



WE DISCOVER, WE GROW

**Girlguiding**

*South West England*

**31 Challenges**



**For 31 days**

# Challenge 31



## 1. 'Make Mary's Cookies'

Ingredients to make 10 good sized cookies:

- 65g softened butter
- 65g granulated sugar
- 65g light brown sugar
- 1 tsp vanilla extract
- 1 egg
- 200g plain flour
- ½ tsp bicarbonate soda
- 1/3 tsp baking powder
- ½ tsp sea salt
- 100g milk choc chips or chunks



Method:

- Cream butter and both sugars together
- Add vanilla and egg and beat
- Add flour, baking powder and salt, combine to form a dough (don't worry if it seems dry!)
- Add chocolate chips and mix
- Spoon rough rounds on a baking tray and bake in the oven for approx. 10 mins at 180°C, remove when golden brown, they will still be soft but harden as they cool.



2. Hold a garden tea party. This can be for your household or you can hold it virtually with friends or extended family!

3. Climb 310 steps. You can go exploring and find a long tall staircase or you can use your stairs at home and do it slowly throughout the day.

4. Take a walk and see if you can spot 31 animals.

5. Spend 31 minutes doing something you love. This could be walking, writing, dancing or making music.

6. Complete 31 Soduko/Crossword or Word Search Puzzles. This is a long challenge and could take you a while. Just remember Challenge 31 is designed to be relaxed and done at your own pace.

7. Make a recipe with a budget of £31. This challenge has three tiers depending on how challenging you would like to make it!

The three variations of this challenge are:

- Create a meal for 1 for £3.10
- Make a meal for your family for £13.10
- Create a weekly shopping list with a budget of £31

8. Learn the promise in sign language. If you need some hints and tips have a look on YouTube for a tutorial.

# Challenge 31



9. Make a '31' out of recycled material. You could make the number 31 out of cardboard boxes, bottles or paper. Or you could make the words thirty one out of letters out of old magazines or paper.

10. Plant 31 seeds. Whether that is indoors or outdoors try planting 31 different plants or 31 of the same thing. To help you out check online to see what is currently in season before you plant!

11. Do 31 star jumps or sit ups. Like all the challenges this can be adapted to suit each person! You could do 10 star jumps, 10 sit ups & 11 push ups ...or you can do 31 of one!

12. Collect 31 things in a scavenger hunt . For this one you need to make a list of 31 things you could find out and about, this can include for free, in shops or even mini tasks . Once you have made your list go out and find all 31 things!



13. Run 31 laps of your local park or garden . For this challenge you can run or walk 31 laps of your garden, your local park or your neighbourhood!

14. Write a list of 31 nice things you could do for someone else and see how many of them you can do

15. Walk or run 31 miles . Don't forget the challenges are flexible. This means you could tailor this challenge to how able you are. Walk or run: 3.1, 13.1 or 31 miles to complete this challenge.

16. Collect 31 leaves for leaf printing.

17. Sing a song that lasts 3 minutes and 10 seconds.



# Challenge 31



18. Write 31 cards for people you care about. You could make or buy the cards and again this is adjustable so you could write 13 or 31 cards for everyone love

19. Find 31 different road signs around your neighbourhood.

20. Treat the grownups in your house to dinner.

21. Make and decorate 31 cupcakes.

22. Make a hedgehog house.

23. Make your own bird feeder.



24. Write a 31 page script to practice at home with your family. This is also an adaptable challenge and can split into different levels or difficulties. Try writing 31 lines of a script to start off. Try writing 31 paragraphs with 31 pictures. Try writing 31 different stage directions or a 31 line conversation between two characters. However if you do feel up to the challenge you can also write 31 pages of a script.

25. Learn 31 words in a new language. If you need any help there are loads of tutorials on Youtube!

26. Take 31 selfies in 31 different locations.

27. Do 31 cartwheels or forward rolls.

28. Make a playlist with 31 songs.



29. Spend 31 minutes with someone you love.

30. Think of 31 foods that you would like to try and try to make some or all of them.

31. Make a scrapbook of memories.