



30 DAY CHALLENGE

BINGO

31 ideas

for sharing, fundraising, creating and doing - throughout July.

More details at fightbladdercancer.co.uk/aware



1



Guess how many

Fill a jar with something small and charge people to guess how many.

2

Shush!!

How long could you last in a sponsored silence?

3

Mufti Day

Organise a paid for fancy dress day with friends



4

Bake Sale

Grab an apron and find your inner cake baker

5

Run like the wind



Run a sponsored distance

6

LEARN TO JUGGLE



Do you have the skills to learn to juggle?

7

GIVE IT UP

Is there something can't you live without? Cake? TV?



8

DISCO



Organise a disco. Don't forget that you can get the parents to help

9

Joke-a-thon

Charge everyone a £1 to tell a joke and see who gets the biggest laugh.

10

MOVIE NIGHT

Choose a film that everyone likes and charge an entrance fee.



11

Spelling Bee



A brilliant challenge! See who gets the most words right to win a small prize.

12

Footie Match



Set up a challenge for classes or schools.

13

TALENT SHOW

Why not put on a talent show, you are bound to know friends who would like to perform

14

Face Painting

Charge people to have their faces painted

15

HAIR DARE

Charge people to have a mad hair day

16

ORANGE THEMED PICNIC

Have an orange themed picnic with friends and family

17

PLANT A TREE



Help the environment that surrounds you

18

Read a book



Why not read your favourite book again?

19

TOY TIME



Sell your old toys & books

20

QUIZ



Write your own quiz for your friends

BLOW

21

BUBBLES

Have fun blowing bubbles and chasing after them

PEDAL POWER

22

See how many miles you can do in a day



Listen to an Audiobook

There is nothing better than being read a story

23

SPORTS DAY

Have a mini sports tournament with your friends



24

PAPER FLOWERS

Make orange flowers to put in your bedroom window



25

26

Treasure Hunt

Make a treasure hunt for friends and family



27

WEAR ORANGE

Wear something orange for the day



CAR WASH

Run a sponsored car wash



28

ART ATTACK

Orange themed painting or drawing



29

Nature Walk

Put your boots on and get out in the fresh air



30

Put this challenge sheet on the fridge or the kitchen wall to share with family. We look forward to seeing you take part in the coming weeks. Good luck and most of all, enjoy yourself and THANK YOU.