



2021 CHALLENGE IDEAS

Name: _____

My top three challenge ideas:

1. _____

2. _____

3. _____

Final: _____

Step One: Choose your challenge activity. Make a list of your challenge ideas. We have listed a few ideas below. Try to keep your plan simple so you can achieve your goal for your pledge commitment. Discuss ideas with your parents, and then make your final Hero Challenge selection by **April 10**. Step Two: Gather your sponsor pledges anytime through **April 25**. Step Three: Work on your challenge goal so you can finish by **May 25**. Step Four: Collect all your sponsor's donations and submit them in your envelope on or before **June 1**. SMM will have prizes, including chances for students to win raffle items—Collect a raffle ticket for every \$50 donated to your challenge total.

IDEA 1: HEALTHY HABITS CHALLENGE

This Hero challenge is a perfect opportunity to combine a healthy activity and support your school. Pick a simple fitness exercise or sport challenge you enjoy. Jump rope, dance, run, or shoot hoops for 20 minutes a day, commit to a set number of jumping jacks, push-ups, or sit-ups to do each week, or take a pledge to eat at least two servings of vegetables each day! Whatever your healthy activity, be sure to keep your fitness goal practical, but try to challenge yourself, too! The main goal is to have fun while you get fit and raise funds for your school!

IDEA 2: SPIRITUAL HEART CHALLENGE

St. Mother Teresa said, "Do ordinary things with extraordinary love." To be of service to others is the heart of Jesus. You may want to consider a simple daily 'kindness calendar' as your challenge. It can include items such as thank a teacher or parent, do a chore, donate a can good, hold the door for someone, compliment a fellow student, apologize to someone, pick a piece of your clothing or a toy to donate. You can change it up daily or rotate your selection each week. (See the attached sample). If safe and practical, another option is to volunteer at a food bank or do an outdoor service project for a few hours a week. See the '*Spiritual Life*' page in student life on the school website for more *Ideas in Action*. Become an Heart Hero and change your world—starting at home, in school, and around our community!

IDEA 3: BRAIN GAMES CHALLENGE

Sharpen your mind and hone your Hero skills while you support SMM school! Read a book for 30 minutes a day or commit to reading a book a week, do a daily word search or crossword puzzle, learn how to play chess or practice the recorder for 20 minutes each day, or solve a daily Sudoku or other math puzzles. Maybe you prefer a creative brain challenge like making a card-a-day or other craft for the patients in a nearby hospital or doing a daily color-a-thon or different creative, mindful challenge. You could even choose to limit your daily screentime! Get creative, learn, and develop new skills—it is all for a good cause!