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)