

MAKE IT 20 CHALLENGE

JANE TOMLINSON
APPEAL



The Jane Tomlinson Appeal is encouraging you to carry out 20 quick, fun & easy Make It 20 challenges.

#MAKEIT20

<p>#1</p> <p>Eat 20 portions of fruit or veg in a week</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#2</p> <p>Encourage 20 friends or family members to complete the 20 challenge</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#3</p> <p>Sit on 20 benches</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#4</p> <p>20 'Keepie-uppies' with as many different items as possible (socks, balloons, football etc...)</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>
<p>#5</p> <p>Do 20 star jumps</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#6</p> <p>Do 20 different forms of physical exercise or sport in the holidays</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#7</p> <p>Create your own 20 challenge:</p>  <p>Scan the code to tell us all about it for the chance to win a prize*</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#8</p> <p>Design your own workout changing exercise every 20sec.</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>
<p>#9</p> <p>Create your own 20 challenge:</p>  <p>Scan the code to tell us all about it for the chance to win a prize*</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#10</p> <p>Swing on a swing 20 times</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#11</p> <p>Complete 20 bottle flips</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#12</p> <p>Get 20 sponsors to sponsor you £1 for completing the challenges (donate to JTA!)</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>
<p>#13</p> <p>Design a 20 challenge for a friend or family member and get them to do it and pass it on</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#14</p> <p>Make a chain containing at least 20 things (daisies, paper rings, paperclips)</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#15</p> <p>Draw/photograph 20 different types of flower</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#16</p> <p>Pull up 20 weeds</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>
<p>#17</p> <p>Walk/Run 20 laps or lengths of the local park</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#18</p> <p>Put on 20 items of clothing and dance to your favourite song</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#19</p> <p>Collect 20 stones/pebbles and arrange them into the number 20</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>	<p>#20</p> <p>Create your own 20 challenge:</p>  <p>Scan the code to tell us all about it for the chance to win a prize*</p> <p>I'VE COMPLETED THIS <input type="checkbox"/></p>

*To be in with a chance of winning a prize for the 'Create your own 20 challenge' scan the QR codes in boxes 7, 9 and 20 using your smartphone or go to <https://leedswellschoolpartnership.co.uk/jta20challenge/> Entries close 31.08.2023

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Scan the QR code for more information and donate to the cause. #MAKEIT20

