

# BCC Connect Leadership Challenge

EASTER 2020

## Community challenge

During this covid19 world we all have extra challenges in our lives but it does not stop us from getting involved, and making a difference. Join our school community in taking on one of these challenges over the Easter break. We will celebrate our achievements with prizes for each year group. Submit all your work by 20<sup>th</sup> April to either your Year Head/tutor/Guidance counsellor/specific teacher. We will collate the challenges, find a space to celebrate and present prizes after the Easter break.

Vouchers

Phone credit

Cinema tickets

## Note the following about the challenge you choose:

NB HSE guidelines re COVID 19 must be followed and include in your challenge.

NB respect social distancing

All challenges must include an active piece

Have at least 2 people

Be a shared activity- on line/phone

**Key words:** Fun/Active/connected

**Format:** video/audio/written/art piece

**Time:** 5 min/5pages

[Type here]

<https://jigsawonline.ie/talktosomeone/>

## Ideas

Choose a challenge from the list included. You may choose more than one.

### COMMUNITY CHALLENGE – GIVE BACK

**“What can you INVENT/CREATE/DO to help your community?” TRY IT NOW**

#### Sport

Have you heard about the toilet roll challenge by MESI

Design an original game to include 5 physical exercises which can be played with your friends keeping all the restrictions of COVID19 in mind.

Joe Wicks get fit challenges-

Dance

Athletics

Note Lots more fitness challenges at the end of this list.

#### Action for Happiness

Host café experience with your friends.

Host café experience inter generational

Bake off with friends

Chat off -variety of languages

- Linked with our Multicultural day, teach your language- challenge for students speaking other nationalities.
- Multicultural cooking lesson- recipes from different countries

[Type here]

<https://jigsawonline.ie/talktosomeone/>

- Treasure hunt challenge with their family

### **Host a games evening**

**5 a day to connect – plan for 2 weeks your 5 a day. Connect with friends, share ideas and plans. Check out Jigsaw 5 a day or use the following link. Download and ask parent to print off. Connect with friends and work together on it.**

<https://outlook.office.com/mail/inbox/id/AAQkADY0MjA4M2VkLTE5ZDEtNDgwNC04NDA5LTI1NGIxYjRiYmFkYgAQAGUo7V09RVxDmr%2BhkbFBfd8%3D/sxs/AAMkADY0MjA4M2VkLTE5ZDEtNDgwNC04NDA5LTI1NGIxYjRiYmFkYgBGAAAAABPOGC9lvxpQJ4mVyYWV2oLBwDv5UtlCS1RRaM62Poipn3IAAAA%2F%2BeJAAD6pAewv5vGR46H7ScnqwFkAARSsUEAAABEgAQAH%2FsOpxs2mtPkQ%2BlqxaXT3E%3D>

### **Time out space**

**Download Headspace app to your phone .**

**Agree a time with your friends.**

**Listen each day and note changes for you over the 2 week daily challenge.**

### **Yoga**

**Log on to free yoga sessions. Agree a time with your friends.**

**Practice each day and note changes for you over the 2 week daily challenge.**

### **Nature**

**What's out there – sound video picture- natures offerings – birdsong/river/flower**

**Photography: Take a photo of your favourite stay at home activity. Get creative with angles.**

**Garden decoration**

**Window decoration**

[Type h

<https://jigsawonline.ie/talktosomeone/>

**Business:** Design a product or service of your dreams. (It does not have to be real product or service) Draw the design and explain how it works.

## ART

BE CREATIVE

Create collages <https://piccollage.com/>

Create Comics <https://www.pixton.com/>

Make your own lava lamp at home <https://www.youtube.com/watch?v=ugzsjlBMmKI>

- Confinement fashion design challenge recycled material students find at home

Decorate easter egg

Easter bonnet challenge

Stop motion how to animate – learn a new skill

<https://outlook.office.com/mail/inbox/id/AAQkADY0MjA4M2VkLTE5ZDEtNDgwNC04NDA5LTI1NGlxYjRiYmFkYgAQAEgNpsmv4CBNriU0YyT%2FjrU%3D/sxs/AA> Stop motion how to animate

Further animation challenge

<https://outlook.office.com/mail/inbox/id/AAQkADY0MjA4M2VkLTE5ZDEtNDgwNC04NDA5LTI1NGlxYjRiYmFkYgBGAABP0GC9lvxpQJ4mVyYWV2oLBwDv5UtICS1RRaM62Pojpn3IAAAA%2F%2BeJAAD6pAewv5vGR46H7ScnqwFkAARUy6cqAAABEgAQAEACzRMFSRFHtKs%2Bjps9N98%3D>

**Reading/drama/video/photography**

[Type here]

<https://jigsawonline.ie/talktosomeone/>

**Agree with friends what to read/watch. Share favourite moments/ideas- blog**

**Short story**

**Shared story**

**Poetry**

**Songwriting**

**Kahoot/edpuzzle**

**Community volunteer**

**Check out your local community re volunteering to support- via local GAA/supermarket**

**Learn a new skill- e.g. Sign language free training with LAMH**

**Yoga**

**Art**

**Fitness**

Here are some exercise challenges:

1. <https://learning.fingal.ie/course/view.php?id=139A>  
A set of workouts to do at home.
2. <https://www.youtube.com/watch?v=OJ2dhKyXQ-A>  
Athletics Ireland Social Distancing Long Jump Challenge
3. <https://www.youtube.com/watch?v=41N6bKO-NVI>  
Bring Sally Up - Push Up Challenge
4. [https://www.youtube.com/watch?v=CswK7e\\_Bep8](https://www.youtube.com/watch?v=CswK7e_Bep8)  
Bring Sally Up-Squat Challenge
5. <https://www.youtube.com/watch?v=CwgcXC-28EU>  
Bring Sally Up- Ab Challenge
6. <https://www.youtube.com/playlist?list=PLyCLOpd4VxBvD7ogmmPLJXyA1q0gFF3pe>  
PE with Joe Wicks
7. <https://www.youtube.com/user/GoNoodleGames/playlists>  
Dance/fitness videos for to follow

[Type here]

<https://jigsawonline.ie/talktosomeone/>

8. Five min plank Challenge



Connect with friends to

[Type here]

<https://jigsawonline.ie/talktosomeone/>