



# THRIVE

## Award



Supported by



Complete each of the three sections below - 1 activity from each section will earn a BRONZE award, 2 will earn a SILVER award and 3 a GOLD award.

Email [louise@youthadventuretrust.org.uk](mailto:louise@youthadventuretrust.org.uk) with details and photos of what you've done for each section by 31st August and we'll send you your THRIVE Award certificate. Use our ideas, or come up with your own!

### Challenge

- Take up a new hobby or skill: ask a friend to teach you or use online tutorials
- Try something that you've always been scared of: hold a spider, try a new food etc.
- Take on a well-being challenge: meditation, yoga or write a 30 days of happiness diary
- Set your own 30 day challenge: keep your room tidy, read a book, help somebody else
- Expand on your skills: beat your personal best at something, learn a new piece of music
- Complete a fitness challenge: couch to 5k, do something active every day

### Volunteer

- Help with a household job each week: put the bins out, do a chore or run an errand
- Make a weekly visit to a family member who might want some company
- Offer to walk someone's dog once a week if they need a hand
- Post flyers to your neighbours offering to help them with shopping, car washing or gardening
- Offer to coach friends, neighbours or siblings in an activity of your choice

### Create

- Invent a game, challenge or quiz for your friends or family
- Find a recipe (or recipes!) and create a meal for your family
- Create ways to make your household more environmentally friendly: use less water, walk rather than drive, reuse rather than throw away
- Make a tutorial video on a skill of your choice: origami, knot tying or make up
- Take part in a creative project: writing a story or creating a piece of art