

Wow!

# CHALLENGE TUESDAY

Welcome to the very first 'Challenge Tuesday'. We thought you might be looking for something to do with your time at home over the next few weeks.

- 1 We will be posting a new challenge or activity for you to have a go at every Tuesday.
- 2 Each of these activities will result in you creating something that you can add to your very own memory box!
- 3 But before you can add to your memory box you will need to make one. That is your very first challenge.
- 4 Have a look around your home for an old shoebox, cardboard box or some kind of container that you can use to add all your items to.
- 5 Decorate your box however you like. Don't forget to share photos with us on social media.
- 6 Finally we have some top tips of things you can put in your box alongside objects from our challenges.

## Top Tips

- Take notes about each object so you will remember when you look back.
- Photographs of you doing the challenges.
- Keep a record of any special occasions you celebrate during this time.
- Keep a journal, maybe write about how you are feeling or activities you have done each day or week.