



30 Day Challenge!



#BISADService

Write a thank you note to your parents for all their help with virtual learning

Do an activity to raise awareness & support a cause you feel passionate about

Record a video message to thank a teacher for their help & support

Up-cycle a piece of waste and make something new and useful out of it

Clear out your closet ready to donate to Red Crescent

Draw a picture and/or write a 'thank you' note to someone working in healthcare

Encourage whoever goes for shopping to take a re-usable bag #plasticfreeme

Put some food & water on your doorstep for any local stray cats

Plant a tree if you have a garden or support an organisation that does

Support an endangered animal species online

Contact a friend help them with a subject task

Leave a picture and/or a 'thank you' note for someone who does your food deliveries

Draw a picture with facts about an endangered species. Share to raise awareness

Record your self explaining an aspect of your learning & share with peers

Cook your parents a meal and clear up after dinner

Do some baking and deliver to your family members at home

Challenge another family to a virtual quiz night to provide entertainment

Organise your house waste into recyclable areas/bags

Make toys or a bed for a rescue animal, or animal shelter

Paint a Rainbow stick it on your window to show support for key workers on the front line

Organise clothes, toys, books ready to donate Operation Smile in Al Reef

Write a thank you note to the cleaners in your building & leave on the door

Be the Eco Warrior in your house & switch off electrics when not using

Raise awareness of prevention of animal cruelty

Write a review of your favourite book and record to share

Gift a meal with the Red Crescent's www.makemymeal.uae

Call a loved one to catch up and really listen to them

Drink all your water out of a re-usable water bottle

Record yourself reading an inspiring poem

Draw a happy picture and email it to friends and family around the world



Try one (or several!) of our suggestions to **make a positive difference to others** this month...

Or, even better, think up your own! 😊