

# Children and Youth CHALLENGE

Do some activities from this board for the Children and Youth program!  
Can you cross off five in a row? (See the *Children's Guidebook* for more ideas).

 <p>Go on a walk and notice nature around you.</p>	<p>Clean your room or another place in your home.</p>	<p>Make a list of 20 things you are grateful for.</p>	<p>Set a SOCIAL goal.</p>	<p>Pray for a friend or loved one in need.</p>
 <p>Do a simple act of service for a family member.</p>	 <p>Write in your journal.</p>	<p>Set a PHYSICAL goal.</p>	<p>Pick an activity for your family to do for <i>Come, Follow Me</i> this week.</p>	 <p>Send a thank-you note to someone who has helped you.</p>
 <p>Play a game with your family.</p>	<p>Ask someone to teach you a new skill.</p>	<p><b>FREE SPACE</b></p>	 <p>Take a walk and pick up 20 pieces of litter. (Don't forget to wash your hands after.)</p>	<p>Go through old photos with a family member and share memories.</p>
 <p>Try a new fruit or vegetable.</p>	 <p>Tell a friend something you admire about them.</p>	<p>Call a grandparent or other relative. Ask questions to learn more about them.</p>	<p>Read a book for 20 minutes.</p>	 <p>Set a SPIRITUAL goal.</p>
 <p>Set an INTELLECTUAL goal.</p>	<p>Do a fun activity with your siblings.</p>	<p>Read your scriptures for 10 minutes.</p>	 <p>Learn to make your favorite food.</p>	<p>Exercise for 20 minutes.</p>