



# ELSA SUPPORT SUMMER CHALLENGE



Bake a cake or some biscuits and share with someone 	Make a new friend	Watch an old movie	Handwrite a letter to someone special
Help someone in your family	Have an art or craft session and make something	Photograph something that makes you feel happy	Sort out your toys and give some to charity
Feed the birds in your garden	Grow something in the garden or in a plant pot	Photograph a sunrise or a sunset 	Have a walk in the woods with your family
 Dance in the rain	Splash in puddles	Go swimming	Help to prepare a meal

