



STWNESH'S

30 DAY CHALLENGE

The 10 in Slow Motion Challenge.

1

Write a message out of emojis!

2

Create a news bulletin.

3

Make your own family portrait.

4

Create a time capsule to open in 10 years.

5

Take part in Heledd's CIC Ffit Session.

6

Design a big collage.

7

Word challenge.

8

Invent your very own obstacle course.

9

Make a den

10

Bake or cook something!

11

Why not play Stwnsh's Mwy Neu Lai (More Or Less)?!

12

Create a music video to your favourite song!

13

Yoga with Mali

14

Can you rap?

15

Write a family quiz.

16

Create your own crossword puzzle.

17

Perform your own show.

18

Your Own Message.

19

Set up a treasure hunt for the family.

20

Play a tournament of Stwnsh games from the website.

21

Learn a new card game.

22

Vlog your day.

23

Compete for the Big Prize.

24

Write a diary at the end of the day.

25

Create your own Sports Day.

26

Design your very own board game.

27

Why not create a family tree?

28

Choose a film to watch, and write a review of it.

29

Go all around your living room without touching the floor!

30



1. The 10 in Slow Motion Challenge.

Create a 10 second slow motion video of any activity! Remember to send your challenge to Stwnsh Sadwrn!

2. Write a message out of emojis!

3. Create a news bulletin.

Write a news bulletin (it could be a story that's in the news at the moment, or from your imagination!) and present it like a news reader on the television would do.

4. Make your own family portrait.

5. Create a time capsule to open in 10 years.

6. Take part in Heledd's CIC Ffit Session

Go to the Fideo Fi page on the website and on YouTube to see!

7. Design a big collage.

Choose a theme and collect things from the house and garden that go with that theme. Collect them to create a big collage!

8. Word challenge.

Can you and your family do the Fideo Fi word challenge? You'll need to say associated words BUT remember no pauses and no repeats!

9. Invent your very own obstacle course.

How about creating your very own obstacle course by using things from around the house?

10. Make a Den.

Create a den out of cushions, bedding or anything you can find!

11. Bake or cook something!

Look through recipe books for a recipe to make.

12. Why not play Stwnsh's Mwy Neu Lai (More Or Less)?!

One person can collect a list of famous people and the others can guess if that celeb's age is more or less than the one before!

13. Create a music video to your favourite song!

14. Yoga with Mali.

Take part in a yoga session with Mali from the Stwnsh website or YouTube page!

15. Can you rap?

Well here's the perfect challenge for you, learn our rap...The Handwashing Rap! It's simple! Learn the rap... film the rap...send the rap to Stwnsh Sadwrn! Easy!

- 16. Write a family quiz.**
Write a Stwnsh 'Gwir neu Gau' (True or False) quiz for your family.
- 17. Create your own crossword puzzle.**
Create your own crossword puzzle and ask your family members to give it a try!
- 18. Perform your own show.**
Or, choose a book and bring it to life. It can be with a brother, sister or toys as puppets behind the sofa!
- 19. Your Own Message.**
Why not send a video message to your friends through the Stwnsh Sadwrn website or send a message to the Wall.
- 20. Set up a treasure hunt for the family.**
Hide something and write clues for the rest of the family to try and find the treasure!
Whoever finds it first can write the next hunt!
- 21. Play a tournament of Stwnsh games from the website.**
Mabinogi-Ogi, Y Gemau Gwyllt, Cic, Prosiect Z, Sblatia'r Sôs Game, Sq Sq Squirrel and Clo Cylch are available to play!
- 22. Learn a new card game.**
- 23. Vlog your day.**
Why not send the vlog to Fideo Fi on the website?
- 24. Compete for the Big Prize.**
Why not compete for Stwnsh Sadwrn's Big Prize – AirPods Pro. Go to the website now!
- 25. Write a diary at the end of the day.**
- 26. Create your own Sports Day.**
Why not create your own Sports Day and compete against your family?! You could use pillows for hurdles, do an egg and spoon race and choose the team names!
- 27. Design your very own board game.**
- 28. Why not create a family tree?**
Find old pictures and see how far back you can go.
- 29. Choose a film to watch, and write a review of it.**
- 30. Go all around your living room without touching the floor!**