

Big High Five Challenge!

We are celebrating this year's **Big Help Out and Big Lunch** by giving you **five fun challenges** that you can do in your local community.

Have fun with these awesome activities and once you've completed all five, email us to **receive a Big High Five** and to **enter our prize draw** for a chance to win an eco-tastic gift from the Eden Project or one of 3 runner-up book voucher gifts. Tick off each challenge as you go!

Ready... Set...
Volunteer!



1. Litter Pick Adventure



Let's go on a mission to help keep our local community clean! Litter can cause harm to nature and wildlife, and it looks... well... rubbish! You can help by picking up litter in your park, street, or even at the beach.

What you need:

- Gloves
- A bin bag
- A litter picker (if you have one)

Remember:

- Only pick up things that are safe to touch
- Wash your hands thoroughly after
- Take extra care if you're near a road

2. Build a Bug House



Let's make a cosy home for bugs! Ladybirds, woodlice, spiders, and more – they all help keep our planet clean and green, so give them a helping hand by making somewhere safe they can live.

What you need:

- An empty plant pot or clean tin can (be careful of sharp edges if using a tin can)
- A few bigger sticks, the same length as your container or a bit bigger
- Twigs, bark, leaves – any nature bits you can find in your local park or garden

Start by putting the bigger sticks in your container, then stuff the rest of your nature bits tightly into the gaps. Your pot or can needs to be packed tightly, so that nothing falls out when you turn it on its side. Tuck your bug house into the corner of your garden or balcony, or outside your door, and wait for your guests to arrive.

3. Kindness Cards



Let's spread some smiles! Who doesn't like getting a happy surprise through their letterbox? Your kind words (and pictures!) can brighten someone's day. Make a friendly card to deliver to a neighbour or someone who is living in a care home.

What you need:

- Paper or card
- Pens or pencils

4. Plant Heroes!



Let's be a plant hero! Help water a neighbour's plants or bring a bit of colour back to some thirsty-looking plants in your local area.

What you need:

- Watering can (or an empty plastic milk bottle)
- Water

Remember:

If the plants belong to a neighbour, get their permission first

5. Get baking



Let's make something yummy to share in our community!

Bake some cakes or biscuits to give to your neighbours, friends or family and bring a smile to their face. Or why not sell them to raise money for a local good cause?

What you need:

Find a recipe you'd love to make and buy the ingredients. Then get baking!

Remember:

- Ask a grown-up to help you
- Wash your hands and keep things clean when you cook
- Always tell people what's in your baking, in case of allergies

Now enter our competition!

If you'd like to enter the draw, with a chance of winning a prize, and receive a special 'High Five' from Family Volunteering Club, send an email to challenge@familyvolunteeringclub.co.uk confirming you've finished all 5 challenges. Tell us which activity you most enjoyed doing, and why! You are welcome to send us photos too, if you like.

You must send your entry by 6pm on Wednesday 10th June. Four winners will be randomly selected after this deadline and notified by 6pm on Wednesday 17th June. If you have not heard by then, unfortunately you have not won this time, but thank you for taking part!

Full terms and conditions on:

familyvolunteeringclub.co.uk/challenge

Well done

for completing your five challenges!

Here's a Big High Five from us at Family Volunteering Club!



Tag us!



Tag us in your challenge photos on social media [#fvcchallenge](https://www.instagram.com/fvcchallenge)



Grown-ups, remember to supervise these activities at all times, be aware of allergies, and use your judgement about what's safe for your child.

Family Volunteering Club is a national charity which creates fun and impactful, locally-run volunteering programmes for kids aged 0- 9 and their grown ups.

Find out more www.familyvolunteeringclub.co.uk

