

49 Challenges

for the 49 days



GIFT

- ✓ Print out the "49 Challenges for the 49 days".
- Call a friend who you haven't spoken to in a while to say "Hi". 📞
- Help a little **more in the** house today. Do a chore of someone else.
- Send a thank you note to a soldier. 🇮🇱
- Tutor online to someone who needs a little extra help. 💻
- **Video chat with a** grandparent / relative.
- Go to the shops for a neighbor and buy their shopping. 🛒
- Spend quality time with your family – **without screens!**
- Donate clothes to a charity. 👕
- **Truly listen to** someone.
- Compliment at least three people. 👤
- Look after your own **mental and physical** health.
- Give an hour of your time to someone in need. 🕒
- **Call someone** you know who is going through a hard time.
- Make a (fun) worksheet for a child in hospital.
- Greet everyone in your home with a smile and good morning/evening. ☀️
- Tidy up after yourself (every day). 👍
- Research about charities in your neighbourhood.
- **Pick up** a prescription for someone.
- Draw a picture/ write a note for doctors and nurses in hospital to say "Thank you!". 🎨
- Donate Blood and or bone marrow.
- Draw a picture for a resident of an old age home. 👵
- Give some **charity** today (either online or in a charity box).
- Make a food package for someone who is homebound / quarantine. 🏠
- Pray for someone in need.
- Support a **local business,** takeaway or supplier.
- Sort out old toys and books to donate.
- Send flowers to cheer someone up. 🌸
- Share a link or publicise online a friends **business.**
- Speak only **positive** and encouraging words.
- Think of a job opening for someone.
- Send a welcome note to a new immigrant. ✉️
- Give the benefit **of the doubt.**
- Bake a cake for someone. 🍰
- Ask the shop workers about their day.
- Call **GIFT** to see **how you can help.**
- Make a nice surprise for your parents. 🎁
- Concede in an **argument.**
- Write to a holocaust survivor or read about a charity that looks after them. 📄
- Translate documents for someone who doesn't speak the local language.
- Offer to babysit for free. 👶
- **Write a note of** appreciation to care givers.
- Send photos online to relatives to cheer them up. 📷
- Think of ways to raise money for people and businesses who **have suffered.**
- Be grateful for what you have.
- Grow you hair – and donate once it is long enough. 👩
- Learn a **new skill** to help others – sign language, how to knit.
- **Help find resources** for someone in need (online forms, phone numbers etc).
- Smile! 😊

For more creative ideas visit
www.jgift.org/education/online-education

www.jgift.org
 Registered charity 1153393