

# CHALLENGE 1: TAKE A SPORTY SELFIE



I love playing sport. I would love to play some sport with you!

Take a photo of me playing sport and having fun. Pose me with a ball, a bat, on the pitch, court or track. I'll do my best to put on my best sporty smile!

Teachers and youth leaders can share the photos on Twitter using [#BringThePower](#) and [#B2022](#)

# CHALLENGE 2: MAKE A HEALTHY SNACK



I love to fuel my body with healthy food and drink.

Let's make a healthy snack together. How about a nice fruit salad, veggie sticks and dips or a scrummy smoothie!

Take a photo of me in the kitchen preparing our feast or of us munching it together.

Teachers and youth leaders can share the photos on Twitter using [#BringThePower](#) and [#B2022](#)

### CHALLENGE 3:

# DESIGN A SPORTS KIT



I would love a new sports kit! One that is comfortable, easy to run around in and super cool.

Can you design me a new one to wear during the Birmingham 2022 Commonwealth Games? I'll need a top, shorts and a pair of socks.

I can't wait to see what you create for me!

Teachers and youth leaders can share the photos on Twitter using [#BringThePower](#) and [#B2022](#)

### CHALLENGE 4:

# MAKE A FLAG



Have you ever looked at the crowd at a sports event? Many of them wave flags to show who they are supporting.

Can you make me some flags to wave when the Birmingham 2022 Commonwealth Games begin? You can use card, pens and straws.

Give them to me to hold and snap a photograph!

Teachers and youth leaders can share the photos on Twitter using [#BringThePower](#) and [#B2022](#)

## CHALLENGE 5: **CREATE A BED**



Athletes need to make sure they get plenty of sleep. Sleep gives our bodies the chance to recover from a busy day and recharges us ready for the next.

Please make me a new bed by recycling a cardboard box and decorating it in a Birmingham 2022 Commonwealth Games theme.

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## CHALLENGE 6: **DESIGN A MEDAL**



I have always dreamt of being a Commonwealth Games champion. I would love to stand on the podium with a medal around my neck.

Can you make my dream come true? Make me a medal using card and ribbon or string. You could even make me a podium out of recycled boxes! Pretend to be a press photographer and snap a photo of me celebrating.

Teachers and youth leaders can share the photos on Twitter using [#BringThePower](#) and [#B2022](#)