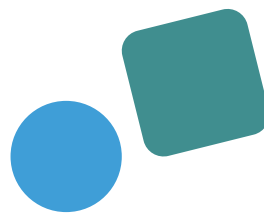


# Summer Challenge

## Family



East Anglia's  
Children's Hospices

# Challenges

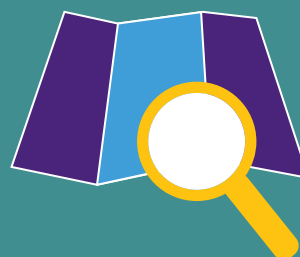
6  
weeks

6  
challenges

£60  
to raise

## Sensory Scavenger Hunt

You can complete the scavenger hunt wherever you like.  
Find the following:



### Touch

- Something fluffy
- Something spiky
- Something rough
- Something hard and smooth.

### Sound

- Something that rustles
- Something that squeaks
- Something that jingles/rattles
- An animal noise.

### Sight

- Something multicoloured
- Something that sparkles
- Something that is camouflaged
- Something that is purple or orange.

## Family sports day

Invite friends and family to join you for a fun sports day.

Meet at a local park, or come up with fun competitions you can do in any space such as your garden. Maybe a hopping or skipping competition, three-legged race, egg & spoon race, bean bag throwing, the options are endless!

## Orienteering

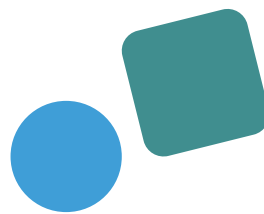
Get out and about exploring local parks and take on an orienteering challenge (navigating between check points). You can find your nearest trails at [www.goorienteering.org.uk](http://www.goorienteering.org.uk)\* and there are hundreds of trails across the region of varying lengths to suit your family.

Take on one trail that's a challenging distance, or maybe see how many you can complete in a week.

\* Please be aware that this is an external website with no affiliation to East Anglia's Children's Hospices and the guidance/information contained therein is used at your own risk.



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### Visit six new places

Challenge yourself to visit six places you've not been before. You may find a new park down the road you haven't visited, you could randomly pick a place on a map to visit or perhaps take a bus and get off at a different stop to explore.

### Try new foods

Why not try something new every day for a week? It could be simply trying an ingredient you haven't used before, or you could be more adventurous and give different cuisines a go.

### Baking challenge

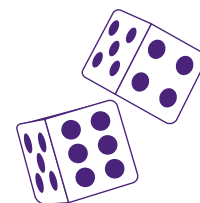
There are a few ways you can take on a baking challenge:

- Baking individually or in teams, each bake a cake or dessert, then invite wider family and friends around for a blind taste test. Think of a fun prize for the winner, like breakfast in bed!
- Bake together as a family then sell to friends and neighbours to raise money for EACH.



### Games night marathon

Pick your favourite games, stock up on snacks and have a family gaming marathon. You might decide to see how many different games you could play in one night, or have a family tournament and see who will emerge victorious!

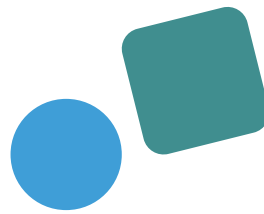


### Reading challenge

How many books can you read, over a week or the whole of the holidays? Set yourself a target based on your family's reading ability.

For this challenge, you could take advantage of our free books offer through our EACH retail shops. Children can pick up one free book a week throughout the holidays. Find a list of our shops [www.each.org.uk/our-shops](http://www.each.org.uk/our-shops)

# Summer Family Challenge



## Challenges

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### Learn a new language

You could take on a quick and easy challenge such as picking a language, learning the names of everyday household items in your home then test each other on your knowledge. If you're feeling more adventurous, use the full six weeks of the holidays to learn conversational sentences and everyday words, spending a day at the end of the holidays only speaking in that language.

### Garden camp out

If you've got a suitable tent, or can borrow one for the night, why not commit to a camp out in your garden? Cook outside, wrap up in blankets with hot chocolate and tell stories, before sleeping under the stars.

### Recycling craft challenge

Save up your plastics, tins and cardboard and get crafty.

- Who can build the tallest tower
- Create a musical instrument
- Craft a self portrait
- Create a game like skittles.



### Learn a circus skill

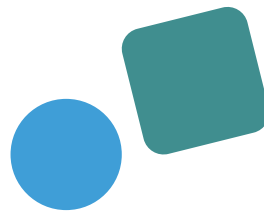
Juggling, plate spinning, balancing objects, handstands, or even magic tricks. Everyone in the family could learn and perfect a new skill then put on a variety show performance as a family.

### Have a backwards day

Spend a day doing everything backwards! Put your clothes on backwards, have dinner for breakfast, walk backwards and even try talking backwards.....

'words the not, sentences the just!'

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### Mile or more a day

Pick a distance and cover it every day for a week by whichever means suits you as a family.

### Six acts of kindness

Why not pay it forward and commit to six acts of kindness? Suggestions could include litter picking in your area, small jobs for neighbours, giving someone a compliment, or leaving a small bunch of flowers on someone's doorstep.

### Have a clear out

Sort out unwanted clothes and toys and donate them to your closest EACH shop. Everyone in the family could commit to donating a certain number of items.

[www.each.org.uk/our-shops](http://www.each.org.uk/our-shops)

### Create a memory box

Decorate a shoe box or similar and collect mementos of your summer holiday; photos, tickets, memories of the challenges you've completed.

### ECHO the Elephant

Create a piece of artwork showing our mascot ECHO the Elephant and send us a photo to add to our wall of fame.

This could be drawn, painted, a collage, a model made of anything you have handy, or even a costume.

