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](http://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)