

Here are some ideas to inspire you for your challenge!



Stair Climb- Set a target and climb your stairs everyday for 25 days.



HIT – if you are missing your gym classes, find an online alternative and stay active



Dance- Master that dance skill you have always wanted to learn or have a 25 min disco everyday!



Make music – whether you are learning a new instrument or practicing for your next recital, spend 25 minutes a day making music



In times of self-isolation it is important we all still stay connected, spend 25 minutes each day catching up with friends and family on Facetime, or Host a House party!



Watch a new series – can you find a series with 25 episodes for 25 minutes?



Gamathon – 25 minutes for 25 days dedicated to mastering that game you love



Declutterthon – dedicating 25 minutes a day to your housework will see your home sparkling and clutter-free in no time.



Pet time – spend extra time cuddling and playing with your favorite companions, or even teach your pet to do a trick!



Gardening – spring has nearly sprung so now is the ideal time to plant pot-grown fruit trees and bushes, what will you grow?



Become a You Tuber – learn how to film, edit and upload your own videos. Create your own tutorials or daily vlogs and share with the group your videos!



Create a new playlist – spend 25 minutes creating a new playlist and share your tracks with our Facebook group



Quiz Master Challenge- rejuvenate your brain and spend 25 minutes every day solving crosswords, play a board game, or beating the Chase!

Here are some ideas that are mindful and relaxing



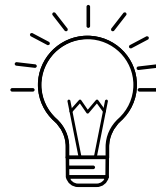
Reading – whether it be an old favorite novel, a new blog post online or a “how to”



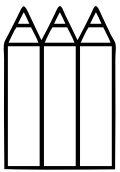
Meditation - increase awareness of yourself and your surroundings



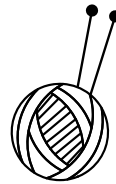
Take a nap – did you know that a 25 minute power nap mid-afternoon (1-3pm) could actually boost your daily energy, focus and mental performance?



Learn something new – have you always wanted to learn a new language? A new instrument? Or an online course? Now’s the time!



Colouring – with so many health benefits you may not even know about, it may be time to share those colouring pencils with your kids



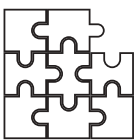
Crochet or knit something – crochet and knitting are known to have a calming effect, what will you make with your time?



Yoga – after 25 days of yoga for 25 minutes could you achieve the handstand scorpion?



Painting – create a masterpiece and display proudly in your home



Jigsaw Puzzles – can you complete a jigsaw in 25 days with only 25 minutes a day, let us know how many pieces you can do!



Pamper sessions – take 25 minutes out to do something for yourself. Have a bubble bath, give yourself a manicure or face mask



Make and post a card – get your artistic side out and create 25 cards to send to someone and brighten up their day



Baking – what wonderful treats could you whip up in just 25 minutes? Don’t forget to share your best recipes in our Facebook group for others to try!