



Childline 35 - Day Challenge

1 Fill out your Childline 35 Day Challenge Calendar	2 Set up & share your fundraising page	3 Read a book for 35 minutes	4 Do 35 press ups, star jumps or burpees	5 Share your top 5 songs & tag 3 friends asking them to do the same	6 Share a happy memory	7 Make dinner from a recipe you've never tried before
8 Send a positive email or message to a colleague	9 Celebrate all the amazing things you do today	10 Share one of NSPCC's social media posts	11 Host a virtual quiz with friends or family	12 Share your top 5 films & tag 3 friends asking them to do the same	13 Be kind to the planet, to others and most importantly yourself!	14 Count how many people you smile at today, even over Teams
15 Start learning how to draw, paint or try a new craft	16 Log off and have a day without any social media	17 Read a book you wouldn't usually read	18 HALF WAY YOU CAN DO IT!	19 Update everyone on your progress so far	20 Exercise for 35 minutes	21 Have a film night
22 Learn how to count to 35 in a different language	23 Run, walk or cycle 3.5 miles	24 Discover a new podcast today	25 Take 35 minutes out of your day to try meditation	26 Share 5 mind blowing facts & tag 3 friends asking them to do the same	27 Volunteer! Sign up to one of NSPCC's opportunities	28 Do an extra 15 minutes of exercise today
29 Bake 35 cupcakes and sell them at work	30 Sign an NSPCC petition	31 Ask someone about something they have enjoyed this week	32 Find a positive news story and share with others	33 Share your top 5 authors & tag 3 friends asking them to do the same	34 One last push, share your fundraising page	35 Congratulations You've done it!

Donate to our Just Giving Page  <https://www.justgiving.com/campaign/Childline35Club>

EVERY CHILDHOOD IS WORTH FIGHTING FOR