or poorly neighbours.
Upcycle Your Recycling	Exercise Your Memory	Make Future Plans	Read	Daily HiIT
Take old clothes, boxes, bottles or plastic and turn them into either a work of art or something functional for your home.	Memorise all 48 counties of the UK, all 50 states of America and all 195 countries of the world.	Do some research into future careers, courses, colleges and universities. Find out their requirements and make a plan for how you will get there.	Read as much as you can. Kindle Unlimited is now free for 2 months, and the county libraries have free e-book borrowing services.	Do a daily HiIT workout — try The Body Coach TV on YouTube.