

## THE HUDDLE does #PADS21Challenge

	<b>Challenge</b>	Done
1	<b>Cook with your little one</b> - This can be mashing, mixing, watching, cutting...	
2	<b>Read to your little one</b> - Reading is a great way to support development, language and communication.	
3	<b>Learn a new nursery rhyme/song</b> - YouTube/Spotify/AppleMusic etc can be a great place to learn a new song.	
4	<b>Go to the Library</b> - Join the library, or pop along to a rhyme time, just take a break and pop in and read a book together.	
5	<b>Have boogie together</b> - Movement and music are magical and great for development and bonding	
6	<b>Get messy! Do some messy play</b> - This can be in the bath, using dry ingredients or go super messy – whatever you feel comfortable with	
7	<b>Treasure hunt</b> - Depending on the age of your little one – Older ones, print one for in the house or on a walk for them to tick off. Smaller ones draw a couple of items and tell them when you see the things on your list or get them to point them out.	
8	<b>Build a tall tower</b> - How tall can you build your tower before it gets knocked down? How tall can you make a tower? Can your little one place one block on top of another?	
9	<b>Plan a play date</b> - Try and arrange to meet up with some friends.	
10	<b>Do something kind</b> - It can be for a stranger, a neighbour, family or friend	
11	<b>Share a real moment of parenting with your friends or on social media</b> - Hearing about those real parenting moments can help other parents on a bad.	
12	<b>Wear Odd Socks</b>	
13	<b>Go crazy! Wear clashing clothes</b> - You can wear fancy dress, crazy colour combination, spots and stripes. Can be at home or brave it outside!	
14	<b>Buy something from a small business</b> - Support a small business – it can be a service, product ...anything	
15	<b>Go outdoors for 21 min</b> - It doesn't need to be all at once, but try and do it in one day.	
16	<b>Get creative. create/colour/decorate a penguin</b> - Paint, colour, decorate, create – I would love to see them or even display them in The Huddle!!	
17	<b>Plant something</b> - We have sunflower seeds available to plant to get you started. Or cress can be an easy and quick thing to grow.	
18	<b>Learn a new sign</b> - Magic hands is a great place to learn new Makaton signs to teach your little one.	
19	<b>Go somewhere new</b> - Discover somewhere new	
20	<b>Splash in water</b> - A small bowl of water to splash in, a tray to sit in, bath or swimming pool	
21	<b>Pick a colour. Wear it, eat it, play with it</b> - Our favourite at home! Wear all one colour, set up a play scene with things the same colours, give a snack	

***If posting on social media please use #thehuddle and #PADS21Challenge and #PADSSunflowerChallenge***

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## Who it is for

Anyone with a little one who would like to take part.

## When?

You can collect your pack and sunflower any time from the 24<sup>th</sup> February until the 4<sup>th</sup> March. The idea is you do 21 challenges within the 21 days.

## What do I do?

You do not need to do one a day. You can do them in any order and adapt them to suit your little ones development. I will include some tips and daily posts on our Huddle social media each day. Tick off what you have done.

## How do we raise money?

Share what you are doing with family and friends, in person and social media. Get sponsors. They can donate via the just giving page (link included in your pack) or take cash donations and bring them into The Huddle and we will put them onto the just giving page.

<https://www.justgiving.com/fundraising/thehuddlepads21challenge>

21<sup>st</sup> March IS World Down Syndrome Day, we will have a drop in play and stay session at The Huddle where we can share photos of our sunflowers growing progress and raise a few more pennies! The Huddle will be having a sale on selected items, % of profits will go to PADS too.

