

# High Flyer Challenges

Complete a 'show and tell' in your group

Lead an icebreaker or activity in your group

Ask your leader extra tasks for the day & do your best to put them into practice

Find out about the dangers of drugs and alcohol

Be helpful to a leader

Learn basic first aid

Write to your local councillor or MP about something that affects you or your community

Use the letters from the name of your group to make as many new words as you can

Come up with a motto for your group

Work out how many children are in your group and how many groups are in your region. Using this how many children are in the region approximately?

Using your estimate number of people in the group, how much could your group raise for Edward's Trust?

Answer:

Insert  
logo here

# The Kite Challenge!

Edward's Trust

Group      Name      Date

Total Challenges  
Completed

Total Money  
Raised



SUPPORTING CHILDREN AND FAMILIES WHO ARE  
FACING LOSS AND SURVIVING BEREAVEMENT



# Edward's Trust

We need you to help our bereaved families across the West Midlands, by taking part in our Kite Challenge and you will also be helping yourself, your family, your friends and your local community!

We would love you to get involved...

Complete as many of the challenges below that you can, ask as many people as possible to kindly support you and aim for 50p for each challenge. You will be amazed at the difference you can make.

There will be prizes for:

- Excellent contribution
- Highest amount raised in your group

Challenges can be adapted to suit context

## How many can you do?

### Activity

### Sponsored by

### Amount Paid

Make a new friend and play with them

Phone your grandparents or an older relation

Do a secret good turn at home

Smile at the people you pass in the street

Pick up rubbish from around venue or home and put it in the bin or, with permission, do a litter pick

Hold the door open for the person behind you

Change the toilet roll when its empty

Sort all the washed socks into pairs

Read to a younger person

Chat to a neighbour you know who may be lonely

Learn how to call the emergency services and what to say

Set the table for a meal and/or clear away afterwards

Help with the washing up or load/unload the dishwasher

Learn your address and postcode/your home phone number & parents mobile numbers

Draw a picture and use it to cheer someone up

Learn to cross the road safely

Remember to say thank you to everyone who does anything for you (all day)

Learn to make a drink and make one for someone else (this could be a cold drink)

Tell people about something you are proud of achieving through being at your school?

Tidy and dust your bedroom

Help at home without being asked

Don't moan at all, all day

Help to clean the bathroom

Play with/look after a younger child

Volunteer... for anything!

Visit your local library. Why not join and borrow a book

Help someone younger than you

Help someone older than you

Remember to thank your parents and leaders (all day)

Hang up or iron your clothes (with help from an adult)